

HORMONE-FRIENDLY WORKOUTS



Science-Backed Benefits for Women's Health

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Hormones affect more than mood. They shape how your body handles training, stress, and recovery. For women, workouts that work with hormonal shifts—not against them—deliver better results: more strength, energy, body composition gains, and fewer symptoms like fatigue or burnout.

At ChristyAnn.Fit, we've designed every week to follow these principles: 2 HIIT-based sessions and 3-4 strength-based days that align with the research and support female physiology at every stage.

Why Hormones Matter in Women's Training

1. Strength Training for Lean Mass & Bones

Heavy resistance training is key for maintaining and building muscle—especially as estrogen declines during perimenopause and menopause. Loads that challenge your muscles (with good form) also stimulate bone density and metabolic health.

Meta-analysis support: Progressive resistance training improves lean mass and reduces visceral fat in midlife women (Petersen et al., 2011; Monteiro et al., 2022).



2. HIIT: Short Bursts, Big Results

High-Intensity Interval Training improves insulin sensitivity, cardiovascular health, and fat oxidation in less time than steady-state cardio. But research shows too many HIIT sessions can overstress the system—especially during low-estrogen phases or if recovery is impaired.

Meta-analysis support: HIIT shows superior fat loss and metabolic improvement in women (Wewege et al., 2017).

3. Train with Your Cycle

Understand your cycle to optimize gains/ reduce strain:

- **Follicular phase** (Day 1-14): Estrogen is rising. Your body tolerates intensity well. Time to lift heavy (resistance) & go hard in your bodyweight sessions.
- **Ovulation** (~Day 14): Strength and power peak. Push your personal bests.
- **Luteal phase** (Day 15-28): Progesterone rises. You may feel warmer, more bloated, and less energetic. Focus on steady, moderate effort, technique. (Intermediate / easier versions of the ChristyAnn.fit workouts.)
- **Just before period:** Many women feel fatigue. Easier versions & lighter weights may serve you best.

Meta-analysis support: Performance and recovery fluctuate across the menstrual cycle (McNulty et al., 2020).

4. Protein, Fuel, and Recovery Support

Women experience “anabolic resistance” with age—meaning your muscles need more stimulus and more protein to grow or repair. Fast training in a low-fuel state is not ideal. That increases cortisol and can suppress thyroid, libido, and recovery.

- Eat protein post-workout (20-30g within 30-45min)
- Avoid fasting too long after training
- Prioritise sleep and rest days

Meta-analysis support: Higher protein intake improves strength and body composition in women (Morton et al., 2018; Phillips et al., 2020).

5. Don't Overdo Moderate Cardio

Endless jogging or steady-state cardio in the name of “fat burning” may backfire. It can raise cortisol, interfere with recovery, reduce deep sleep, and cause muscle loss—especially when paired with under-eating or chronic stress.

Smart swap: Choose short HIIT bursts and resistance training instead, then sprinkle in walking and low-impact movement for recovery.

6. Bone Health through Impact + Load

Declining estrogen impacts bone density.

- Jumping & resistance training all stimulate bones.
- Walking or pilates alone may not provide enough stress for bone growth.

Meta-analysis support: Impact and resistance exercises increase bone mineral density in postmenopausal women (Howe et al., 2011).

Special Notes for Menopause & Perimenopause

As estrogen, progesterone, and testosterone decline, hormonal support through training becomes even more critical:

- Lift heavy and often.
- Keep HIIT brief but consistent.
- Don't skip on recovery.
- Eat enough protein (1.6-2.2g/kg/day).
- Sleep is non-negotiable.
- Mobility work can ease symptoms like hot flashes and joint pain.

That's exactly what we do inside ChristyAnn.Fit. Our workouts combine evidence-based strength protocols, short HIIT bursts, active recovery, and rest days—designed specifically for women, by women.

PS: Train with your hormones, not against them. Fuel smarter with protein, electrolytes, and collagen crafted for women's strength, recovery, and results—at every life stage. [Shop here!](#)

REFERENCES

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