

Menstrual cycle exercise chart

This **menstrual cycle exercise chart** provides recommendations for workouts that align with each phase of your cycle, along with exercise examples and their specific benefits. Whether you're looking to reduce PMS symptoms, build strength, or maximize endurance, this chart will help guide your exercise choices throughout the month for optimal health and fitness.

Phase	Recommended workouts	Exercise examples	Benefits
Menstrual phase (days 1-5)	<ul style="list-style-type: none">● Gentle yoga● Walking● Stretching● Light Pilates	<ul style="list-style-type: none">● Child's pose, Cat-Cow stretches● Light walking (15-30 minutes)● Seated stretches● Pelvic tilts	Helps reduce cramps and fatigue, supports relaxation, reduces bloating, and promotes circulation.
Follicular phase (days 6-14)	<ul style="list-style-type: none">● Strength training (light to moderate)● High-intensity interval training (HIIT)● Cycling● Running	<ul style="list-style-type: none">● Squats, lunges, push-ups● Jumping jacks, burpees● 30 minutes of cycling or outdoor running	Builds muscle, boosts energy levels, enhances endurance, and prepares the body for ovulation.
Ovulation phase (days 15-17)	<ul style="list-style-type: none">● Strength training (moderate to high intensity)● HIIT● Cardio (running, cycling)● Power yoga	<ul style="list-style-type: none">● Deadlifts, bench press● Sprints, box jumps● 30-45 minutes of cardio● Sun salutations	Maximizes strength, endurance, and flexibility, and supports high energy and stamina during peak fertility.
Luteal phase (days 18-28)	<ul style="list-style-type: none">● Moderate-intensity strength training● Pilates● Swimming● Walking● Yoga (restorative)	<ul style="list-style-type: none">● Dumbbell rows, bodyweight squats● Pilates leg circles● Gentle swimming● Restorative poses (e.g., legs up the wall)	Reduces PMS symptoms, supports mood stability, enhances flexibility, and helps with bloating and fatigue.

