

# Carter's Weekly Plan

Fertility Focused · Cycle Aware · Nourish First

135 lbs      5'5½"      Maintain & Build      Protein: 80-110g

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Strength	Zone 2 Cardio	Rest / Yoga	Upper Body & Core	Zone 2 / Rest	Lower Body & Glutes	Complete Rest
<b>Training:</b> 45-50 min compound lifts	<b>Movement:</b> 30-40 min walk, bike, or swim	<b>Focus:</b> Pelvic floor PT exercises	<b>Training:</b> 40-45 min push/pull	<b>Movement:</b> 20-30 min optional	<b>Training:</b> 45-50 min legs/hips	<b>Sabbath:</b> Prayer, worship, restoration
<b>Core:</b> 360° breathing, dead bug, bird dog	<b>Pace:</b> Conversational (can talk)	<b>Mobility:</b> Hip openers, 90/90 switches	<b>Core:</b> Side plank, glute bridges	<b>Or:</b> Complete rest day	<b>Focus:</b> Squat/hinge patterns	<b>Movement:</b> Optional gentle walk
<b>Pelvic Floor:</b> Gentle activation work	<b>Benefits:</b> Insulin sensitivity, stress relief	<b>Stress:</b> 10 min meditation or prayer	<b>Exercises:</b> Rows, press, face pulls	<b>Active:</b> Gentle stretching only	<b>Include:</b> Hip thrusts, step-ups	<b>Sleep:</b> Prioritize 9 hrs
<b>Fuel:</b> Eat breakfast before!	<b>Optional:</b> Walk with Grant	<b>Sleep:</b> Aim for 9 hrs	<b>Post:</b> 25-30g protein within 2 hrs	<b>Check:</b> Energy levels, cycle day	<b>Core:</b> Farmer carries, Pallof press	<b>Prep:</b> Meal prep for week
Adjust to cycle phase	Never fasted — eat first!	Rest is hormone recovery	Moderate intensity luteal phase	Listen to your body	Labor prep foundation	Stress management day

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