



MENSTRUATION PHASE

Cycle Sync Workout Planner.

Monday.
FORM #6

Tuesday.
15 minute walk

Wednesday.
Rest

Thursday.
BoxxFORM #1

Friday.
Rest

Saturday.
15 minute walk

Sunday.
Mindful stretch



FOLLICULAR PHASE

Cycle Sync Workout Planner.

Monday.

BoxxHIIT #1

Tuesday.

Rest

Wednesday.

Boxx #7

Thursday.

Conditioning #1

Friday.

Rest

Saturday.

BoxxHIIT DUO

Sunday.

FB Stretch #4



OVULATION PHASE

Cycle Sync Workout Planner.

Monday.

Boxx #7

Tuesday.

Rest

Wednesday.

BoxxStrength #12

Thursday.

Full body #13

Friday.

Rest

Saturday.

BoxxStrength #16

Sunday.

FB Stretch #8



LUTEAL PHASE

Cycle Sync Workout Planner.

Monday.

FORM #5

Tuesday.

FB Stretch #2

Wednesday.

FORM #4

Thursday.

Rest

Friday.

15 Minute Walk

Saturday.

Rest

Sunday.

Mindful Stretch