

HER CYCLE POWER

Hormone-
friendly



FITNESS

WOMAN'S GUIDE



Diet

cycle
synching

glow up
era

Balance

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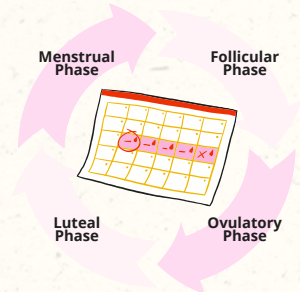


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WELCOME TO YOUR GLOW-UP ERA

IF YOUR GOAL IS:

- ✓ Getting fit
- ✓ Live a long and healthy life
- ✓ Finding a routine that works for YOU
- ✓ Getting sustainable results without burning out



This Guide is for You!

WHY TRAIN WITH YOUR CYCLE?

Your cycle isn't a curse. It's your superpower. We've been taught to see our periods as annoying or something to just "get through" but once you actually understand your cycle, everything shifts. Each phase brings something different to the table: more energy, sharper focus, deeper intuition, or the urge to slow down.

When you start working with your hormones instead of against them, life gets easier. You stop burning out from doing the same intense thing every day and start flowing with what your body needs. That's not weakness. That's strategy. This is your blueprint. Your cheat code. Your glow-up tool. You're not broken or dramatic for changing throughout the month. You're cyclical and that's a privilege.

Listening to your body is one thing, but building a strong one is how you thrive. Muscle isn't just about looking fit. It keeps your metabolism humming, supports your hormones, protects your bones, and helps you age better. But after 30, we naturally start to lose it every year and even faster in our 40s and 50s. That's why strength training is one of the most powerful things you can do now for your long-term health.

And here's the magic. Cycle syncing makes it doable. When you train in tune with your hormonal rhythm, you stay consistent without burning out. Some weeks you lift heavy. Others, it's yoga, walking, or mobility work. You stay strong, feel better, and never get bored. That's how you build a routine that actually lasts. Your future self will love you for it.

ABOUT ME

NICE TO E-MEET YOU!

MY NAME IS EMMA!



Why the heck would you listen to me?

Well... why would you. I'm just some girl on the internet. But I've been cycle syncing for almost 3 years now, ever since I ditched hormonal birth control and let me tell you, it's been a game changer. I'm still learning (because this journey never really stops) but I can confidently say that tuning into my cycle has completely transformed how I feel in my body, how I train, and how I show up in life.

And if you don't want to take my word for it, take the science's. I've read the work of leading experts like Alisa Vitti, author of *In the Flo* and *WomanCode*, who's paved the way for a whole new approach to women's health. Research from Harvard, Stanford, and other top institutions is finally catching up, showing how our hormones impact metabolism, mood, energy, and performance. Women are cyclical, and we deserve to train and live like it.

Whether you struggle with fatigue, cramps, acne, irregular cycles, or just feel disconnected from your body; this is your sign to try something different.

WHAT YOU WILL FIND IN THIS GUIDE

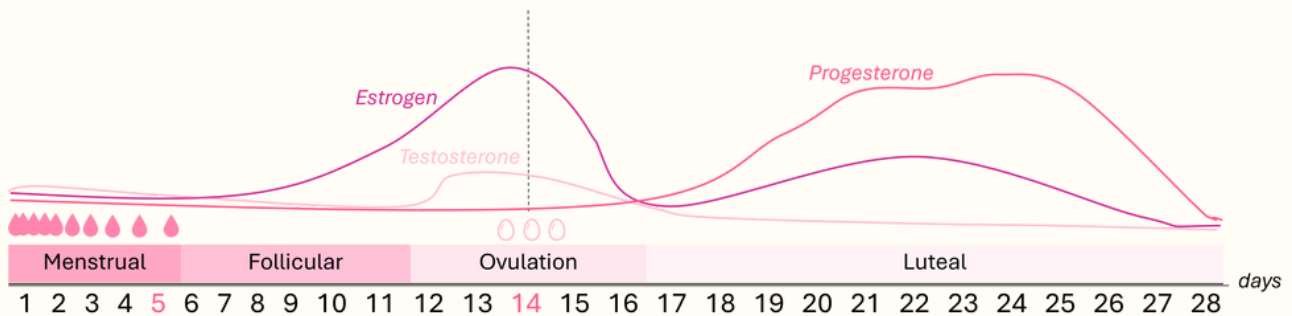
- ✓ A simple breakdown of the 4 cycle phases (no boring science talk, promise)
- ✓ Rest, reset & self-care tips for every phase
- ✓ A monthly planner to organize your workouts & meals like the CEO of your body
- ✓ "Boyfriend Meter" lists so your man knows exactly how to support your glow-up
- ✓ A grocery list that makes shopping easy AF

And most importantly...

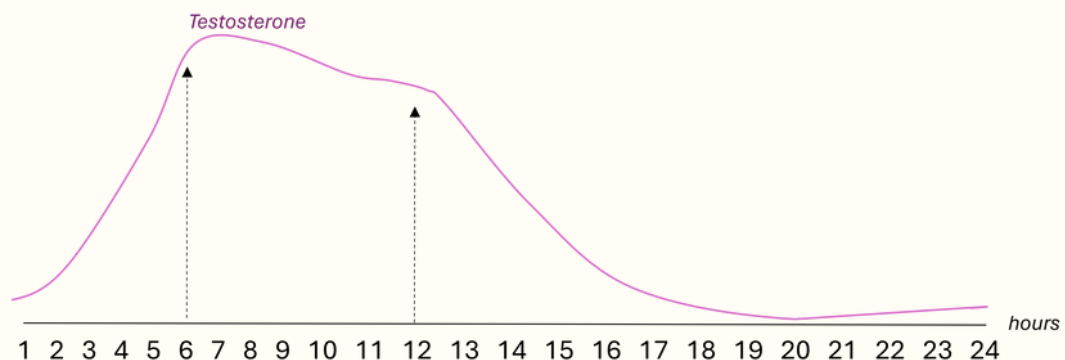
- ✓ Permission to stop beating yourself up for not feeling the same every day.

WOMEN'S SUPERPOWER

I strongly believe that syncing your training and energy with your cycle is the biggest cheat code in women's health. Like, game-changing. When you actually work with your body instead of forcing it to perform the same way every single day, everything starts to click. You avoid burnout, you feel more in tune, and most importantly; you actually stay consistent throughout your lifetime.



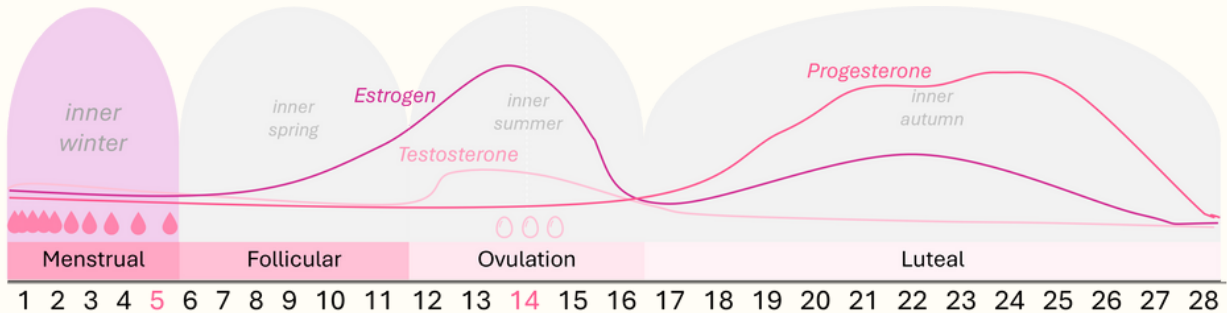
For reference, **this is what a woman's hormone cycle looks like**: around 28 days, split into four phases — menstrual, follicular, ovulation, and luteal. But let's be real: every woman is different. Some cycles are longer, some shorter. And even you might feel different each time. I've had luteal phases where I was crushing workouts and ovulation weeks where I just wanted a nap. So don't overthink it. Learn to listen to your body. That's where the real magic is.



For reference, **this is what a man's hormonal cycle looks like**: it resets every 24 hours. Yep, every single morning, they wake up with the same hormone pattern, the same energy levels, and the same blueprint. That's why most workout programs, productivity hacks, and morning routines are built around that rhythm. But guess what WOMEN ARE NOT LITTLE MEN ! So if you've ever felt like you're "failing" because you can't keep up with the same grind every day... girl, it's not you. It's the system that's built around male biology. So keep reading to learn exactly HOW you can optimize YOUR hormonal cycle and build a routine that actually makes you feel amazing inside and out for life; not just for one summer.

MENSTRUAL

PHASE 1: DAY 1 - 5



KEYWORDS: Rest, Release, Reflect



This is your inner winter. **Estrogen** and **progesterone are at their lowest**, which triggers your period and a natural drop in energy. You may feel more tired, sensitive, or just want to be alone; and that's totally valid. Your body is literally shedding and renewing. It's working hard behind the scenes, so support it with: Extra rest, Warm nourishing foods, Gentle movement (or none at all), Quiet time to reflect or journal.

The menstrual phase usually **lasts between 3-7 days**, but every body is different, honour your unique rhythm queen!

Reminder

journal and reflect on your past month. I always do highs and lows list

* The boyfriend meter



Bring her heating pads in bed



Do one of her chores



Surprise her with a grocery run

MENSTRUAL



Mindset

This is your **healing girl era** = your monthly reset button. Your hormones hit their lowest point: estrogen, progesterone, all of it. So your energy might feel like it's gone into airplane mode. You might be moody, low-key emotional, or just tired AF. That's not weakness, babe; it's biology. Use this time to reflect, journal, and feel. Be extra kind to yourself. Cancel what doesn't feel aligned. Say "no" without guilt. This is your body asking for space. Honor it.

Body & Exercise

Let's talk real. **The first 1–2 days** of your period can feel like a total shutdown. Cramps, fatigue, bloating, back pain; and that fun moment of checking every seat you just sat on 🙄 (if you know, you know). Personally, I don't feel like walking into the gym feeling self-conscious or drained. So I don't. Give yourself permission to slow down and focus on restorative movement: *Stretching | Yin yoga | Short walks | Breathwork | Or simply rest*. Starting around **Day 3 or 4**, as your flow gets lighter and energy starts to return, begin tuning into your body again. If you feel up to it, move!

This might mean: *Light dance session | Gentle weight lifting | Easy cycling | Flow yoga or Pilates*.

Listen to your own rhythm. Some periods will feel harder than others, and that's completely normal.

Food & Grocery List

💡 Focus on Iron + Vitamin C to replenish what's lost and boost absorption, **warming comfort meals** to support your metabolism, and hormone-friendly fats to balance mood, energy and soothe cramps.

🍲 **CARBS** → *Fuel your body with slow-releasing energy*

Oats | Wild rice | Buckwheat | Millet | lentils

→ Easy to prep in your rice cooker, warming, and mineral-rich.

🥩 **PROTEIN** → *Support hormone production and muscle repair*

Eggs | Beef | Lamb | Liver | Tofu | Mussels | Duck | Oysters

🥑 **FATS & NUTS** → *Reduce inflammation and stabilize mood*

Avocado | Olive oil | Coconut oil | Walnuts | Chestnuts | butter

🥬 **VEGGIES** → *Help detox excess hormones + support digestion*

Cooked spinach | Broccoli | Zucchini | Carrots | Kale | red bell pepper | Beets | Nettle

→ Cooked > raw. Great for iron, minerals, and fiber during bleeding.

🍇 **FRUITS** → *Boost antioxidants + increase iron absorption*

Blueberries | Blackberries | Watermelon | Kiwi | Grapes

→ Hydrating and antioxidant-packed. Eat fresh or blend into warm oats.

🌰 **SEEDS** → *use as toppings everywhere!*

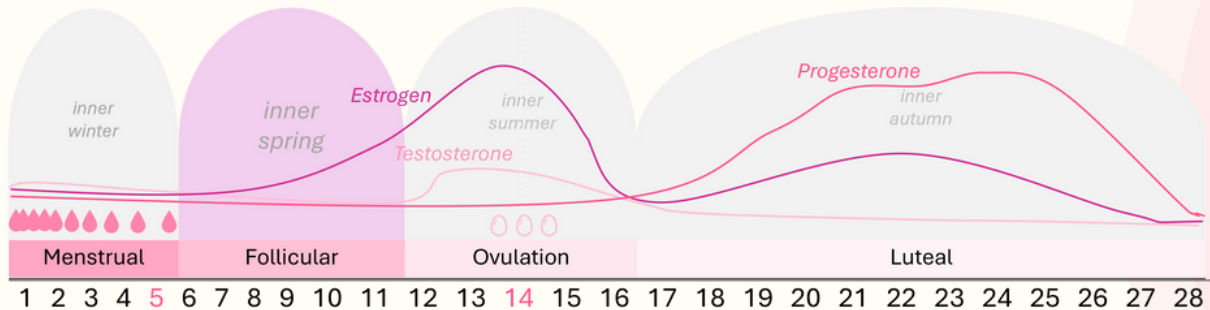
Sesame seeds | Sunflower seeds | Chia seeds | Flaxseeds

🍵 **EXTRAS** → *Warm and soothe the body*

Cinnamon | Ginger | Turmeric | Raspberry leaf tea | Decaf coffee | Miso | Bone broth

FOLLICULAR

PHASE 2 : DAY 6 - 11



KEYWORDS: Energize, Create, Explore

This is your inner spring. **Estrogen starts to rise**, bringing back your energy, optimism, and that fresh-start feeling. Your brain is sharper, your mood lifts, and you may feel like trying new things or taking on a challenge.

Your body is building back up after your period and prepping for ovulation. Use this phase to: Set goals or start new projects, Try new workouts or ramp up intensity, Be social and get outside your comfort zone. The follicular phase usually **lasts around 7-10 days**, but it's not one-size-fits-all. Tune into your cycle and trust your inner rhythm.

* The boyfriend meter



Send a motivating morning text



Celebrate small wins with her



Encourage her wildest ideas



Reminder

do something creative !
draw a picture, write a
poem, sing or dance your
heart out!

FOLLICULAR



Mindset

This is your inner spring = **fresh start era**. After your period ends, your hormones begin to rise: estrogen first, then a little testosterone. This boosts your mood, motivation, and brainpower. You might feel more inspired, focused, or ready to get sh*t done. Take advantage of this mental reset to start planning, dreaming, and organizing. Say yes to new ideas, social events, or creative projects. You're entering your most "go-getter" mindset; ride that wave!

Body & Exercise

Your energy is finally coming back, and it shows. This is a great time to ease into movement that feels uplifting and motivating. Start light and build momentum as your body wakes up from its rest phase.

Begin with whatever workout you like best and implement feel-good movement:

Running | Hot Pilates | Dance cardio | Mobility work

As you gain confidence and stamina, **you can turn things up a notch:**

Strength training | Low-impact HIIT | Spin | Sculpt workouts

This phase is ideal for trying something new; a fresh workout style, increasing reps, or joining a group class. Your coordination, motivation, and recovery are on your side. Just remember: build gradually and keep listening to your body.

🎯 Your goal here? Move in a way that leaves you feeling stronger, not drained.

Food & Grocery List

💡 Focus on **light, vibrant meals** to support rising estrogen, boost energy, and spark creativity. Fresh veggies, clean protein, and **gut-friendly foods** help you feel clear and energized.

🌿 **CARBS** → *Support energy and blood sugar balance*

Oats | Wheat | Barley | Rye | Green lentils | Split peas

🍳 **PROTEIN** → *Build lean muscle + boost brain function*

Eggs | Chicken | Turkey | White fish | Tempeh | Tofu | cottage cheese | creek yogurt

🥑 **FATS & NUTS** → *Support hormone production + glowing skin*

Avocado | Olive oil | Flaxseed oil | Hummus | Brazil nuts | Cashew nuts | Nut butter

🥬 **VEGGIES** → *Help detox estrogen + support gut health*

Green peas | Lettuce | Zucchini | Cucumber | Leafy greens | String beans | Carrot

→ Steam or stir-fry. Add lemon or fresh herbs for flavor + gut support.

🍌 **FRUITS** → *Refresh, hydrate, and protect with antioxidants*

Grapefruit | Pomegranate | Oranges | Pineapple | Lemon | Lime | Olives

🌰 **SEEDS** → *go to toppings*

Pumpkin seeds | Flaxseeds

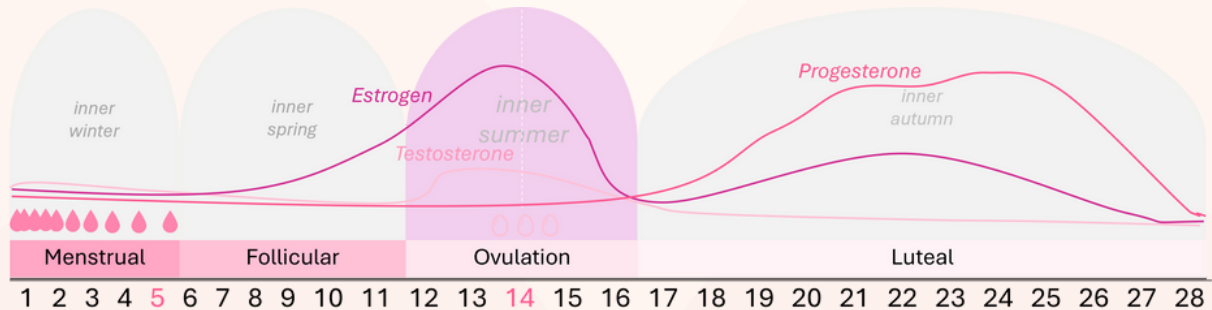
→ Sprinkle on everything. They support estrogen metabolism and healthy cycles.

💧 **EXTRAS** → *Prebiotic/ gut friendly foods*

Green tea | Lemon water | Matcha | Miso | sauerkraut | kimchi | kefir | garlic | Pickles

OVULATION

PHASE 3 - DAY 12-16



KEYWORDS: Glow, Connect, Attract

This is your inner summer. **Estrogen** and **testosterone peaks** and your body releases an egg; hello, fertility window! You'll likely feel confident, outgoing, flirty, and magnetic. Your communication skills are 🔥 and your libido is at its highest. Use this phase to: Have important convos or meetings, Schedule social events or dates, Push your workouts and aim for PRs (if it feels good) Ovulation only **lasts 24-48 hours**, but the high energy and confidence can stretch for a few days before and after. Ride the wave, girl, just don't forget to use protection ;)

Reminder

your body's like: let's make a baby. But I'm like: let's hit some PRs

* The boyfriend meter



Tell her she looks 🔥



Take her out on a date



Plan social activities



OVULATION

Mindset

This is your **main character energy era**. Confidence is peaking, your brain is firing on all cylinders, and you're feeling lit up; socially, mentally, and physically. Estrogen and testosterone are at their highest, making you magnetic, vibrant, and extra persuasive. This is the time to network, pitch big ideas, flirt, or simply enjoy feeling your best.

✨ Say yes to being seen. Say yes to showing up.

Body & Exercise

Energy? Through the roof. Strength? Maxed out. During ovulation, **your body is primed for peak performance**. It's the perfect time to challenge yourself ; physically and mentally. You can handle higher-intensity training and push your limits a bit more than usual.

Try **heavier weights** in your *strength training | Group workouts | HIIT | Dance | Spin | Bootcamps | Hyrox exercises | running or even sprinting!*

You can do ANYTHING.

You'll likely recover faster too, so enjoy it. And don't be afraid to lift heavy or take the stage. Your body is working with you here. You are stronger than you think!!

Food & Grocery List

💡 Focus on light, **hydrating meals packed with fiber**, antioxidants, and liver-supporting foods. Your metabolism slows slightly, so fresh salads and **cooling ingredients** work best to keep you energized and glowing.

🍌 **CARBS** → *Provide clean energy without feeling heavy*

Quinoa | Corn | Rice cakes | Sourdough | Light crackers | Red lentils | Chickpeas

🍖 **PROTEIN** → *Fuel ovulation and support hormone balance*

Eggs | Salmon | Grilled chicken | Tempeh | Tuna | Shrimp | Lean cut Beef | Lamb

🥑 **FATS & NUTS** → *Support cervical fluid and skin health*

Avocado | Olive oil | Almonds | Walnuts | Pistachios | Pecans | Tahini

🥬 **VEGGIES** → *Clear out excess estrogen + support the liver*

Spinach | Asparagus | Bell peppers | Cabbage | Broccoli | Brussel sprouts | Lettuce
→ Great raw or lightly cooked to retain antioxidants and support detox.

🍓 **FRUITS** → *Refresh, hydrate, and protect with antioxidants*

Raspberry | Strawberries | Apricot | Fig | Guava | Watermelon | Coconut | Tomato
→ Naturally sweet and hydrating; perfect as snacks or in smoothies.

🌰 **SEEDS** → *go to toppings*

Flaxseeds | Pumpkin seeds

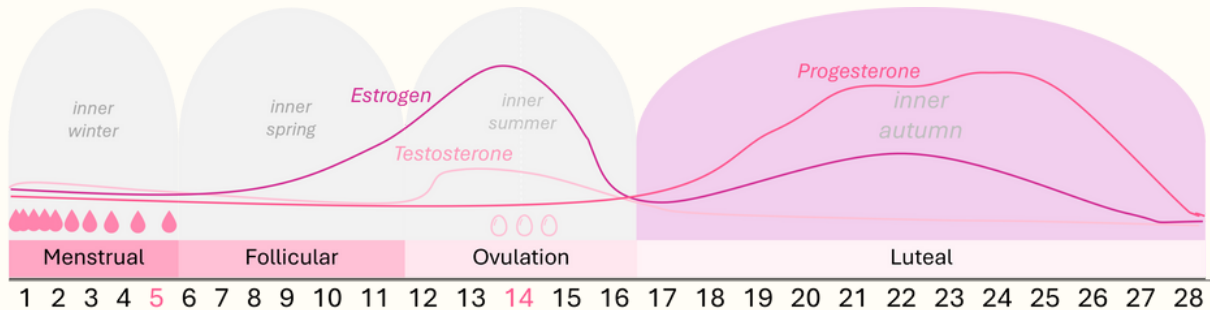
→ Great for brain focus, skin glow, and hormone support.

🍋 **EXTRAS** → *Cooling and detox-supportive*

Lemon water | Fresh herbs | Iced herbal tea | Turmeric | Mint | Coffee | (Alcohol)

LUTEAL

PHASE 4 : DAY 17 - 28



KEYWORDS: Balance, Productivity, Nest

This is your inner autumn. After ovulation, **progesterone rises** and **cortisol sensitivity increases**, which means your body gets stressed more easily. You may feel more introverted, emotional, or overwhelmed and PMS might sneak in toward the end; You're not crazy or too sensitive, your hormones are just shifting. Your metabolism also speeds up during this phase, so you actually burn more calories. Eating around 200–300 extra nourishing calories can help reduce cravings and support hormone balance. Support yourself with: More rest and chill time, Warm, grounding meals, Slower movement and emotional check-ins. The luteal phase usually **lasts 10–14 days**. Some days you'll feel fine, others terrible. Honor those shifts and protect your peace honey.

* The boyfriend meter



Let her vent without jumping in to fix it



Tell her she looks beautiful



Bring her snacks.



Reminder

this is a good time to
restrain from caffeine as
it will make PMS worse

LUTEAL



Mindset

This is your **cozy girl era**. You're more inward, reflective, and sensitive to stress. Progesterone is rising to prep your body for a potential pregnancy, which naturally makes you want to nest, chill, and stay close to home. Expect mood shifts, lower tolerance, and some self-doubt creeping in. It's not "you being moody"; it's your body needing rest and reassurance. ✨ Don't overschedule. Prioritize self-care and protect your peace.

Body & Exercise

The Luteal phase is basically a two-part drama. In the first act you can still hit the gym. Strength, Pilates, cardio are all fair game. Just don't go full beast mode. Your body's like "we can move, but let's not be dramatic about it." Keep it cute, not chaotic. 🏡

As you enter the second half (the week before your period), it's time to seriously tune in. Energy dips, your nervous system is more sensitive, and stress (even from a hard workout) can spike cortisol and worsen PMS symptoms.

This is when your workouts should support, not stress your body.

Think: **Yoga | Walking | Mobility work | Stretching**

→ These movements reduce inflammation, help with bloating, and keep your body flowing without overdoing it.

Your recovery is slower now, and pushing too hard can backfire.

🎯 Your goal: less chasing PRs, more honoring your limits.

Food & Grocery List

💡 Focus on **magnesium-rich foods**, slow-digesting carbs, and warm, grounding meals. Your body needs more calories, so aim to nourish → not restrict. This phase is all about blood sugar balance, reducing bloating, and calming inflammation.

🍌 **CARBS** → *Stabilize mood + reduce cravings*

Brown rice | Millet | Sweet potato | Quinoa | Oats

🐟 **PROTEIN** → *Keeps you full + support hormone shifts*

Eggs | Turkey | Beef | Lamb | Salmon | Cod | Sardines

🥑 **FATS & NUTS** → *Calm your nervous system + fight PMS*

Avocado | Almond butter | Ghee | Evening primrose oil | Pine nuts | Walnuts

🥕 **VEGGIES** → *Help reduce bloat + support digestion*

Cabbage | Cooked leafy greens | Cauliflower | Carrots | Pumpkin | Squash | Onion

→ Cooked, roasted or blended ; easier to digest and gentle on your gut

🍎 **FRUITS** → *Satisfy sweet cravings + add fiber*

Peach | Pears | Apples | Dates | Raisin | Banana

→ Think warm stewed fruit, avoid cold smoothies

🌱 **SEEDS** → *go to toppings*

Sunflower seeds | Sesame seeds | Flaxseeds | Chia seeds

🍷 **EXTRAS** → *Soothe, ground, and relax*

Cinnamon | Ginger | Dark chocolate | Herbal teas | Mint | Spirulina

HOW TO

START YOUR GLOW-UP ERA

START SMALL.

I know this can feel a little overwhelming.. like, where do I even start?! But girl, don't stress. You don't have to do it all at once. Take your time, it's your journey! Enjoy the ride.

Start simple. **Think in weeks:**

- Week 1 = Period
- Week 2 = Follicular
- Week 3 = Ovulation into Luteal
- Week 4 = Luteal

Ovulation is short and the luteal phase is longer, so they kind of blend together across two weeks. Every cycle might feel a little different: that's normal. Track your cycle and tap into these similarities.

Try **picking one small thing** to focus on per phase. For example:

- In your diet, maybe add just one thing that supports your phase; like seeds, a specific carb, or warm iron-rich foods before your period.
- For exercise, play with intensity; just turn the volume up or down depending on how you feel. It doesn't have to be all or nothing.
- And if you want my #1 tip? Try cutting out caffeine and alcohol the week before your period. Your body will thank you during your bleed.

Quick heads-up: if you're on hormonal birth control, your natural hormone rhythm is being paused; so you might not feel all of this right now. But if/when you come off it, this will be your guide to reconnect with your body.

Honestly, the most important step is awareness. And the fact that you're here, reading this, means you've already taken the first step. You're on your way, and your future self is already glowing with gratitude.



MONTHLY WORKOUT PLANNER



		MON	TUE	WED	THU	FRI	SAT	SUN
Menstrual	WEEK 1	Rest/walk	Rest/Yoga	Pilates/Yoga	Short run	Gym	Rest	Gym
Follicular	WEEK 2	Gym	Rest	Run 5km PR	Gym	Rest	Gym	Gym
Ovulation	WEEK 3	Gym PR	Rest	Run 5km	PR Gym	Rest	Gym	Gym
Luteal	WEEK 4	Gym	Rest	Short run	Pilates/Yoga	Rest/Yoga	Long walk	Rest/walk

Notes

Rest = 5k steps minimum! And on weeks when you feel like working out less : try to strive for 10k steps – you can do it!

Short run = if your not a runner – choose your favourite form of cardio – tip : search on YouTube “Dance workout”

Gym = lifting weights → Commit to a number of times a week that you can maintain! 2-3 times is good enough!

PR = Personal record → more weight, more reps, less rest time between sets, running faster etc. push your limits!



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MONTHLY WORKOUT PLANNER



Menstrual Follicular Ovulation Luteal	WEEK 1							
	WEEK 2							
	WEEK 3							
	WEEK 4							

Notes

Here is a template : fill it out to best fit your schedule and preferences :)

MONTHLY DIET PLANNER

		MON	TUE	WED	THU	FRI	SAT	SUN
Menstrual	WEEK 1	Tofu + Lentils + Red bell pepper + Sesame seeds Beef stew + potatoes + kale + sesame	Liver burger + Buckwheat + Carrots + Flaxseeds Tofu miso soup + barley + spinach + flax	Chickpea curry + wildrice + broccoli + flax Baked cod + lentils + zucchini + sesame	Grilled salmon + sweet potato + mushrooms + sesame Duck + Buckwheat + Red bell pepper + Sesame seeds	Lamb + Lentils + Red bell pepper + Sunflower seeds Grilled tempeh + polenta + chard + sesame	Egg scramble + roasted beet + sourdough + sesame Nettle soup + Tofu stir-fry + spinach	Beef stir-fry + quinoa + broccoli + flax Mushroom risotto + beans + kale + sesame
Follicular	WEEK 2	Quinoa salad + chicken + arugula + pumpkin seeds Stuffed peppers + lentils + zucchini + flax	Chicken curry + couscous + peas + pumpkin Zucchini boats + quinoa + tofu + flax	Shrimp bowl + wild rice + cucumber + pumpkin Tempeh buddha bowl with lentils + leafy greens + pomegranate + tahini	Turkey wraps + hummus + carrot sticks + flax Stuffed pita + hummus + carrots + flax	Egg muffins + spinach + oat crackers + pumpkin Frittata + broccoli + millet toast + pumpkin	Turkey meatballs + lentil salad + steamed greens + kimchi Lentil salad + bulgur + green beans + flax	Zucchini noodles + beans + olive oil + pumpkin Turkey lettuce wraps + cucumber + carrot slaw + flaxseed oil drizzle
Ovulation	WEEK 3	Chicken Caesar + avocado + chickpeas + pumpkin Salmon salad + chickpeas + arugula + sunflower	Shrimp salad + bulgur + tomatoes + sunflower Spinach smoothie + almond toast + sunflower	Egg salad + quinoa + greens + pumpkin seeds Salmon poke bowl + quinoa + shredded carrot & cabbage + lemon juice	Greek salad + grilled tofu + whole grain bread + sunflower Avocado toast + poached egg + kale + pumpkin	Beetroot hummus wrap + lentils + lettuce + pumpkin Tuna rice salad + cucumber + olive oil + sunflower seeds	Coconut-lime shrimp + rice cakes + roasted zucchini & broccoli Sushi bowl + edamame + spinach + pumpkin	Tofu poke bowl + kale + brown rice + pumpkin Tempeh taco salad + brown rice + salsa + sunflower
Luteal	WEEK 4	Turkey chili + sweet potato + spinach + sunflower Baked turkey + lentils + kale + sunflower	Lentil bolognese + whole wheat pasta + peas + sesame Stuffed eggplant + brown rice + spinach + sesame	Meatballs + brown rice + cauliflower + sesame seeds Salmon fillet + sweet potato mash + steamed green beans + flaxseeds	Salmon bake + couscous + broccoli + sesame Beef stir-fry + soba noodles + broccoli + sesame	Eggplant curry + brown rice + chickpeas + sunflower Pasta + white beans + roasted veg + sunflower	Egg + spinach omelette + millet + cooked onion + almond butter toast Grilled chicken + roasted carrots + millet + sesame	Tofu stew + wild rice + green beans + sunflower Grilled chicken soup + potatoes + kale + sunflower

Macros 101

Protein = Aim for 1.5–2g per kg of your goal body weight daily to support muscle + hormone health.

Fiber = 25–35g a day to keep digestion flowing and balance blood sugar.

Carbs = Not the enemy. Go for complex carbs like oats, rice, root veggies; your cycle needs fuel.

Fats = Essential for hormone production. Add olive oil, avocado, seeds, nuts, and fatty fish.



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MONTHLY DIET PLANNER



Menstrual Follicular Ovulation Luteal	WEEK 1							
	WEEK 2							
	WEEK 3							
	WEEK 4							

Notes

Here is a template : fill it out to best fit your taste and preferences :)

THANKS FOR READING!!

WANT MORE INFO?

Listen to my very first episode called: Her power cycle. In this episode I go into even greater detail as I break down each of the 4 phases in simple, talkable terms so it's even easier to understand everything. Also!! It's a perfect format to send to your boyfriend, we both know he doesn't want to read a 17 page guide... So there is no excuse when he can literally put on his headphones and listen to a 30 min podcast while he works out!!

Send it to your boyfriend, mom, sisters etc, they all need to hear it:



[Listen now → Her cycle power ✨](#)