



MOMMY WORKOUTS: FERTILITY CYCLE

The goal of the Fertility Cycle is to become accustomed to modifying your exercise routine based on where you are in your cycle. Regulating your cycle is the first step to regaining fertility and achieving pregnancy. Starting with the first day of menstruation, I will take you through a day-by-day approach to exercise, with a daily schedule provided for your entire 28-day cycle.

The Fertility Cycle will run for 84 days, or three 28-day menstrual cycles. Each cycle will have a different focus.

- **Phase One:** The first cycle is a wind-down cycle, during which you will decrease the intensity of your workouts and get to know your body's fertility signals.
- **Phase Two:** During the second cycle, the focus is strength training and regular movement.
- **Phase Three:** The third cycle incorporates shorter, more intense bouts of exercise, as well as yoga.

If you work out intensely for more than five hours a week, you might find it challenging at first to cut back on the time you spend in the gym, but doing so will help your body establish regularity. At the same time, there's no reason to stop doing the activities you enjoy. To that end, the workouts include at least one sport or activity day per week, depending on where you are in your cycle, so you can continue the activities you enjoy while still optimizing fertility.

This cycle of workouts is intended for women who do intense exercise for five or more hours per week. It is based on my own research and experience. I used this approach to regain my own fertility after the birth of my second child, with great success.

Of course, not all women have the same cycle length, so **repeat or skip days as needed.** I recommend keeping a log of other markers such as energy levels, sex drive, and vaginal discharge to help you track where you are in your cycle.

WEEK ONE

Days 1-5: Menstruation

Aim to sleep for 30 minutes more than usual during this part of your cycle. If cramps make exercise seem unbearable, opt for total rest or a gentle walk.

Week 1, Days 1 and 2

Complete rest



Day 3

30 minute walk

Day 4

Complete rest OR Bodyweight Workout 1:

3 Rounds:

- Push ups x 5-8 – slow and controlled, keep elbows close to sides
- Hip Thrust x 20 – slow and controlled
- Hold knees to chest for 30 seconds
- Russian Twist x 10
- Squat x 10
- Forward Bend, ragdoll up to standing x 10

Day 5

Complete rest OR yoga Series 1:

All poses for five deep breaths unless otherwise noted:

- Bound angle pose
- Seated forward bend
- Child's pose
- Thread the needle
- Child's pose
- Pigeon pose with bolster
- Seated forward bend
- Bridge pose
- Child's pose
- Savasana – 10 minutes

Days 6 and 7: Transition to End of Follicular Phase

Energy levels may increase. If not, stick with walking or repeat Yoga Series 1 or Bodyweight Workout 1.



Day 6

30 minute walk OR Practice *an* exercise you are working on – pull ups, push ups, pistols, or weight lifting movements with moderate weight (no more than 70% max) for 20 minutes.

Day 7

Sport day – practice your sport, but keep intensity low.

WEEK TWO: End of Follicular Phase and Ovulation

During the end of the follicular phase, luteinizing hormone production and estrogen production both increase sharply to prepare for the release of an egg. That means you should be itching to work out during this week. During Phase One, we'll keep workout frequency low during week two, with two days of total rest and one light day, but your workouts will be noticeably more intense this week than they were last week.

The basic schedule is as follows:

Day 8

30 minutes of jogging, swimming, rowing, or other cardio

Day 9

Upper Body Workout

A. Press/Pull

Repeat this entire sequence five times:

1 one arm kettlebell press per side

1 pull up

2 presses per side

2 pull ups

3 presses per side

3 pull ups



4 presses per side
4 pull ups

5 presses per side
5 pull ups

Notes

- The presses should be done with a weight you can press for 8 reps with moderate difficulty.
- Feel free to modify pull ups as needed.
- Rest as needed throughout the entire workout.

B. Farmer's Walks – max distance, 3 rounds. Rest as needed.

Day 10

Sport Day – activity of your choice at max intensity. Go all out and have fun.

Day 11

Rest Day

Day 12

Lower Body

A. 5 minutes jump rope

B.

5 Rounds:

Single Leg Deadlift x 10 per side

Pistol x 5 per side

Walking Lunges x 20

Front Squat x 8 – 10

C.

3 400m sprints – try to beat your best time with each attempt.

Day 13

Light Day – go for a hike, take a light jog, or do yoga for one hour today.

Day 14 - Ovulation

Rest



WEEK THREE: End of Ovulation; Beginning of Luteal Phase

Week three is a transitional phase that marks the end of ovulation and the beginning of the final stage of your cycle, known as the luteal phase. We will take advantage of increased levels during the final stages of ovulation with two sport days. As you ease into the luteal phase, the emphasis will be on yoga and moderate intensity cardio workouts.

Day 15 - Ovulation

Sport day – activity of your choice at moderate intensity.

Day 16 - Ovulation

Sport day – activity of your choice at moderate intensity.

Day 17 - Ovulation, Beginning of Luteal Phase)

Rest day

Day 18 - Luteal Phase

A. 2 mile hike, outside at a moderate intensity. Add running intervals if you feel up to it - 1 minute run, 30 seconds walk.

B. Yoga Series 1:

All poses for five deep breaths unless otherwise noted:

- Bound angle pose
- Seated forward bend
- Child's pose
- Thread the needle
- Child's pose
- Pigeon pose with bolster
- Seated forward bend
- Bridge pose
- Child's pose
- Savasana – 10 minutes



Day 19 - Luteal Phase

Bodyweight Workout 1:

3 Rounds - rest as needed and take your time with this workout.

- Push ups x 5-8 – slow and controlled, keep elbows close to sides
- Hip Thrust x 20 – slow and controlled
- Hold knees to chest for 30 seconds
- Russian Twist x 10
- Squat x 10
- Forward Bend, ragdoll up to standing x 10

Day 20 - Luteal Phase

Active rest day - walk for one hour today, but make it enjoyable and leisurely.

Day 21 - Luteal Phase

45 minutes of cardio activity of your choice - running, rowing, swimming, or cardio equipment at the gym. Keep a moderate pace.

OR

Sport day - focus on technique today and keep the intensity light.

WEEK FOUR: End of Luteal Phase

Week four marks the end of the luteal phase, that stage so many women associate with PMS symptoms. If you experience PMS symptoms during this week, feel free to modify the workouts to fit your own needs. The focus this week will be longer, moderate-intensity bouts of exercise and sports practice.

Day 22

Rest day

Day 23

45 minutes of cardio activity of your choice - running, rowing, swimming, or cardio equipment at the gym. Keep a moderate pace.

OR

Sport day - focus on technique today and keep the intensity light.

Day 24

3 mile hike, outside at a moderate intensity. Add running intervals if you feel up to it - 1 minute run, 25 seconds walk.



Day 25

B. Yoga Series 1:

All poses for five deep breaths unless otherwise noted:

Bound angle pose

Seated forward bend

Child's pose

Thread the needle

Child's pose

Pigeon pose with bolster

Seated forward bend

Bridge pose

Child's pose

Savasana – 10 minutes

Day 26

Upper Body Workout

A. Press/Pull

Repeat this entire sequence five times:

1 one-arm kettlebell press, per side

1 pull up

2 presses per side

2 pull ups

3 presses per side

3 pull ups

4 presses per side

4 pull ups

5 presses per side

5 pull ups

Notes

The presses should be done with a weight you can press for 8 reps with moderate difficulty.

Feel free to modify pull ups as needed.

Rest as needed throughout the entire workout.



B. Farmer's Walks – max distance, 3 rounds. Rest as needed.

Compare how you felt and performed during this workout to how you felt when you first performed it during week one of your cycle. What changes, if any, did you notice?

Day 27

Rest day – walk for one hour today at a leisurely pace

Day 28

Sport day – have fun playing your sport or activity of choice for one hour at moderate intensity.

WEEK FIVE: BEGINNING OF SECOND 28-DAY PHASE

During the second 28-day phase of the Fertility Cycle, we'll increase the frequency of your workouts without a steep increase in intensity. Starting with the first day of menstruation, I will take you through a day-by-day approach to exercise, with a daily schedule provided for your entire 28-day cycle. There is one rest day noted, but take a second day off of your choice for active or complete rest.

CYCLE TWO, WEEK ONE

Days 1-5: Menstruation

Aim to sleep for 30 minutes more than usual during this part of your cycle. If cramps make exercise seem unbearable, opt for total rest or a gentle walk.

Days One and Two

Sport day – play a sport or other activity of your choice for 30 minutes at moderate intensity.

Day Three

45 minute run/walk – intervals of 1 minute run, 2 minutes brisk walk

Day Four

Kettlebell Workout 1 - use a weight you can comfortably press for 8 - 10 reps.

5 Rounds:

Pull ups – ladders of 1 (Round 1), 2 (Round 2), 3 (Round 3), 4 (Round 4), 5 (Round 5)



BREAKING MUSCLE WORKOUTS

25 KB swings per side
10 KB thrusters per side
Push ups x 10
Side plank x 30 seconds per side
Rest in child's pose for 1 minute between rounds

Day Five

Yoga Series 1:

3 Rounds, all poses for five deep breaths unless otherwise noted:

Bound angle pose
Seated forward bend
Child's pose
Thread the needle
Child's pose
Pigeon pose with bolster
Seated forward bend
Bridge pose
Child's pose
Downward Dog
Warrior I
Triangle
Warrior I
Downward Dog
Plank x 30 seconds
Child's Pose
Savasana – 10 minutes

Days Six and Seven: Transition to End of Follicular Phase

Rest day

Day Six

45 minute jog/walk – intervals of 1 minute jog, 2 minutes brisk walk

OR

Practice *an* exercise you are working on – pull ups, push ups, pistols, or weight lifting movements with moderate weight (no more than 70% max) for 20 minutes. Compare your performance to your workout on the first day of the first 28-day cycle.

Day Seven

Sport day – practice your sport for 30 minutes at moderate intensity



PHASE 2, WEEK 2: End of Follicular Phase and Ovulation

During the end of the follicular phase, luteinizing hormone production and estrogen production both increase sharply to prepare for the release of an egg. That means you should be itching to work out during this week. During Phase Two, we'll keep workout frequency low during week two, with one day of total rest and one active rest day, but your workouts will be noticeably more intense this week than they were last week.

Day Eight

Sport day - practice your sport for 45 minutes to an hour. Go all out.

Day Nine

Active rest day - hike or walk for one hour today

Day Ten

A. Press/Pull/Row -

Use the same weight you used during the last phase (Day 9 of Phase 1). Note any changes in how you feel.

Repeat this entire sequence five times:

1 one arm kettlebell press per side

1 pull up

1 row per side

2 presses per side

2 pull ups

2 rows per side

3 presses per side

3 pull ups

3 rows per side

4 presses per side

4 pull ups

4 rows per side

5 presses per side

5 pull ups

5 rows per side

Notes



The presses should be done with a weight you can press for 8 reps with moderate difficulty.

Feel free to modify pull ups as needed.

Rest as needed throughout the entire workout.

B. Farmer's Walks – max distance, 3 rounds. Rest as needed.

Day Eleven

30 minute light jog

Day Twelve

Full Body Day:

A. 5 Turkish Get Ups - take your time on these

B.

3 Rounds:

- Single Leg Deadlift x 10 per side
- Pistol x 5 per side
- Walking Lunges x 20
- Front Squat x 8 – 10
- Pull Up x 5
- Clean and Press x 5-8
- Push Up x 10

C.

3X 400m sprint – try to beat your best time with each attempt.

Day Thirteen

Sport Day

Day Fourteen

Rest Day

PHASE 2, WEEK 3: End of Ovulation; Beginning of Luteal Phase

This week marks the end of ovulation and the beginning of the final stage of your cycle, known as the luteal phase. We will take advantage of increased levels during the final stages of ovulation with two sport days. As you ease into the luteal phase, the emphasis will be on yoga and longer, moderate intensity cardio workouts.

Day 15

Sport Day



Day 16

Run/walk 5k

Day 17

Rest Day

Day 18

Bodyweight Workout:

4 Rounds - rest as needed and take your time with this workout.

- Push ups x 5-8 – slow and controlled, keep elbows close to sides
- Hip Thrust x 20 – slow and controlled
- Hold knees to chest for 30 seconds
- Russian Twist x 10
- Squat x 10
- Forward Bend, ragdoll up to standing x 10

Day 19

Sport Day

Day 20

Run/walk 30 minutes - 1 minute run, 1 minute walk

Day 21

Active rest day - walk or practice technique/skill work for one hour

PHASE 2, WEEK 4:

Week four marks the end of the luteal phase, the stage so many women associate with PMS symptoms. If you experience PMS symptoms during this week, feel free to modify the workouts to fit your own needs. The focus this week will be longer, moderate-intensity bouts of exercise and sports practice.

Day 22

Yoga Series 1

Yoga Series 1:

All poses for five deep breaths unless otherwise noted:

- Bound angle pose
- Seated forward bend
- Child's pose
- Thread the needle
- Child's pose



BREAKING MUSCLE WORKOUTS

- Pigeon pose with bolster
- Seated forward bend
- Bridge pose
- Child's pose
- Savasana – 10 minutes

Day 23

Sport Day - practice your sport for 1 hour

Day 24

Rest Day

Day 25

Short Bodyweight Workout:

5 Rounds:

Jump rope 2 minutes

Push ups x 10

Australian pull up x 10

Side plank x 30 seconds R/L

Pistols x 5 R/L

30 minutes skill work

Day 26

Sport Day

Day 27

Active rest - walk for one hour today

Day 28

Kettlebell Workout 1 - use a weight you can comfortably press for 8 - 10 reps.

5 Rounds:

- 25 KB swings per side
- 10 KB thrusters per side
- Push ups x 10
- Goblet squat x 10
- Side plank x 30 seconds per side
- Rest in child's pose for 1 minute between rounds

PHASE THREE



During the third 28-day phase of the Fertility Cycle, we'll increase the frequency of your workouts without a steep increase in intensity. Starting with the first day of menstruation, I will take you through a day-by-day approach to exercise, with a daily schedule provided for your entire 28-day cycle. There is one rest day noted, but take a second day of your choice off for active or complete rest.

Day 1

A. Press/Pull/Row/Squat

Use the same weight you used during the last phase (Day 10 of Phase 2). Note any changes in how you feel.

Repeat this entire sequence five times:

1 one arm kettlebell press per side

1 pull up

1 row per side

2 presses per side

2 pull ups

2 rows per side

3 presses per side

3 pull ups

3 rows per side

4 presses per side

4 pull ups

4 rows per side

5 presses per side

5 pull ups

5 rows per side

Notes

The presses should be done with a weight you can press for 8 reps with moderate difficulty.

Feel free to modify pull ups as needed.

Rest as needed throughout the entire workout.

Day 2

Sport day - play your sport for 1 hour



Day 3

Active rest - Walking or easy run for 45 minutes

Day 4

Full Body Day:

A. 5 Turkish Get Ups - take your time on these

B.

3 Rounds:

- Single Leg Deadlift x 10 per side
- Pistol x 5 per side
- Walking Lunges x 20
- Front Squat x 8 – 10
- Pull Up x 5
- Clean and Press x 5-8
- Push Up x 10

C.

3X 400m sprint – try to beat your best time with each attempt.

Compare how you feel today to the workout you did on day 12 of phase 2.

Day 5

Yoga Series 1:

All poses for five deep breaths unless otherwise noted:

- Bound angle pose
- Seated forward bend
- Child's pose
- Thread the needle
- Child's pose
- Pigeon pose with bolster
- Seated forward bend
- Bridge pose
- Child's pose
- Savasana – 10 minutes

Day 6

Rest day

Day 7

45 minutes jog/walk



PHASE 3, WEEK 2

End of Follicular Phase and Ovulation

During the end of the follicular phase, luteinizing hormone production and estrogen production both increase sharply to prepare for the release of an egg. That means you should be itching to work out during this week. During Phase Three, you will have one day of total rest and three sport days. If you need an extra rest day, take off during one of the sport days.

Day 8

Sport day - 45 minutes

Day 9

Upper Body - same workouts as Phase 1, Week 2. If you've been following this program you may be able to increase the weight on the presses by 3-5lbs at minimum.

A. Press/Pull

Repeat this entire sequence five times:

1 one-arm kettlebell press, per side

1 pull up

2 presses per side

2 pull ups

3 presses per side

3 pull ups

4 presses per side

4 pull ups

5 presses per side

5 pull ups

Notes

The presses should be done with a weight you can press for 8 reps with moderate difficulty.

Feel free to modify pull ups as needed.

Rest as needed throughout the entire workout.



B. Farmer's Walks – max distance, 3 rounds. Rest as needed.

Day 10

30 minute jog

Day 11

Rest

Day 12

Sport day - 1 hour

Day 13

Kettlebell Workout 1 - use a weight you can comfortably press for 8 - 10 reps.

5 Rounds:

Pull ups – ladders of 1 (Round 1), 2 (Round 2), 3 (Round 3), 4 (Round 4), 5 (Round 5)

25 KB swings per side

10 KB thrusters per side

Push ups x 10

Side plank x 30 seconds per side

Rest in child's pose for 1 minute between rounds

Day 14

Sport day - 1 hour

PHASE 3, WEEK 3

Week three is a transitional phase that marks the end of ovulation and the beginning of the final stage of your cycle, known as the luteal phase. As you ease into the luteal phase, the emphasis will be on yoga and moderate intensity cardio workouts.

Day 15

Rest

Day 16

Run/walk - 30 seconds run/30 seconds walk

Day 17

Sport day - 45 minutes

Day 18



Bodyweight Workout:

4 Rounds - rest as needed and take your time with this workout.

- Push ups x 5-8 – slow and controlled, keep elbows close to sides
- Hip Thrust x 20 – slow and controlled
- Hold knees to chest for 30 seconds
- Russian Twist x 10
- Squat x 10
- Forward Bend, ragdoll up to standing x 10

Day 19

Active rest day - 1 hour walk or 30 minute easy run

Day 20

Sport day - 45 minutes

Day 21

2 mile hike

Yoga Series 1:

All poses for five deep breaths unless otherwise noted:

- Bound angle pose
- Seated forward bend
- Child's pose
- Thread the needle
- Child's pose
- Pigeon pose with bolster
- Seated forward bend
- Bridge pose
- Child's pose
- Savasana – 10 minutes

PHASE 3, WEEK 4

Day 22

Rest day

Day 23

Short Bodyweight Workout:

5 Rounds:

Jump rope 2 minutes



**BREAKING MUSCLE
WORKOUTS**

Push ups x 10
Australian pull up x 10
Side plank x 30 seconds R/L
Pistols x 5 R/L

30 minutes skill work

Day 24

Sport Day - 1 hour

Day 25

Skill work - 30 minutes.

Practice *an* exercise you are working on – pull ups, push ups, pistols, or weight lifting movements with moderate weight (no more than 70% max) for 20 minutes.

Day 26

Active rest day - 1 hour walk or 30 minute easy run

Day 27

Easy sport day

Day 28

Rest