

workout calendar

for irregular periods & perimenopause



WAXING MOON | PERFORMANCE PHASE

★ 01	02	03	04	05	06	07
<u>RECOVERY PRACTICE</u>	<u>TOTAL BODY MOBILITY</u>	<u>UPPER BODY STRENGTH</u>	<u>LOWER BODY STRENGTH</u>	<u>REST-DAY PRACTICE</u>	<u>SPRINT INTERVALS</u>	<u>REST-DAY PRACTICE</u>
08	09	10	11	12	13	14
<u>UPPER BODY STRENGTH</u>	<u>LOWER BODY STRENGTH + CORE FINISHER</u>	<u>REST-DAY PRACTICE</u>	<u>TOTAL BODY STRENGTH & CARDIO FINISH</u>	<u>POWER YOGA</u>	<u>UPPER BODY STRENGTH</u>	<u>LOWER BODY STRENGTH</u>



WANING MOON | PRESERVATION PHASE

★ 15	16	17	18	19	20	21
<u>REST-DAY PRACTICE</u>	<u>UPPER BODY ENDURANCE</u>	<u>LOWER BODY ENDURANCE</u>	<u>REST-DAY PRACTICE</u>	<u>TOTAL BODY ENDURANCE</u>	<u>MOBILITY SESSION</u>	<u>LOWER BODY LISS</u>
22	23	24	25	26	27	28
<u>SLOW FLOW YOGA</u>	<u>UPPER BODY DELOAD</u>	<u>LOWER BODY DELOAD</u>	<u>TOTAL BODY LISS</u>	<u>WALKING/ EASY RUN</u>	<u>WALKING/ EASY RUN</u>	<u>STRESS RELIEF SESSION</u>

- ★ BEGIN WITH YOUR PERIOD OR WITH THE NEW MOON
TRANSITION TO PRESERVATION WORKOUTS WITH OVULATION MARKERS OR FULL MOON
- ★ NEW WORKOUT RELEASE!