

Cycle Sync Strength Calendar

Option 2

Week 2 Strength and Power	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
	Workout 5 Coach Woody	Workout 6 Coach Woody	Recovery/Rest	Recovery/Rest	Workout 7 Coach Woody	Workout 8 Coach Woody	Recovery/Rest			
	Week 3 Endurance and Stamina	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14		
		Workout 9 Coach Tanysha	Workout 10 Coach Tanysha	Recovery/Rest	Recovery/Rest	Workout 11 Coach Tanysha	Workout 12 Coach Tanysha	Recovery/Rest		
		Week 4 Mobility and Recovery	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
			Workout 13 Coach Kristina	Workout 14 Coach Kristina	Recovery/Rest	Recovery/Rest	Workout 15 Coach Kristina	Workout 16 Coach Kristina	Recovery/Rest	
			Week 1 Strength and Power	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
				Workout 1 Coach Ash	Workout 2 Coach Ash	Recovery/Rest	Recovery/Rest	Workout 3 Coach Ash	Workout 4 Coach Ash	Recovery/Rest

Use this calendar if you are on combination oral contraceptives (pills with estrogen and progestin). The main difference with this calendar is you will start the program with Week 2 Day 1 (Workout 5). In this calendar, Day 1 represents the first day of your pill pack.