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PCOD EXERCISE GUIDE KIT

Move with your cycle, not against it

No one form of exercise suits all, plan your workout based on your strength and build on it. Keep the forms of exercise diverse.

Cyclical Workouts

A cyclical workout means aligning your exercise intensity and type with the natural energy shifts of your menstrual cycle for better balance and results.

- Follicular (Day 1–13): Energy rising → Try cardio, dance, light strength.
- Ovulatory (Day 14–16): Peak power → HIIT, running, heavy strength.
- Luteal (Day 17–28): Energy dips → Yoga, walking, stretching, rest.

The 4 Pillars of Fitness

- Strength – Builds muscle & balances hormones
- Stamina – Boosts mood & improves insulin use
- Mobility – Keeps joints happy, reduces cramps
- Stretching – Relieves PMS tension & calms the body

Pick one pillar to begin with — stay consistent.

What to choose and how to choose your form of workout?

Tip	Beginner	Regular
Movement is Non-negotiable	Start with daily 10 min walk or stretching session	Stick to your routine with a balance of cardio, strength, and flexibility exercises
Try different workout	Pilates, Low intensity cardio or home workout	Challenge different muscle groups by experimenting with yoga, functional training, etc
Aim for 150 minutes/week	Start with 15 – 20 mins and gradually build up	Keep your workout diverse and aim to hit 150 mins/week
Work on Form	Master the technique before increasing intensity	Check on the correct form even with advanced moves, make adjustment if needed
Progressive overload	Begin with lighter weights/bodyweight and add the reps slowly	Focus on adding reps, sets or resistance to challenge your body
Slow down and Focus on Control	Slow down movement especially in strength exercise like squat, lunges	Slow down for more reps and better muscle engagement
Rest and Recovery is the key	Schedule your rest days to avoid overtraining and burnout. Can do light walking, yoga, stretching	



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Bring in Simple Variations

- Add ankle weights → tone legs
- Use resistance bands → joint-friendly strength
- Try slow reps → deeper burn
- Mix indoor + outdoor → keeps workouts fun

How to Use This Kit

You don't need to do it all.

Pick one aspect — strength, walks, or stretching — and start there.

It's not about perfection; it's about showing up with love for your body.

“Consistency is care. Movement is medicine.”

Made for every woman finding her rhythm.

