

YouTube Playlist Of Exercises For Each Cycle Phase

Menstrual Phase:

<https://youtube.com/playlist?list=PLSlopcQREgGu2C3Fo58KbGW0kS19RhmAh&si=BBM6xTWPDRjICyqH>

Follicular Phase:

<https://youtube.com/playlist?list=PLSlopcQREgGuz0I-pumNjUI5k3GY-HKEq&si=wFH6aMgEhYA0YrLh>

Ovulatory Phase:

<https://youtube.com/playlist?list=PLSlopcQREgGuxcnUuXrjihwDRpj4--ODs&si=gqYtHpKfxRw1hl9Z>

Luteal Phase:

https://youtube.com/playlist?list=PLSlopcQREgGua_x6_LY2HuGOsDZEI7WX3&si=ifJxnBIVElmxZ9Fo