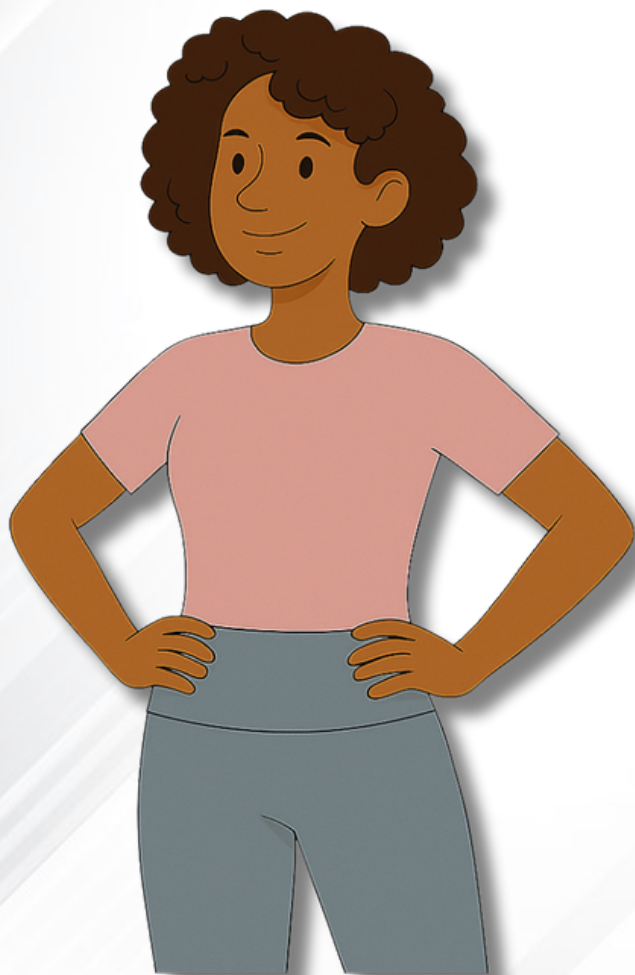




CYCLE SYNCING PILATES

AMBER'S JOURNEY



AMBERS STORY

Amber, aged 31, worked full-time as an admin coordinator in a busy NHS office. Her days were back-to-back with spreadsheets, scheduling, and endless Teams meetings.

Pilates was her escape. But squeezing in workouts at 6:30 p.m. after work became more of a chore than a release.

Some weeks she felt strong and balanced. Other weeks, she struggled to get through warm-ups. She blamed herself:

"Why can't I stay consistent?" The mental back-and-forth was exhausting. Amber believed she just needed more discipline.

Her body gave her clear signs – tight hips, heavy limbs, bloating, and anxiety – but she ignored them. She kept showing up with the same workout, expecting the same output, not realising her hormones were shifting every few days. She didn't know this yet, but what she labeled as "Inconsistency" was actually her cycle doing its job. She was tracking progress, but not the most important factor—her own biology.



Over time and through research, Amber started to listen to her body and her cycle, and the results were extraordinary!

Your body isn't unpredictable. You just haven't been taught to track what matters.

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2 FINDING THE MISSING LINK

3 LEARNING TO WORK WITH HER BODY

4 MORE THAN PHYSICAL

5 SHARING HER EXPERIENCE

+ FREE WORKOUTS & TRACKERS



CHAPTER 1

ALWAYS PUSHING THROUGH

Amber worked 9 to 5 as an admin coordinator in a busy NHS office. Her days were filled with back-to-back emails, printer jams, team calendars, and last-minute meeting requests. Like many women, she believed movement meant hustle – so she would do 45 minute YouTube workout sessions after work, as well as long running sessions. Even when her body felt heavy and slow, she would push through intense HIIT and keep her running distances long! She loved Pilates as well but chose to only do the most intense Power Pilates workouts she could find!

By the third week of each month, she often skipped those sessions. Her energy plummeted, her sleep got lighter, and she'd lose motivation. Then came the self-judgement: "Why can't I be consistent?" "Other people manage; why can't I?" She didn't link the pattern to anything – not her food, sleep, or hormones. It just felt like she was failing herself again and again.



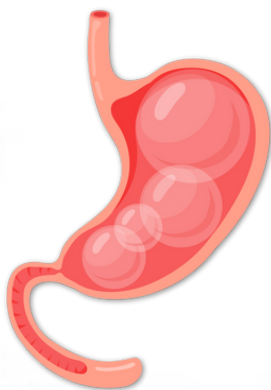
Have you ever felt a sudden and “random” decrease in energy ?

In reality, Amber was experiencing textbook symptoms of the luteal and menstrual phases of her cycle: lower progesterone, disrupted sleep, increased fatigue, and reduced exercise tolerance. A 2019 study in *The Journal of Women's Health* showed that 64% of menstruating women experience noticeable energy dips before their period. Amber wasn't failing - she was uninformed.

Here are some more science based facts surrounding your monthly cycle, which Amber was not aware of, and in my experience many other women I have spoken to have no idea how their cycle impacts their mood, energy levels, and their strength abilities!

Bloating

- Daily diaries from 62 women over 765 cycles show fluid retention peaking in the five days before menstruation, then easing once bleeding starts.
- Progesterone slows gut transit in the luteal phase, allowing more gas build-up and abdominal distension.
- Hormonal shifts can add 3-5 lb of water weight; estrogen raises sodium retention while progesterone relaxes veins, both swelling tissue.



Sleep Disturbances

- Up to 71 % of people who menstruate report poorer sleep in the late luteal and menstrual phases; pain and falling hormones fragment deep sleep.
- Polysomnography shows more night-time arousals and less REM efficiency during the pre-menstrual week compared with mid-cycle, linked to lower estrogen and progesterone.
- Actigraphy studies find about 30 minutes more wake time after sleep onset in the luteal phase than in the follicular phase.

Low energy/ PMS

- Oestrogen and serotonin dip sharply in the late luteal phase, driving fatigue and mood swings seen in PMS.
- Surveys list tiredness as a top pre-menstrual symptom for 60-70 % of respondents; uterine prostaglandins add to the energy drain.
- Around 5-8 % experience PMDD, where hormone sensitivity causes disabling tiredness and low drive in the week before bleeding.

I have made sure to include links to the sources so that you can also do some research regarding this topic! It is important to be as informed as you can be, being informed is powerful.

When you understand what's happening in your body, you stop blaming yourself and start making choices that actually support your energy, focus, and wellbeing. You'll know when to push, when to pause, and how to show up in a way that feels good – not forced.

CHAPTER 2

FINDING THE MISSING LINK

Amber was scrolling YouTube one evening, trying to find a quick workout that didn't feel like a chore. She randomly came across one of my YouTube videos titled "How to exercise on your period | The best Pilates for your cycle".

It was short, clear, and explained everything she'd been struggling with – why some weeks she felt strong and others she could barely get off the floor. It was the first time she heard a person say, "It's not you. It's your cycle." She felt a sudden sense of relief; it was not her fault after all! Her down and low energy days were finally justified, she instantly decided to treat herself with kindness and grace. Gone would be the days of self-judgment and increased pressure to do the opposite of what her body actually needed!

It wasn't random. She had a real rhythm. Her "lazy" days weren't laziness – they were her luteal phase, when progesterone peaks and energy dips. She felt empowered. She wasn't broken – she was uninformed.

She replayed it three times. Then she grabbed a notepad and wrote down the phases:

- Menstruation → Rest and stretch
- Follicular → Core and energy
- Ovulation → Strength and power
- Luteal → Mobility and control

Have you ever wondered why you feel down some days and high on energy other days?



It clicked. Suddenly, her inconsistent workouts made perfect sense. That same night, she downloaded the free Flo app and started logging symptoms—cramps, low mood, headaches, bloating, and fatigue. After two full cycles, clear patterns emerged. Her “bad weeks” always landed in her luteal phase. Her best energy? Always days 6–16, just like I had mentioned in the video!

She decided to experiment. Instead of her usual runs, she would swap for Pilates three times a week using free YouTube workout playlists. During her period, she would focus on breathwork and pelvic tilts. During her follicular and ovulation phases, she would go hard with Power Pilates workouts, her long runs, and her HIIT sessions she had always forced before!

Here's how to plan your Pilates with your cycle (use emojis in your calendar!):

Let's break down the four stages of a woman's cycle in more detail!

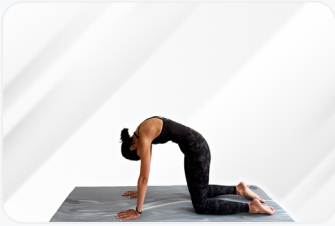


MENSTRUAL PHASE

→ Rest and stretch! Days (1-5):

- Gentle Pilates: Cat-Cow, Child's Pose, Pelvic Tilts,
- Breathwork
- Duration: up to 30 minutes
- Focus: Rest, release, and reconnect

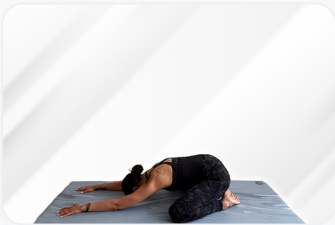
CAT



COW



CHILDS POSE



PELVIC TILTS



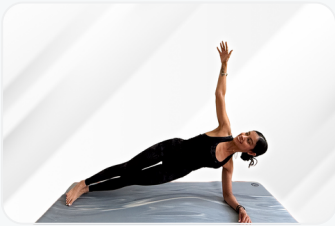
Switch your workout for a daily walk if you want to burn more calories and increase your daily step count and if you are on a weight loss journey! Walking is a great way to burn more calories in a gentle and low-impact way!

FOLLICULAR PHASE

→ Core and energy! (Days 6-14)

- Energising Flows: Standing Series, Side-Lying Leg Lifts, Pilates Hundred
- Add light resistance (bands or ankle weights)
- Focus: Building momentum and coordination

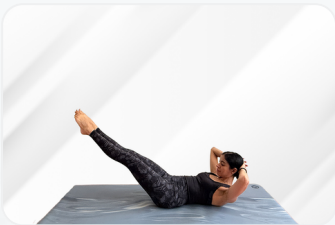
SIDE PLANK



HUNDREDS



LEG LIFTS



PLANK W/LOOP



Combine these Pilates exercises with some cardio and strength workouts! This is your time to truly push yourself!

OVULATION PHASE

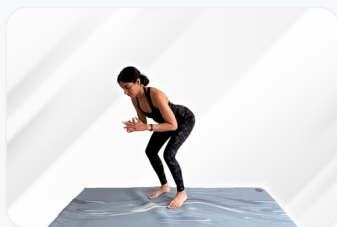
→ Strength and power! (Days 14-16)

- Strength Workouts: Gliders, Plank Variations, Single-Leg Work, Core Power
- Use loops or sliders for extra challenge
- Focus: Power, confidence, and pushing a little more

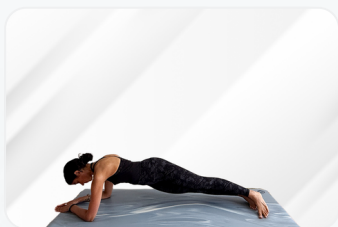
LUNGES



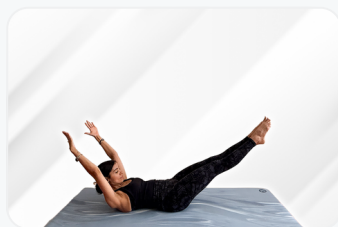
SQUAT JUMPS



HIP DIPS



DOUBLE LEG STRETCH



Like your follicular phase, but now you are at your peak! If you feel able to physically, try a bootcamp or HIIT class! If you enjoy going for long runs, this is your time to achieve those personal bests!

LUTEAL PHASE

→ Mobility and control (Days 17-28):

- Slow & Steady: Hip Openers, Spinal Mobility, Wall Pilates,
- Stability Ball
- Combine with breath and stretch sessions
- Focus: Recovery, grounding, reducing tension

BRIDGES



CURL UPS



WALL PILATES



COBRA



You don't have to stop all exercise completely, but just be aware that you have less energy during this time! If you love weight training, you can still do these sessions; maybe try a shorter workout length and go lighter on the weight!

Every woman is completely different, and a cycle can last anywhere from 28 to 35 days!

The best way to know is to start tracking your own cycle; day 1 being the first day of your period. The day after your period ends marks the start of your follicular phase; by counting the days until your next period, you can determine the length of your cycle. Is it 28 days or slightly longer? You can then identify what stage of your cycle you are in according to your individual length. It is also normal for your cycle length to change, which can make it tricky at first to track, but as long as you have a good idea, you will be much better equipped to act on intuition, not force!

You will likely know when you are in your luteal phase of your cycle, your energy drops and you feel tired, you sleep less, you are bloated, you may experience constipation or other unusual bowel movements, and you will generally feel low and a little bit sadder than usual! Be kind to yourself and remember this is **NORMAL**! Every single woman experiences the same or similar!



Should you avoid weight training and HIIT workouts during your luteal and menstrual cycle phases?

Not necessarily—but it's worth adjusting your approach. Everyone experiences their cycle differently. Some women feel strong all month long, while most of us notice a clear dip in energy, mood, or motivation during the luteal and menstrual phases.

During the luteal phase, it's smart to slow things down. That doesn't mean skipping movement altogether. Just shift your focus: opt for low-impact cardio, reduce your workout length, take more rest days, and go lighter with the weights. This supports your body without draining it.

Not every exercise type is particularly advantageous for every stage of your cycle; but Pilates is perfect for every phase. Ramp up intensity, add props, and challenge yourself during the follicular and ovulation phases. Then switch to mobility work, stretching, and breath-led flows when you're menstruating. You're not doing less—you're working smarter.



CHAPTER 3

LEARNING TO WORK WITH HER BODY

Amber joined an online Pilates program that had a built-in cycle-syncing plan. It broke the month into four phases. Each phase had different class recommendations and weekly goals. For the first time, she adjusted her workouts instead of forcing them.

She started doing gentle stretches and breathwork during her period (Days 1-5). No guilt. She combined these workouts with long walks and some gentle weight training, only IF she felt up to it!

Then, as her energy rose (Days 6-13), she added dynamic mat flows and resistance. She felt more connected to her core than ever. She was able to push through some more intense routines and did some reformer classes in a local studio too!

At ovulation (Days 14-16), she felt powerful – and used that time for strength-focused classes with gliders and loops. She also went for long runs and did a HIIT workout too!



Then came the luteal phase (Days 17-28), where she slowed down with calming hip openers, mobility flows, and spinal stability work.

Matching movement to her cycle helped her stay consistent, not by doing the same thing every day, but by doing the right thing for that day.

Amber's Lesson:

You don't have to lower your standards—you just need to change your strategy.

TIP: During your period, aim for 20-30 minutes of movement max. Think: Cat-Cow, Child's Pose, and deep breaths. Go for some nice long walks outside, and enjoy nature; this instantly puts you in a good mood!



WHY NUTRITION MATTERS

Amber also started to make small changes to her diet; she learned through her own research that certain foods were better suited to certain weeks in her cycle. It was a combination of research she read whilst also listening to her body! This led to her making better choices!

It wasn't about strict rules. It was about making small swaps that gave her more energy, helped manage cravings, and supported her workouts.

During her menstrual phase, she focused on warm, iron-rich meals. Think slow-cooked stews, lentil soups, spinach, and roasted root vegetables. She craved comfort, and giving her body warmth helped ease cramps and bloating.

In the follicular phase, her energy picked up. She naturally leaned toward lighter, fresher meals—like big colorful salads with quinoa, lean protein like grilled chicken, and citrus fruits. She noticed she digested food better and felt more energised when she kept things light.



Ovulation was her peak-energy phase, and her appetite often dipped slightly. She used that time to add in more raw veggies, smoothies, and omega-3-rich foods like salmon and flaxseeds. She still kept her meals balanced but noticed she didn't need to snack as much.

During the luteal phase, cravings crept in—especially for carbs and chocolate. But instead of fighting them, she allowed herself occasional treats. She ate more potatoes, pasta and oats. She had a little more chocolate than usual (without going overboard), and ate more magnesium-rich foods like pumpkin seeds, spinach, and bananas. She also drank more herbal teas to support digestion and reduce bloating.

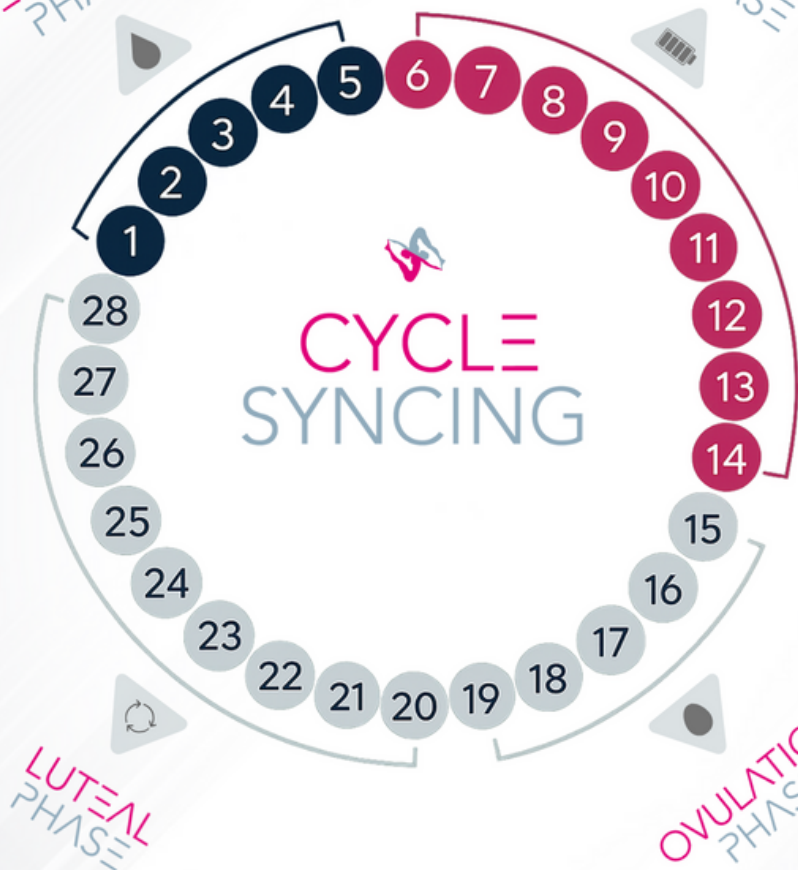
By listening to her cycle and paying attention to how food made her feel, Amber stopped judging her cravings. She started planning ahead, giving her body what it needed before the symptoms kicked in. That simple shift made her feel more in control and more connected to herself.

So what workouts should you be doing around your cycle, and how should your diet look? Here's some printable help sheets....



MENSTRUAL
PHASE

FOLLICULAR
PHASE



MENSTRUAL
PHASE



GENTLE WORKOUTS

FOLLICULAR
PHASE



INTENSE WORKOUTS

OVULATION
PHASE



HARDCORE WORKOUTS

LUTEAL
PHASE



LOW IMPACT WORKOUTS



MENSTRUAL PHASE

3-7 DAYS

EXERCISES TO DO

- ✓ WALKING
- ✓ YOGA
- ✓ GENTLE WEIGHTS
- ✓ PILATES
- ✓ LOW IMPACT HIIT

WHAT NOT TO DO

- ✗ INTENSE HIIT
- ✗ LONG RUNS
- ✗ CROSS FIT
- ✗ INTENSE ABS WORKOUT
- ✗ POWER WEIGHTS
- ✗ BOOT CAMPS

THE BEST FOODS TO EAT

- ▶ ANTI-INFLAMMATORY: BERRIES
- ▶ BROCCOLI
- ▶ TURMERIC & GINGER
- ▶ FISH / WHITE MEAT
- ▶ DARK CHOCOLATE
- ▶ MINT TEA





FOLLICULAR PHASE

7 - 12 DAYS

EXERCISES TO DO

- | | |
|-----------------|----------------|
| ✓ POWER PILATES | ✓ RUNNING |
| ✓ HEAVY WEIGHTS | ✓ CROSS FIT |
| ✓ HIKING | ✓ INTENSE YOGA |

WHAT NOT TO DO

- ✗ NOTHING IS OFF LIMITS! THIS IS THE TIME TO PUSH YOURSELF AND DO WHAT FEELS GOOD

THE BEST FOODS TO EAT

- ▶ NUTS & SEEDS
- ▶ FISH / WHITE MEAT
- ▶ LENTILS
- ▶ OATS
- ▶ BASIL
- ▶ AVOCADO
- ▶ CITRUS FRUIT & LEAFY GREENS





OVULATION PHASE

1-2 DAYS

EXERCISES TO DO

HIIT

HEAVY LIFTING

BOOT CAMPS



BOXING



CARDIO



HIKES

WHAT NOT TO DO

NOTHING IS OFF LIMITS! THIS IS THE TIME TO
PUSH YOURSELF AND DO WHAT FEELS GOOD

THE BEST FOODS TO EAT

- ▶ NUTS / SEEDS / BERRIES
- ▶ SALMON
- ▶ LEAFY GREENS
- ▶ BELL PEPPERS
- ▶ EGGS & DAIRY
- ▶ TOMATOES & AVOCADO
- ▶ QUINOA





LUTEAL PHASE

12-18 DAYS

EXERCISES TO DO

- | | |
|--------------------|-------------------|
| ✓ BARRE | ✓ PILATES |
| ✓ YOGA | ✓ LOW IMPACT HIIT |
| ✓ REFORMER PILATES | ✓ STRENGTH |

WHAT NOT TO DO

- ✗ HIGH IMPACT HIIT
- ✗ LONG RUNS
- ✗ BOOT CAMP STYLE WORKOUTS

THE BEST FOODS TO EAT

- ▶ DATES / APPLES / PEARS
- ▶ SWEET POTATOES
- ▶ MINT / GINGER / ROSEMARY
- ▶ SALMON
- ▶ CHICKPEAS / LENTILS
- ▶ PEPPERMINT TEA
- ▶ NUTS



LISTEN TO YOUR BODY

Please remember the above sheets are just a guide.

It is important to listen to the above advice but also to listen to your body! Not everyone reacts to certain foods or exercise in the same way. We all experience PMS symptoms differently.

I recommend trying what Amber did, which was keeping a diary and tracking her cycle dates. That way she could reflect on her mood, energy levels, and sleep hours!

This is the quickest and best way to identify your personal triggers and what you can do for yourself to make you feel your best, both inside and out!



CHAPTER 4

MORE THAN PHYSICAL

Things started shifting in every part of Amber's life. She wasn't exhausted all the time. Her mood became more even.

Her self-talk improved. She no longer saw "rest" as weakness. It was part of the plan.

Work stress didn't drain her as much. She used movement as recovery, not punishment. Pilates classes became an emotional reset – not just physical fitness. She felt calmer, slept better, and stopped needing that third coffee at 3 p.m.

She also became more efficient with her time. She scheduled deep work during her follicular and ovulation phases and left admin tasks or meetings for her luteal days. This made her feel more productive and less overwhelmed.

For the first time in years, Amber felt in control of her body, her calendar, and her energy – without burning out.

Amber's Lesson:

Cycle syncing isn't just for workouts – it's for your whole life.

Plan meetings and high-pressure tasks during ovulation.

Block rest time before your period. You'll feel 10x more in sync.

What if your job does not allow you to schedule work around your cycle?

Sadly for most of us, our work schedule cannot be controlled in such a way. You have to take meetings as and when they appear, and do your deep work when you have strict deadlines.

If you are self employed and have control over your work schedule, try to delegate what weeks you do your harder and deep work if you can! If this is not an option, simply take this approach to your personal life!

Have cosier evenings in during your luteal phase, spend time with your girlfriends, and remember they understand what you are feeling and what you are experiencing; they experience the exact same thing!

Talk to your partner and communicate; over time he will understand and start to notice the patterns in your behaviour, energy and mood!

Plan that late night/ party during your follicular phase, you have more energy, you feel better and you will also sleep better as well!



CHAPTER 5

SHARING HER EXPERIENCE

Amber started small—a WhatsApp group with four friends from work. She sent over her tracker, a YouTube playlist of synced workouts, and a calendar she made with colour-coded phases. Within a month, the group doubled.

Her friends started noticing results too—fewer burnout cycles, less guilt, and more awareness. They started messaging each other every week: "Where are you in your cycle?", "Try this Pilates class today.", "Let's skip HIIT and do mobility instead."

Amber didn't set out to lead anything—but her story gave others permission. That was enough. She still worked full-time. She wasn't an influencer. But she became a guide for others who needed a roadmap.

She wasn't just surviving her cycle anymore. She was living in sync with it.

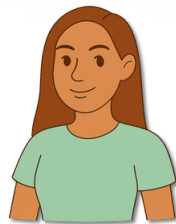
Amber's Lesson:

You don't need to overhaul your life. You just need to understand your rhythm—and share it.

Start a group chat with 1-2 friends. Use it to share how you're syncing workouts or managing energy. Accountability matters.

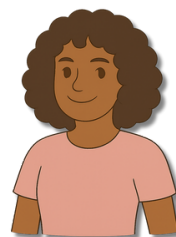
Amber never expected that her personal changes would inspire others – but they did. After posting a simple photo of her colour coded cycle tracker, her inbox filled with messages.

“I thought I was just lazy every time I skipped a workout before my period. Amber’s posts helped me realise my energy wasn’t low – it was shifting. Now, I plan gentle mat sessions in week 4 and save cardio for week 2. That small change made me consistent for the first time in years.”



JADE, 34

“I work long hours in tech and always felt disconnected from my body. Seeing Amber talk openly about her cramps, her cravings, her wins – it gave me permission to listen to mine. I tried a short workout during my luteal phase and actually felt better after. I’ve kept going ever since”



PRIYA, 29

Amber's story planted a seed. These people didn't need to overhaul their lives. They needed one person to make it feel safe to change. This ebook – and Amber – can be that person for you. Start making small changes. Plan your cycle, reap the rewards.

The key is starting. Start small. Start real. Start in a way that feels doable for you.

On the next pages, you'll find a free cycle syncing and health tracker. It's designed to help you stay consistent, notice patterns, and build momentum. Tracking isn't about pressure - its about awareness. It helps you see how far you've come and what's working..

This is your journey - make it personal, keep it simple, and take it one day at a time.



CYCLE SYNCING

TRACKER

MENSTRUAL

1 2 3 4 5 6 7

GENTLE STRETCHING

BREATHWORK

LONG WALK

NOTES

FOLLICULAR

8 9 10 11 12 13 14 15

STRENGTH & CORE

CARDIO

POWER PILATES

NOTES

OVULATION

16 17 18

STRENGTH - WEIGHTS

CARDIO POWER PILATES

NOTES

LUTEAL

19 20 21 22 23 24 25 26 27
28 29 30 31

STRENGTH - WEIGHTS

OUTDOOR HIKE PILATES

NOTES

DATE: _____



HEALTH

DAILY TRACKER

EXERCISE	SETS	REPS	WEIGHT	TIME

WATER INTAKE:



MOOD:



SLEEP HOURS:

GOAL:



TOTAL STEPS:

GOAL:



CALORIES EATEN:

GOAL:



CALORIES BURNT:

GOAL:



5 A DAY:



WEIGHT:

You don't need to follow Amber's exact path—but you can create your own. Her journey is real and proof that anyone can begin, no matter their age, ability, or budget.

You don't need fancy equipment or expensive classes to get started. You can begin right now – completely free by following my workouts on Youtube.

GET STARTED →

CLICK FOR WORKOUTS



The key is starting. Start small. Start real. Start in a way that feels doable for you.

This is your journey—make it personal, keep it simple, and take it one day at a time.

Im Natalia, a certified Pilates Instructor. I am dedicated to supporting you on your fitness journey. Whether you're just starting out or looking to deepen your practice, I can help you tailor a plan that fits your fitness goals. Let's connect and discuss how Pilates can enhance your well-being.

Join our community to receive a free weekly Pilates plan delivered to your inbox every Sunday, along with tips and resources to keep you motivated. Ready to take the next step? Reach out to me, and let's start your path forward.

GET STARTED →

JOIN THE COMMUNITY

GET STARTED →

CONNECT WITH ME

A woman with dark hair tied back, wearing a black tank top and blue patterned leggings, is performing a Pilates pose on a black mat. She is in a side lunge position, with her right leg bent and her left leg extended back. She is looking back over her right shoulder with a smile.

NATALIA X