

# Phases of Infradian Rhythm and Recommended Exercises

By Kirby Toribio

## 1. Menstrual Phase (Day 1-5)\*

OK to do whatever normally, but may not feel like it as hormones are at their lowest levels

**Exercise Recommendations:** Take a break, Nap, Restorative Yoga, Walks, Stretching, or Just Be Still

## 2. Follicular Phase (Day 6-14)\*

Hormones are on the rise this is a good time to work at increasing intensity

**Exercise Recommendations:** Cardiovascular, dance, jump roping, swimming (combats negative effects of estrogen). Good time to do higher intensity, strength training supportive throughout phase can push self with heavier lifting

## 3. Ovulation Phase (Day 15)\*

Hormones are at their peak, testosterone at highest

**Exercise Recommendations:** good time to try to PR with lifting, HITT

## 4. Luteal Phase (Day 16-28)\*

Hormones are on the decline. The week before menstrual phase skip intense cardio to help support progesterone and avoid increased cortisol (stress hormone) production.

**Exercise Recommendations:** Pilates, Yoga, Barre, Walking start lowering intensity, strength training decrease weight, higher repetitions.

\*Based on averages all cycles are unique