

# Training With **YOUR CYCLE**

## Menstrual phase

Energy and recovery may feel lower during this phase.

It's a good moment for lighter workouts, stretching or technique.

Training doesn't stop, it adapts to what feels manageable.

## Mid-cycle

Motivation, strength and energy often rise here.

Use this phase for higher-intensity work or skill-based sessions.

Take advantage of the natural boost.



## Premenstrual phase

Fatigue or discomfort can increase.

Adjust volume, manage stress and focus on recovery.

Listening to your body keeps training consistent.

**Understanding your cycle helps you plan smarter, feel better and train with confidence.**