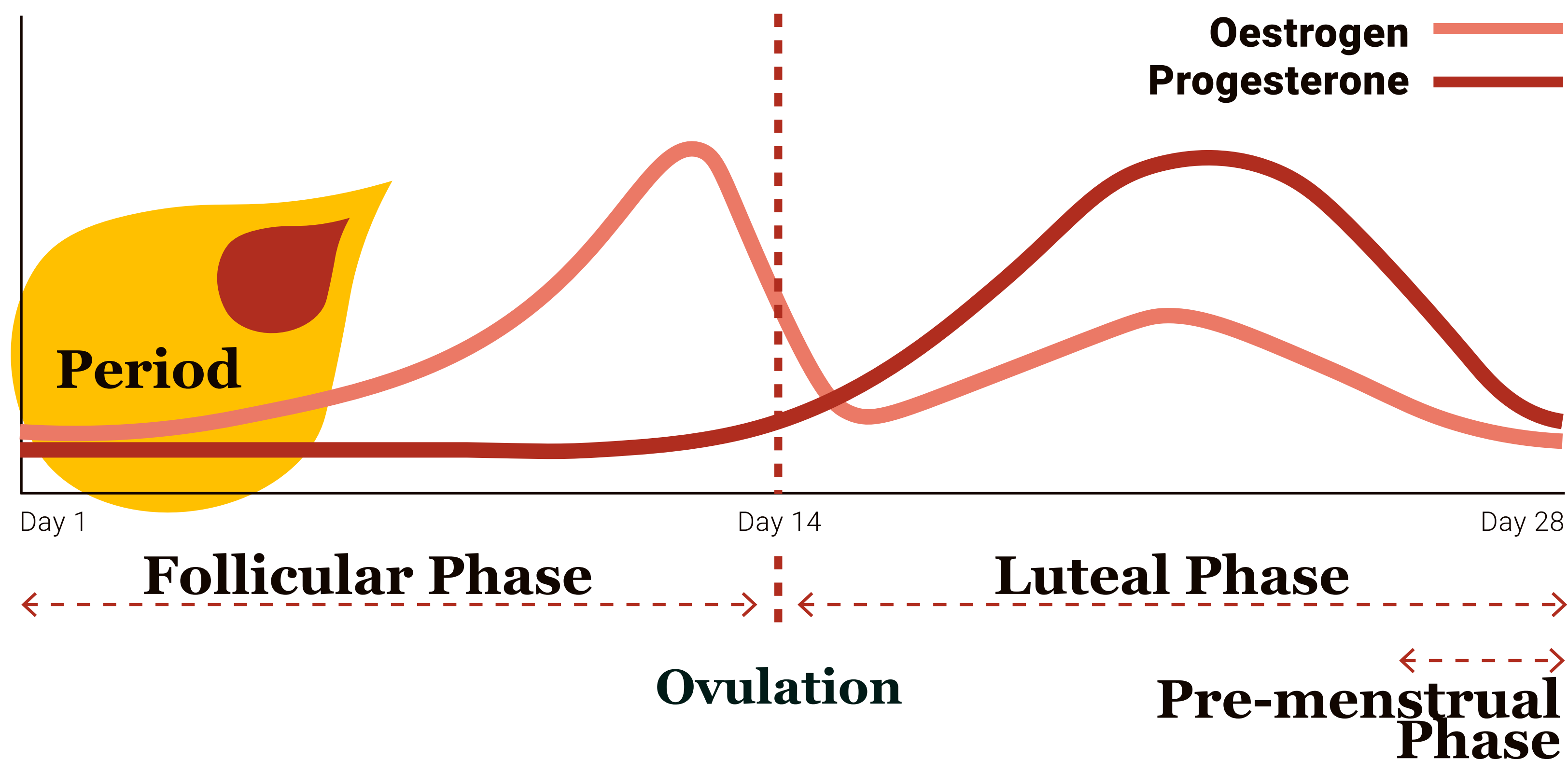


Know your menstrual cycle



Late follicular phase

- Increased confidence
- More energy
- Sharper motivation to train
- Quicker/ more efficient recovery
- Improved muscle adaptation

The mid-luteal phase

- Gastro symptoms
- Altered appetite and food cravings
- Digestion slows
- Water retention
- Calmness

Pre-menstrual phase

- Pre-menstrual symptoms (e.g. headaches, fatigue, reduced motivation to train)
- Breast swelling / pain
- More susceptible to illness
- Emotionally fragile

#SAYPERIOD