

Cycle Sync Strength Calendar

Option 1

Week 1 Strength and Power	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
	Workout 1 Coach Ash	Workout 2 Coach Ash	Recovery/Rest	Recovery/Rest	Workout 3 Coach Ash	Workout 4 Coach Ash	Recovery/Rest			
	Week 2 Strength and Power	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14		
		Workout 5 Coach Woody	Workout 6 Coach Woody	Recovery/Rest	Recovery/Rest	Workout 7 Coach Woody	Workout 8* Coach Woody	Recovery/Rest		
		Week 3 Endurance and Stamina	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
			Workout 9 Coach Tanysha	Workout 10 Coach Tanysha	Recovery/Rest	Recovery/Rest	Workout 11 Coach Tanysha	Workout 12 Coach Tanysha	Recovery/Rest	
			Week 4 Mobility and Recovery	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
				Workout 13 Coach Kristina	Workout 14 Coach Kristina	Recovery/Rest	Recovery/Rest	Workout 15 Coach Kristina	Workout 16 Coach Kristina	Recovery/Rest

*Aim to complete this workout 24-48 hours before ovulation.

Use this calendar if any of the following apply:

- You ovulate naturally.
- You're not on combination oral contraceptives (pills that contain estrogen and progestin).
- You're on a progestin-only oral contraceptive.
- You have a copper or non-hormonal IUD.
- You've started ovulating naturally with a progestin-only IUD (typically 8 months after insertion)

In this calendar, Day 1 represents the first day of your period.