



GO WITH THE FLOW

STRENGTH TRAIN WITH YOUR MONTHLY CYCLE

PHASE SPECIFIC TRAINING FOR HORMONES

Are you are tired of feeling burnt out, or experiencing hormone imbalances? With this program learn how to train with your body and make progress with easy to follow gym or at home workouts.

As women, we have 4 phases and in those phases, hormones are changing and because of that we should be training differently. This detailed program walks you through different workouts that support your 4 phases (menstrual, follicular, ovulatory, luteal). **It includes a combination of cardio, strength training, HIIT and low intensity workouts.**

- Four Week Workout Program specific to your monthly cycle
- Can be done at home or in a gym
- Learn the workouts that support your hormones
- Workouts specific to menstrual cycle

This program will teach you how you work with your body rather than against it.

I STARTED WITH EMILY TO REGULATE MY HORMONES. SHE HELPED ME RESEARCH THE HARMS OF HORMONAL BIRTH CONTROL, AND HOW I CAN USE FOOD TO TAILOR TO MY BODY. WE ALSO WORKED TO INCORPORATE DIFFERENT TYPES OF EXERCISES FOR PHASES OF MY CYCLE. HER NUTRITION PLAN WAS A COMBINATION OF EASY AND NUTRITIOUS RECIPES. SHE PLANNED RECIPES THAT INCLUDED MY FAVORITE FOODS AND HELPED ME FIND HEALTHIER ALTERNATIVES TO MY LESS NUTRITIOUS SNACKS. WORKING WITH EMILY I WAS ABLE TO BALANCE MY HORMONES NATURALLY, AND FEEL MY BEST.



Madison





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PHASE 1- FOLLICULAR PHASE

This is the phase in your cycle right after your menstrual phase. Hormone levels are at their lowest so this is where you can push yourself! incorporate higher intensity workouts in this phase.

PHASE 2 - OVULATORY PHASE

In your ovulatory phase you experience hormone peaks. In this phase You may find that you're feeling extra energetic during this time so Anything that makes you burn a few extra calories and sweat a little more during this time is ideal!

PHASE 3 - LUTEAL PHASE

After you've ovulated, you may feel a bit sluggish, especially after the increased energy from the days prior so this is the time to start to Slow down and focus on lower impact workouts and lots of walking! Listen to your body most Importantly

PHASE 4 - MENSTRUAL PHASE

While on your period it's not necessarily a time to avoid exercise altogether! Exercising may not sound ideal, but some gentle movement may be just the thing to help alleviate some of your symptoms. Listen to your body in this phase and focus on movement that makes you feel good!

