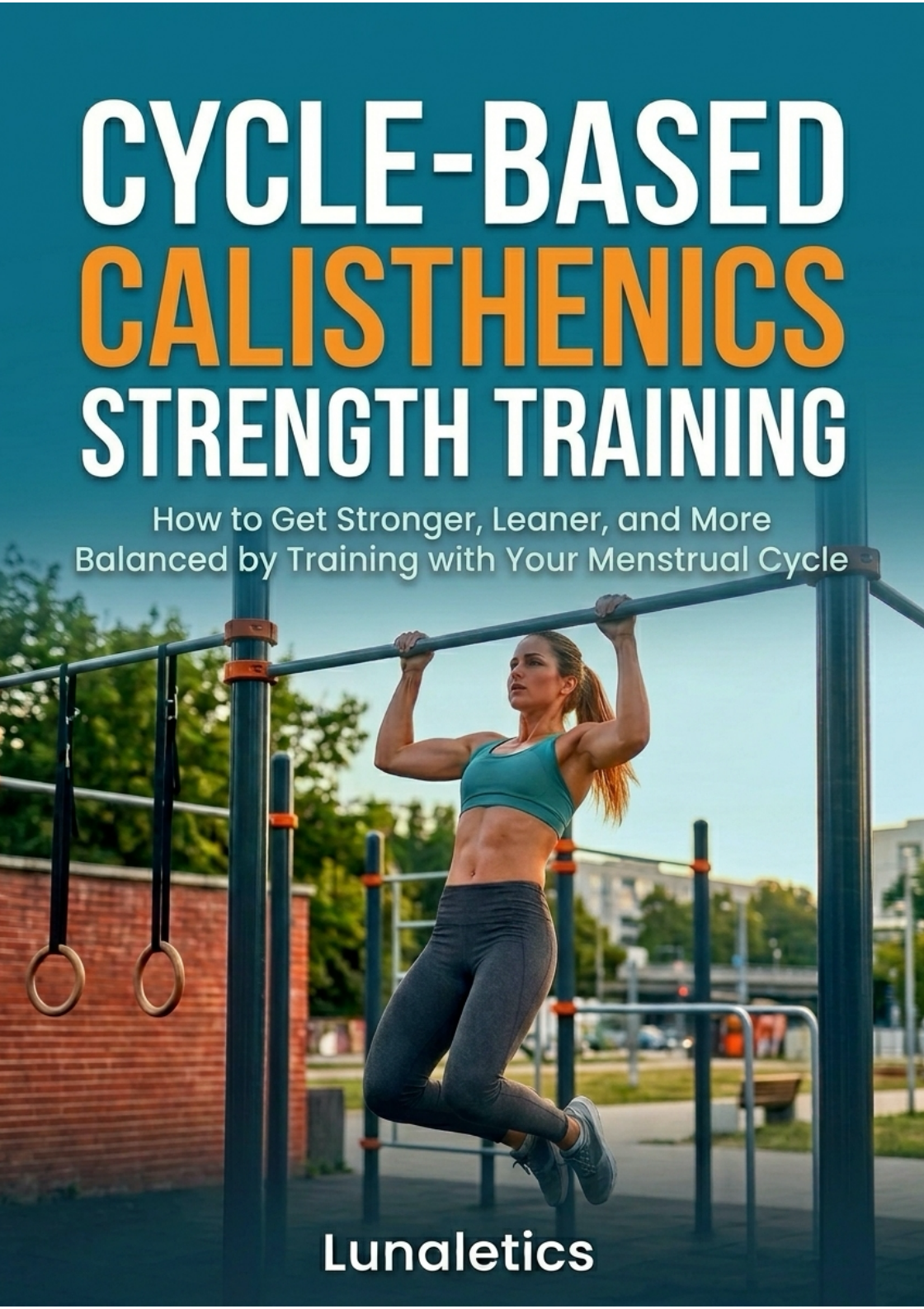
CYCLE-BASED CALISTHENICS STRENGTH TRAINING

How to Get Stronger, Leaner, and More Balanced by Training with Your Menstrual Cycle



Lunaletics

CYCLE-BASED CALISTHENICS STRENGTH TRAINING

How to Get Stronger, Leaner, and More Balanced by Training with Your Menstrual Cycle

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Note on the use of generative AI:
For this book, AI was used exclusively to create the cover and for the translation from German to English.
The text, images, etc., were created without the use of AI.

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Introduction

Imagine achieving the body you've always wanted, feeling full of energy, and radiating strength — all without unhealthy diets, hours of cardio, or constantly feeling like you're fighting against your own body.

The secret? **Cycle-based calisthenics strength training.**

With cycle-based calisthenics strength training, you can turn your natural hormonal fluctuations into a superpower. At first, the term might sound a little complicated, but in practice, it's surprisingly simple: by using your own bodyweight and spending less than two hours training each week, you can achieve great results.

In this e-book, you'll learn how to unlock this key to your fitness — and why you may never want to train the same way again.

Cycle-based calisthenics strength training helps your body use its fat stores while building muscle. After just three months of training, you won't just look noticeably more athletic — you'll also feel stronger and more confident in everyday life.

That heavy suitcase you could never lift into the train's overhead luggage rack by yourself? No problem anymore.

Those backaches from sitting at your desk all day? Suddenly, they're much better.

A holistic fitness program can change much more than just your body.

But first, let's take a closer look at what's behind this rather cumbersome name.

What Is Cycle-Based Calisthenics Strength Training?

Let's start at the end of the term: **strength training**.

You've probably encountered it before. And chances are, you already have certain associations when you hear the words "strength training."

There are plenty of positive ones, such as lean, defined top athletes like female soccer players. But you may also have some negative associations, like extremely muscular bodybuilders.

Strength training is the key to reducing body fat quickly and effectively. Put simply, targeted strength training helps you replace fat with muscle. This makes your body look much more defined.

And those additional muscles even burn calories while you're at rest, meaning you use more energy even when you're not working out — every minute of the day!

You'll find out all about this in the chapter **How Does Strength Training Work?**

To achieve this effect, we're introducing you to a special form of strength training: **calisthenics**.

Calisthenics is a functional and highly aesthetic form of strength training. Your own body is your gym.

The advantage? You always have your gym with you and can work out whenever and wherever you want: no commute to the gym, no gymbarrassment — just you and your body.

Calisthenics is fascinating for another reason, too: instead of isolating individual muscles like many gym machines do, you train entire muscle groups and kinetic chains. This gives you greater training effects and more strength for everyday life.

You can learn more about this in the chapter **Calisthenics: The Best Form of Strength Training**.

To make your calisthenics strength training as effective as possible, you should adapt your training intensity to your personal menstrual cycle.

This is called **cycle-based training**. You may have heard of it before.

Many professional female athletes train this way because it can help make training more effective while supporting long-term performance and helping you avoid overtraining and burnout.

On certain days of your cycle, hormonal changes may make your body particularly receptive to intense strength training and muscle building. You can use these days to achieve better and faster results with fewer workouts.

On other days, you can simply take things a little easier.

You'll learn all about this in the chapter **Train More Effectively with Cycle-Based Training**.

In the chapter **Building a Training Program**, you'll learn what a good fitness program needs to look like to keep you fit and healthy in the long term.

Consistency, progressive overload, recovery, and periodization are the four principles you need to understand before creating your training program.

After all the theory, the final chapter gets practical.

You'll learn step by step how to put together your own personal cycle-based calisthenics strength training program

— automatically with the Lunaletics app or manually with pen and paper.

It’s great that you downloaded this e-book and have made it this far!

You’ve already taken the first step toward better health and fitness.

Now let’s take a look at the exciting details.

In the next chapter, you’ll learn how to make your muscles work for you and help you get rid of those unwanted fat stores.

How Does Strength Training Work?

In this chapter, you'll learn how strength training can help you burn calories even while you sleep — and why cardio and extreme diets can actually be counterproductive when your goal is to achieve the body you want.

Increased Basal Metabolic Rate

A dream come true: you can burn calories while you sleep.

You're dreaming of the shimmering blue waters and white beaches of the Maldives while those little pockets of body fat are melting away...

It's actually possible!

The magic word is **basal metabolic rate (BMR)**.

Your basal metabolic rate describes the amount of energy your body uses while at rest. The higher your BMR, the more energy — or calories — your body burns. And it does this simply by keeping your heart beating, your organs working, and you breathing.

From a sports medicine perspective, muscle tissue is significantly more metabolically active than fat tissue. Each

kilogram of muscle in your body burns around 13 kcal per day at rest. Fat tissue, on the other hand, burns only around 4.5 kcal per kilogram per day.

That means muscle tissue burns almost three times as many calories as fat tissue.

Go, muscle!

By actively strength training, you'll reduce fat tissue and build muscle mass. This also increases your metabolic activity — and therefore your basal metabolic rate.

Build new muscle and burn calories 24 hours a day, even while you're sleeping or sitting on the couch. (1)

The Afterburn Effect

Your workout is over, so is the calorie burn?

That may be true for a cardio workout — more on that later — but not for intense strength training.

After a strength workout, your body is just getting started.

Following an intense strength workout, your body continues to use energy to recover, replenish oxygen stores, and rebuild

your muscles. Your body repairs the microscopic muscle damage caused by training and builds new muscle tissue.

This effect is known as the **afterburn effect, or excess post-exercise oxygen consumption (EPOC)**.

Scientific studies show that calorie expenditure can remain significantly elevated for up to 48 hours after strength training.

That's why recovery periods are so incredibly important if you really want to take strength training seriously. Your body needs this time to recover to be back at full power for your next workout.

That's why you should always plan a rest day between intense strength workouts.

Sounds like a good plan, right? (2)

Get Leaner Through Muscle

"Okay, okay, I get it. Strength training and building muscle burn a lot more calories than other types of exercise. But won't I end up looking like Arnold Schwarzenegger?"

Admit it: you were just thinking that, weren't you?

I can reassure you: the opposite is true!

Women simply can't build as much muscle mass as men because lower testosterone levels limit how much muscle they can gain.

Strength training won't make you bulkier — it can make you look leaner.

A kilogram of muscle takes up only about half as much space as a kilogram of fat. So even at the same body weight, you'll look significantly more athletic.

And that's also because muscle tissue is much denser and firmer than soft body fat. (3)

The Cardio and Diet Trap

Have you ever run on a treadmill that tells you how many calories you're burning?

If you're a 50 kg woman and run for 45 minutes, you'll burn barely more than 275 kcal.

That doesn't sound like much.

And it's actually even less.

That number also includes the calories you would have burned anyway through your basal metabolic rate.

Remember? Those are the calories you burn just by being alive — for example, while taking an afternoon nap.

In this example, that would already account for around 75 kcal.

So, your run would only use around 200 kcal more than you would have burned while taking that afternoon nap.

I have some more bad news for you:

No matter which endurance sport you do, your progress doesn't come from improved muscular endurance. Instead, it comes from your muscles becoming more efficient at performing that particular movement.

The more often you repeat a movement, the more efficient your body becomes at performing it — which means it uses fewer calories to do it.

And it gets even worse:

Endurance exercise can even lead to muscle loss.

Your body is an incredibly intelligent system. If you train it to run as far as possible, it will adapt to those demands.

Your body tries to get rid of anything that unnecessarily uses energy — especially muscle mass.

This loss of muscle mass, in turn, lowers your basal metabolic rate and therefore reduces the number of calories you burn.

That doesn't mean cardio is bad.

Cardio is still a great addition to cycle-based calisthenics strength training because it also trains your cardiovascular system, and many endurance sports give you the chance to spend time outdoors in the fresh air.

But if your goal is a more athletic-looking body, cardio is the wrong training method to focus on.

An extreme diet can have similarly disastrous consequences.

If you give your body far fewer calories than it uses, it will look for other sources of energy. And it won't just break down fat — it will also break down muscle and use it as an energy source.

It breaks down anything that consumes energy.

Because muscle mass has a greater effect on your basal metabolic rate, your muscles are among the first things to go.

This loss of muscle mass lowers your basal metabolic rate and is a major reason behind what is known as the **yo-yo effect**.

When you return to eating as you did before your diet, you may gain weight rapidly because your body can no longer burn as much energy — your muscle mass is no longer there.

With strength training, on the other hand, you can achieve what's known as the **recomp effect** — short for body recomposition.

You lose fat while building muscle at the same time.

The result is a lean, toned body instead of what's often referred to as **skinny fat**.

At the same time, maintaining this look becomes easier because your increased muscle mass raises your basal metabolic rate and helps you burn more calories.

Want to get rid of belly fat?

Build muscle and lose fat through strength training. (3)(4)(5)

Bonus: Develop Your Personality, Too

The benefits of strength training don't stop at your body.

When you experience how actively changing your fitness and your body can transform your life, it can be incredibly motivating!

Getting stronger and feeling strong can change your life.

No longer depend on other people to help you wrestle your heavy suitcase into the luggage rack on the train.

Finally get rid of those annoying office backaches by improving your posture.

Radiate confidence through a strong, upright posture.

Being strong means moving through life with ease.

And believe me, the experiences you'll have along the way are worth sticking with your training.

Calisthenics: The Best Form of Strength Training

There are many ways to do strength training.

Maybe you immediately think of weightlifting or bench presses? Or perhaps those crazy machines at the gym that look like they belong in a torture chamber...

The good news is: you don't need any of that.

People have been training their bodies for thousands of years — including times when there were no chest press machines or vibrating dumbbells.

The key is a training program that is as old as humanity itself:

Calisthenics — bodyweight training.

Bodyweight Training

Calisthenics is a training method that uses your own bodyweight and the body's natural movement patterns.

Compared with training on gym machines, this training method offers several advantages.

Instead of isolating individual muscles, you train several interconnected muscle chains at the same time. This is what makes calisthenics strength training so effective.

The more muscles you train intensely, the greater the training effect.

Your core is also naturally engaged in almost every bodyweight exercise because your body always needs to maintain a certain amount of tension.

These exercises also train movement patterns that help you in everyday life.

A classic example of a calisthenics exercise is the **push-up**.

You need to maintain active tension in your core and legs while pushing yourself up and lowering yourself back down with your arms.

The push-up therefore trains the entire chain of muscles from your forearms and upper arms to your chest and core.

Many people have a lot of respect for the push-up in particular.

But calisthenics exercises allow you to adjust the difficulty almost endlessly.

There are countless variations of the classic push-up, so there's something for every fitness level.

You can change the difficulty simply by changing the angle of your body.

With your hands at chest height against a wall, the exercise is relatively easy.

Move your hands lower, for example to the height of a kitchen counter, and the exercise becomes more challenging.

Move them even lower, onto the seat of a chair, and it gets harder still.

Finally, you can place your hands on the floor in the classic push-up position.

This makes calisthenics a great way to adjust the difficulty precisely to your fitness level and keep progressing — whether you're a beginner or an advanced athlete.

After a few weeks of cycle-based calisthenics strength training, a classic push-up probably won't seem quite so intimidating anymore...

Train Your Whole Body with Different Movement Patterns

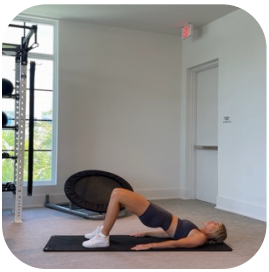
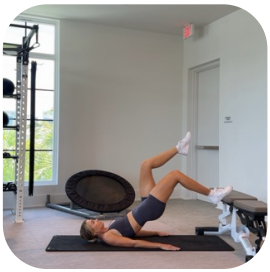
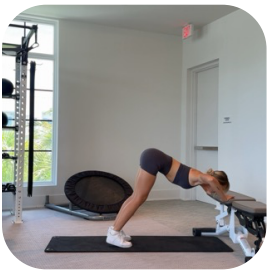
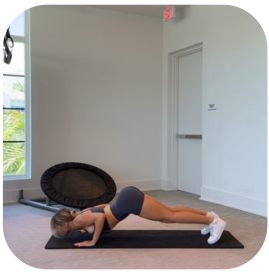
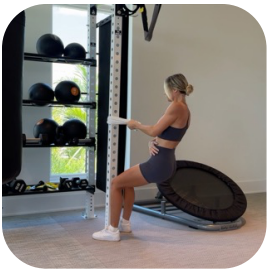
To train all the major muscle groups in your body with calisthenics, it's a good idea to divide your training into exercises from five different movement patterns:

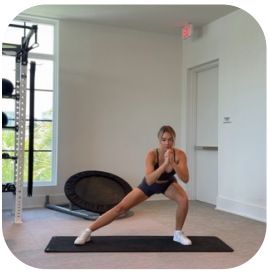
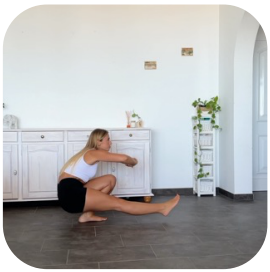
Bend, Dive, Pull, Push, and Squat.

The table below gives you an example of one easier and one more challenging exercise for each movement pattern.

You can see how changing the angle and using different heights for your hands and feet can make an exercise easier or more difficult.

These five movement patterns provide the foundation for a well-balanced full-body fitness program.

Movement Pattern	Easier Exercise	More Challenging
Bend	 Glute Bridge	 One-Legged Glute Bridge with Feet Elevated
Dive	 Half Divers with Hands at Knee Height	 Diver
Pull	 One-Armed Let Me Ins	 Assisted Pull Ups with Unassisted Down-Movement

Push	 Close-Grip Push Ups with Hands at Hip Height	 Push Ups with Feet at Knee Height
Squat	 Side Lunges	 Deep Balance Squats

Bend exercises generate their power primarily from the hips — especially from the lower back and glutes.

If you're looking for a strong, firm butt, these exercises will give you some of the greatest benefits.

Dive exercises are a special form of push-up in which your arms are extended straight overhead, creating a straight line with your body as you dive toward the floor.

They can be seriously challenging, but they're great exercises for building defined arms and shoulders.

Goodbye, arm jiggle!

Pull exercises train your entire back and your arms and are particularly effective for developing an upright, confident posture.

Push exercises such as the push-up are pressing movements in which your arms are positioned at a right angle in front of your body.

They train your chest, arms, and shoulders.

Squat exercises train your glutes, your entire leg musculature, as well as your lower back and core.

They help you develop strong, lean legs and a firm butt.

You may have noticed that none of the movement patterns specifically mention your abs, right?

That's because in a balanced calisthenics strength training program, **all exercises train your core** — including your abs and back.

So don't worry: once the fat around your stomach has melted away, your defined abs will naturally start to show.

It's important to include all five movement patterns in your training program.

Not necessarily in every individual workout, but across your workouts, you should train them in a balanced way.

By training all five movement patterns, you also build muscle throughout your entire body.

Every individual muscle contributes to a higher basal metabolic rate and therefore to greater fat burning.

Having muscle throughout your body is more effective than simply building a great butt.

With the right intensity and the right level of difficulty, **three workouts per week are enough**.

Even including a warm-up and cool-down, that's less than two hours of training per week.

You can achieve even better results when you learn how to make use of the hormonal changes throughout your menstrual cycle.

More on that in the next chapter.

Cycle-Based Training: Train More Effectively

Most training programs you'll find are designed for men and don't take your individual rhythm into account.

Have you ever felt bad because you couldn't perform as well as you had planned during your period or shortly before it, or even had to stop your workout altogether?

That shouldn't be a reason to feel bad, because it's completely natural and normal.

Throughout your cycle, not only your energy levels and motivation fluctuate — your hormones also have their ups and downs.

In this chapter, you'll learn what happens in your body and with your hormones during your cycle, and how you can use these hormonal changes to set the right training stimuli at the right time.

This type of training in harmony with your natural menstrual cycle is called **cycle-based training** (also known as **cycle syncing**).

The Four Phases of Your Cycle

You'll often read that the cycle begins with menstruation.

From a biological perspective, however, it makes more sense to start with the **follicular phase**, because this is when the body begins developing the egg cell that is released at the end of the cycle during the menstrual phase.

That's why we start with the follicular phase in this book.

Follicular Phase

Under the influence of **follicle-stimulating hormone (FSH)**, several follicles mature in the ovaries. One of them develops into an egg cell.

The lining of the uterus builds up to create an ideal environment for the egg cell to implant.

During the follicular phase, your estrogen levels steadily increase.

Estrogen has an anabolic effect, meaning it supports muscle building, and it improves insulin sensitivity.

Use the increased estrogen levels to improve your muscular endurance and build new muscle through strength training. (6)

Ovulatory Phase

Next comes the ovulatory phase.

A sudden increase in **luteinizing hormone (LH)** triggers ovulation.

The egg cell travels into the fallopian tube, where it waits to be fertilized.

Your estrogen level reaches its maximum.

From shortly before to shortly after the ovulatory phase, your testosterone level also rises and reaches its highest point around ovulation.

Due to this hormonal constellation, you are particularly receptive to intensive workouts focused on muscular endurance and strength. (6)

Luteal Phase

During the luteal phase, your body prepares for a possible pregnancy.

To do this, your body produces the hormone progesterone, which prepares the lining of the uterus for implantation of a fertilized egg by making it thicker and enriching it with nutrients.

At the beginning of the luteal phase, your estrogen level is still relatively high, so strength workouts can continue to have good effects.

After a few days, however, progesterone becomes dominant.

Progesterone has a catabolic effect, meaning it promotes muscle breakdown, and increases your core body temperature by around 0.5°C.

Your heart rate increases and your endurance performance tends to decrease.

At the latest from the second half of the luteal phase onward, you should pay close attention to your energy levels and focus more on regenerative physical activities.

Yoga with light strength components is a good form of training for the second half of the luteal phase. (7)

In fact, ignoring your body's signals and continuing to train as intensely in the late luteal phase as you did during the follicular and ovulatory phases can even have negative effects.

Workouts that are too intense and too long can cause your body to release more of the stress hormone cortisol.

If cortisol levels become too high, your body switches into survival mode.

And what does your body do in survival mode?

It tries to reduce energy expenditure as much as possible — among other things by breaking down muscle — and stores as much energy as possible for the coming hard times … in the form of body fat.

To prevent this, you should make sure not to train too intensely.

It may not sound intuitive at first, but during the second half of the luteal phase, **less training can give you better results!** (8)

Menstrual Phase

The final phase of your cycle is the menstrual phase.

If the egg is not fertilized, your progesterone level drops and triggers the shedding of the uterine lining.

You experience this shedding as menstrual bleeding.

Along with progesterone, your estrogen level is also at its lowest.

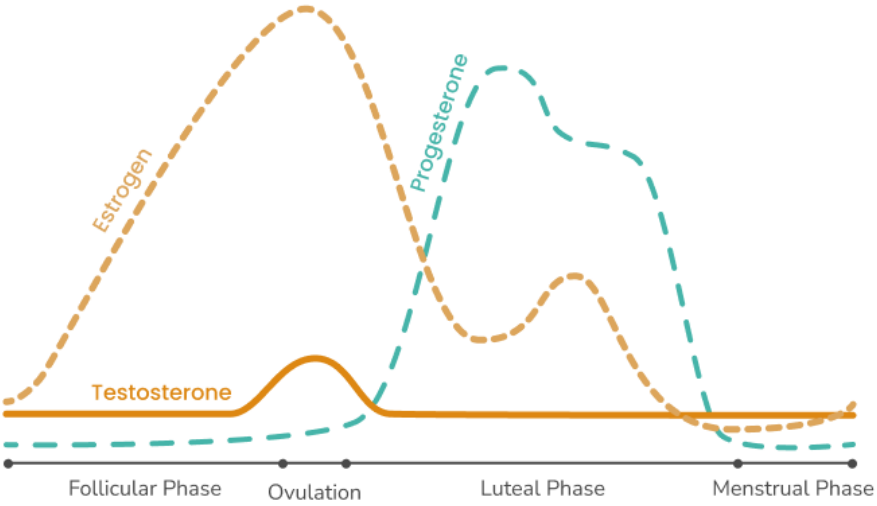
For many women, energy levels are low and pain tolerance decreases.

Your focus during this phase should be on recovery or very moderate training.

Yoga to relieve period pain, light stretching, walks, but also an afternoon nap on the couch are all activities that support recovery.

Don’t stress yourself — you’re not missing out on anything fitness-related during this phase.

Gather new strength for your next cycle. (9)



Estrogen, Progesterone and Testosterone Throughout the Cycle

Use Your Hormones

By adapting your training plan to your natural menstrual cycle, you can increase the efficiency of your training.

Intensive training during the follicular and ovulatory phases produces the greatest training effect.

The two hormones that predominate during these cycle phases — estrogen and testosterone — have an anabolic effect, meaning they support muscle building.

Studies have shown that women who focus their strength training on the first half of their cycle achieve significantly greater increases in strength.

You can build more muscle with the same workouts.

In return, take it easier during the second half of your cycle and avoid overtraining and increased release of the stress hormone cortisol. (6)

The benefits of cycle-based training go beyond its positive effects on training.

Regular training adapted to your cycle reduces the concentration of **prostaglandins** in your blood.

These messenger substances are responsible for painful uterine contractions during your period.

Through cycle-based training, you can therefore not only increase your training efficiency, but also alleviate unpleasant cycle-related symptoms and PMS symptoms.

Adapting your training to your rhythm has a self-reinforcing effect on your cycle.

If you currently have irregular or missed periods from time to time, cycle-based training may help restore your natural, regular rhythm. (10)

Building a Training Program

A good cycle-based calisthenics strength training program is based on four principles: **consistency, progressive overload, recovery, and variation of intensity and volume**.

In this chapter, you'll learn how each of these building blocks contributes to the success of your training.

Consistency

In sports science, consistency is considered the most important factor for long-term success — even more important than choosing the right training program and intensity.

The best fitness program in the world won't do you any good if you only stick with it for a month.

To become fit and healthy in the long term, fitness should have a permanent place in your everyday life.

Since the Lunaletics fitness program is designed to require only two hours of training per week, you should also be able to fit it into your busy schedule.

The best tip is to give your workouts a fixed place in your calendar.

For example, block out some time for your fitness program on Mondays, Wednesdays, and Fridays, either before or after work or university.

Of course, you can choose any days you like.

Ideally, you should always have one rest day between your training days (more on this under **Recovery**).

If you stick with it consistently, a habit will soon develop.

A groundbreaking study by University College London investigated how habits are formed.

On average, it takes 66 days for a new behavior, such as your new fitness program, to become automatic.

The subjective “effort” you need to make the decision to work out decreases with each repetition.

After around 66 days, it reaches a minimum and your new habit is established.

66 days is just over two months.

If you manage to stick with it for that long, the results will almost come by themselves. (11)

Progressive Overload

How can you achieve good results in the precious time you've set aside for your workouts?

The decisive factor for building muscle is **progressive overload**: pushing yourself during a workout to the point where you can't complete another repetition because your muscles simply won't cooperate anymore.

Biologically, progressive overload makes use of the principle of **supercompensation** (from super: beyond, and compensation: replacement).

Here's how it works:

You do a strength workout in which you aim to complete three sets of twelve repetitions of an exercise.

However, you have chosen the exercise to be difficult enough that you can complete all twelve repetitions in the first two sets, but in the third set you reach complete muscle failure after nine repetitions.

Your muscles are shaking, you're breathing heavily, but you simply can't complete a single additional repetition.

This sends a signal to your body.

Your body realizes that your muscular strength is not sufficient.

During the recovery phase, your body responds to this signal by rebuilding your muscles to be stronger than before: it **super-compensates**.

It gets some of the energy required for this from your fat stores.

In this way, you use training stimuli that lead to muscular overload to turn fat into muscle. (12)

Soon, your muscles will be strong enough that you can complete all three sets during your next workout.

That's the point when you should switch to a more difficult exercise so that you can continue training up to the point of muscular overload.

This increase is known as **progression** in sports science.

If the load always remained the same, your body would see no need for further adaptations.

There would then be no conversion of fat into muscle. (12)

Recovery

In sports science, the phase after training is referred to as the **anabolic window of adaptation**.

Recovery is by no means a passive break. It is the period during which the actual improvement in performance and tissue healing take place.

The break between workouts is just as important as the workouts themselves.

Now that's good news, right?

Immediately after strength training, your body starts building muscle.

The so-called **muscle protein synthesis** is significantly increased for around 24 to 48 hours.

Ideally, you should only place your muscles under intense stress again once this process has been completed.

If you train every other day and therefore have around 48 hours between your workouts, this is the ideal balance between training and recovery. (13)

Sleep is another important factor.

During deep sleep, growth hormones are released.

These are essential for tissue repair and therefore for muscle building.

If you sleep seven hours or more per day, your muscle recovery is twice as fast as when you sleep less than seven hours.

Building muscle while you sleep — I promised you, didn't I?

And your body also burns plenty of calories during this process.

So, get to bed! (14)

Variation of Intensity and Volume

In sports science, varying **intensity** (how difficult the exercise is) and **volume** (how many repetitions you do) is referred to as **periodization**.

Periodization creates variety and provides your body with new training stimuli.

It also helps ensure long-term training success because varying intensity and volume helps prevent overtraining and injuries.

If you did nothing but intense strength workouts in every training session, you would very likely soon be sidelined by a muscle or joint injury.

Intensity and volume are always connected.

You train strength with **high intensity and low volume**.

Muscular endurance, on the other hand, is trained with **low intensity and high volume**.

Another part of periodization is planned recovery.

Tendons, ligaments, and the central nervous system recover more slowly than muscle tissue.

Taking several days off from training once a month gives these tissues time to recover as well.

After recovering, you'll start your next workout stronger. (15)

Type of Training	Intensity	Volume
Strength	High	Low
Muscular Endurance	Low	High
Recovery	Low	Low

As a woman, you have a huge advantage over men when it comes to periodization:

Among female professional athletes, it has now become common to use hormonal highs and lows as a guide for periodization.

Due to the high concentration of estrogen, the **follicular phase, ovulatory phase, and early luteal phase** are particularly well suited for building strength and muscular endurance.

During the ovulatory phase, testosterone also reaches a significantly higher concentration, meaning you benefit particularly from intense workouts during this time.

From the second half of the luteal phase through the middle of the menstrual phase, you should then significantly reduce the intensity and give your body time to recover.

This allows you to naturally use your body's biological conditions to integrate your fitness program into your life efficiently and healthily.

Wow, you've made it through the entire theory section!

In the next chapter, you'll learn how to put all these sports science findings together into your own personal **cycle-based calisthenics strength training program**.

Step-by-Step Guide to Your Personal Cycle-Based Calisthenics Strength Training Program

Now it's finally time to get started.

Here you'll learn everything you need to put together your personal cycle-based calisthenics strength training program.

1. Give Your Fitness Program a Fixed Place in Your Life

The first step is the most important one!

To become fit and healthy, fitness needs to have a fixed place in your life.

Because cycle-based calisthenics strength training is so efficient, less than two hours per week is enough.

One workout takes around 30 minutes — sometimes a little more, sometimes a little less.

You should plan a little more than half an hour for your workout on three days a week.

For many people, Monday, Wednesday, and Friday are a good choice.

On these days, many people have a structured daily routine, which makes it easier to train regularly and consistently.

Another advantage of these days is that you always have one rest day between your workouts, allowing your body to recover optimally.

And you're completely flexible on the weekends for trips, parties, or anything else.

Consistency is key!

Once you've found your days, stick to this rhythm for at least 66 days, because it takes an average of 66 days to form a new habit.

You'll notice a regular routine developing and fitness training becoming a permanent part of your life.

2. Calculate Your Cycle and Create Your Training Plan

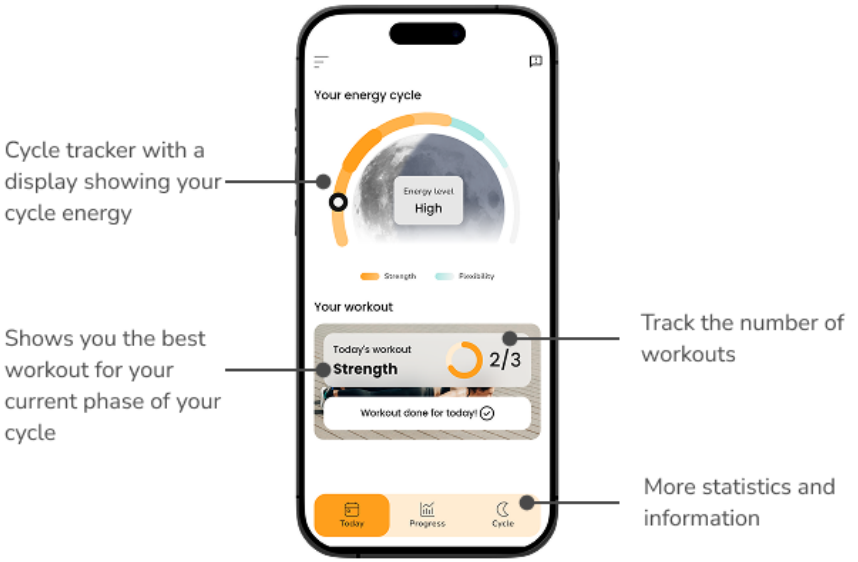
Once you've decided on your workout days, the next step is to calculate your cycle.

Your cycle determines when you do which type of workout — strength, muscular endurance, and so on.

Maybe you already use an app to track your cycle?

If so, you can use this data.

If not, why not take a look at the free version of Lunaletics: App Stores.



Cycle Tracking and Workout Recommendations with Lunaletics

Lunaletics is our app that brings together all the knowledge from this book.

It offers you a personalized, cycle-based calisthenics strength training program tailored specifically to your cycle and fitness level.

More than 100 calisthenics exercises are described in detail and designed so that you can train effectively anywhere.

Progression — the adjustment of exercise difficulty — and periodization based on your cycle happen completely automatically in the background, allowing you to focus on what really matters: **your body and you**.

For recovery, you have access to exclusive yoga sessions such as **Office Life Stretch** or **Yoga for Cramps and PMS**, and more.

Even with the free version, you can track your cycle and get the best workout for your current cycle phase recommended to you.

Take a look at the app — we'd be delighted to have you: App Stores.

If you use a different cycle tracker, create your training plan by assigning the following workouts to your cycle phases:

Cycle Phase	Type of Workout
Early Follicular Phase	Muscular Endurance
Late Follicular Phase	Strength
Ovulatory Phase	Intensive Muscular Endurance
After Ovulation	Intensive Strength
Early Luteal Phase	Strength
Late Luteal Phase	Flexibility Yoga
Before Menstruation	Yoga for Period Pain
Menstrual Phase	Mindfulness

3. Find the Right Calisthenics Exercises for You

Next, you need a set of calisthenics exercises to bring your workouts to life.

Here again, it's worth taking a look at the Lunaletics app.

In the Pro version, you'll find the complete calisthenics training program.

It also ensures that you train all movement patterns in a balanced way so that you achieve the best results.

You can test the Pro version free of charge with no obligation.



Cycle-Based Calisthenics Strength Training with Lunaletics

If you don't feel like having yet another app on your phone, you can of course also turn to books.

I recommend the books by Mark Lauren.

He is the "Pope of bodyweight training."

In his book You Are Your Own Gym, you'll find plenty of exercises and training methods that you can use to put your fitness program into practice.

4. Train Regularly and Progress

Once you've put together your fitness program, it's time to stick with it and keep progressing.

Do your workouts regularly and keep progressing.

Especially at the beginning, you'll make significant progress and quickly master the exercises you started with.

But don't forget: for your training to have an effect, you need to keep progressing.

And you should do this whenever you can complete all the repetitions in a strength workout with good form.

That's the time to choose a more difficult exercise for your next workout.

If you use the Lunaletics app, you don't have to worry about this.

Once you complete all the repetitions of a strength workout, you automatically move up one level and receive a more difficult exercise in your next workout.

5. Stay Motivated

Once you start seeing your first results after a few weeks, it will become much easier to stick with your training.

But what are your first results?

First of all, you can of course use your increasing strength as a benchmark.

Have you already been able to choose more difficult exercises for some of the movement patterns?

When you notice yourself getting stronger from week to week, that's a great source of motivation.

For fun, try doing an exercise again after a few weeks that was very challenging for you during your first week.

When you realize how easy it feels after a few weeks of training, it's a great feeling.

Let's be honest: one of the nice side effects of fitness is that it brings out the athletic side of our bodies and helps us feel more comfortable in our own skin.

However, the scale is the wrong tool for measuring this.

You may lose plenty of fat, but you're also building muscle.

So, you won't necessarily see a huge change on the scale.

But that's a good sign!

The best way to see your progress is simply to look in the mirror. :)

Because muscle is significantly denser and firmer than fat, you'll already see a noticeably leaner and more athletic body in the mirror after a few weeks.

It's best not to step on the scale at all for two months.

Don't let it confuse you.

To make your progress visible to yourself, take a photo at the beginning of your fitness journey and another one after 66 days — ideally in the same place and wearing the same clothes.

The way your clothes fit can be a great indicator that the program is working.

Summary and More

Thank you for reading!

It's great that you've invested this time in your health and fitness.

You've learned that **cycle-based calisthenics strength training** is the best way to get rid of body fat and belly fat with less than two hours of training per week.

Strength training burns significantly more calories than cardio because you replace fat with muscle, and the muscle you build increases your **basal metabolic rate**.

Thanks to your increased basal metabolic rate, you even burn calories while you sleep.

The **afterburn effect** helps, too: for up to 48 hours after strength training, your body is busy strengthening and recovering your muscles. During this time, it also burns significantly more calories than usual.

You'll look leaner and more defined because muscle takes up significantly less space than fat.

The best way to do strength training is **calisthenics strength training**.

You only need your own body and can do your fitness program anywhere and anytime.

Because you train entire movement patterns rather than individual muscles, you build muscle significantly faster.

By adapting your fitness program to your **natural menstrual cycle**, you can make optimal use of your hormonal fluctuations.

This allows you to achieve better results in less time.

Periodization based on your natural cycle also protects you from overtraining and supports your body's natural balance.

If you're looking for a cycle-based calisthenics strength training program but don't have the time to put one together yourself, take a look at the **Lunaletics app**: App Stores.

Please let us know what you thought of the book!

Is there anything you're still missing?

Would you like more information on a particular topic?

We'd love to hear from you. Just send us an email at info@lunaletics.com

What makes us happiest is helping you on your journey toward a healthy, fit life.

Are you proud of your results and want to share your before-and-after photos with us?

We'd love that!

Did you notice that we haven't covered nutrition yet?

And you're right!

Good nutrition is also extremely important for the success of your fitness program.

After all, you need to make sure that your body always has exactly the building blocks it needs.

Did you know that with a well-balanced diet, you can also further improve your cycle health?

You'll find out more about this soon in the **Lunaletics app**.

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