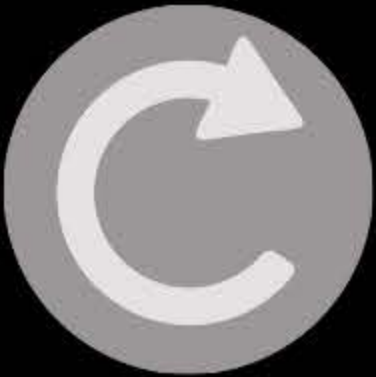




THE ATHLETE'S GUIDE TO HORMONE CYCLES

HOW TO OPTIMIZE REHAB AND HIGH PERFORMANCE

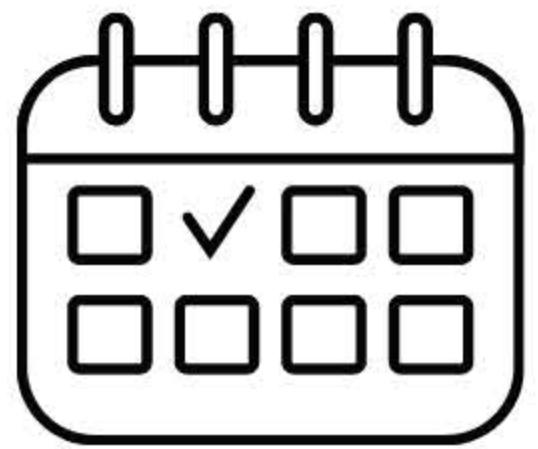
UNDERSTAND YOUR CYCLE



Your cycle begins on the first day of your period. It can be broken into 4 phases: Menstruation, follicular, ovulation, and luteal. Hormones are lower at the beginning of a cycle and higher at the end.

TRACK YOUR CYCLE, TRACK YOUR SYMPTOMS

Tracking will give you insight into times to push yourself and times to recover. There's an abundance of apps to help with this including FitrWoman.

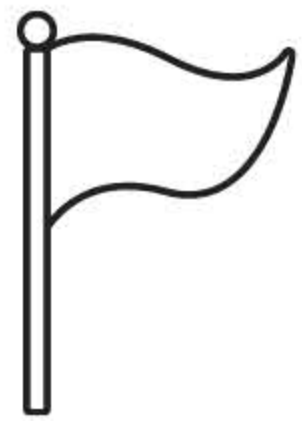


KNOW YOUR HORMONAL ADVANTAGE

There's evidence to suggest greater strength gains can be made during menstruation and follicular phases. The start of your period may also indicate the start of an optimal loading window.

WATCH FOR RED FLAGS

Absence of menstruation by age 15, abnormal cycle frequency, and symptoms severe enough to impact quality of life should be discussed with your provider.



DID YOU KNOW?



There's some evidence to suggest a connection between ACL tears and the post-ovulatory phase of an athlete's cycle, but more research needs to be done. Start tracking, and discuss your individual patterns with your provider.