

8-Week Workout Plan to Train According to Your Menstrual Cycle

To understand how to workout & eat according to menstrual cycle, watch this video: <https://youtu.be/PBd2CZC-JIE>

		Days	Workouts	No. of Sets
Month 1	Week 1 & 2	Monday, Wednesday & Friday	1) MY FAT BURNING GYM ROUTINE <i>Video Link: https://youtu.be/UqFzWx8X5AM</i> 2) 4-WEEK ABS CHALLENGE <i>Video Link: https://youtu.be/e3o1QHacr1Y</i>	1
		Tuesday & Thursday	1) TOTAL BODY STRENGTH TRAINING WITHOUT WEIGHTS <i>Video Link: https://youtu.be/mUns8O4YL5M</i> 2) 4-WEEK ABS CHALLENGE <i>Video Link: https://youtu.be/e3o1QHacr1Y</i>	4
	Week 3 & 4	Monday, Wednesday & Friday	1) 1000 CARDIO & CORE BURN CHALLENGE <i>Video Link: https://youtu.be/tfZKL3qnYE0</i>	3 - 4
		Tuesday	1) GET RID OF FLABBY ARMS – KICKBOXING <i>Video Link: https://youtu.be/hDLRNuezpZA</i> 2) HIGH INTENSITY BODY WEIGHT CARDIO <i>Video Link: https://youtu.be/rdQlmXKL_HI</i>	2 2
		Thursday	1) 15-MINUTE BEGINNER BOOT CAMP <i>Video Link: https://youtu.be/C-ju8fCYnhI</i>	1

*Week 1 & 2 focus on Strength Training and Week 3 & 4 focus on Cardio Exercises.

		Days	Workouts	No. of Sets
Month 2	Week 1 & 2	Monday, Wednesday & Friday	1) FAT BURNING GYM CIRCUIT (STRENGTH. CARDIO. CORE) <i>Video Link: https://youtu.be/UqFzWx8X5AM</i>	2
		Tuesday	1) 10-MINUTE ABS, ARMS, SHOULDER BEACH BODY <i>Video Link: https://youtu.be/QVK9ICQpu94</i>	2
			2) 5-MINUTE FLAT TUMMY STRONG CORE (BEACH BODY SERIES) <i>Video Link: https://youtu.be/1WNUM86mE4M</i>	2
			3) 4 BEST EXERCISES TO BURN BACK FATS AND BRA BULGE <i>Video Link: https://youtu.be/Cljf5O_3vIs</i>	2
	Week 3 & 4	Thursday	1) 4-WEEK INTENSE BUTT & ABS CHALLENGE <i>Video Link: https://youtu.be/5rReZm8uDM0</i>	2
			2) 4-MINUTE HIGH INTENSITY FAT BURNING LEGS WORKOUT <i>Video Link: https://youtu.be/nL8UWtk_k8w</i>	2
			3) SCULPTED INNER THIGHS, LEGS & BUMS <i>Video Link: https://youtu.be/4iFbflkZzka</i>	3
		Monday, Wednesday & Friday	1) 30-MINUTE BEGINNER HIIT YOGA FOR SLIMMER LEGS <i>Video Link: https://youtu.be/MWpNoFdGh4Q</i>	2
Tuesday	2) 30-MINUTE BEGINNER HIIT YOGA FOR STRONGER ABS <i>Video Link: https://youtu.be/FxJ3VWscT3I</i>	2		
	1) 8-MINUTE WORKOUT FOR TEENS <i>Video Link: https://youtu.be/ixjdNUtWN-Y</i>	2		
	Thursday	1) 4-MINUTE PLANK TO STRONG SEXY ABS & ARMS <i>Video Link: https://youtu.be/d4BlfRWm7uA</i>	1	
2) 8-MINUTE FAT BURNING BED WORKOUT <i>Video Link: https://youtu.be/aPIFJXAVpg0</i>		2		

*Week 1 & 2 focus on Strength Training and Week 3 & 4 focus on Cardio Exercises.