



WORKOUT ROUTINE FOR PCOS WOMEN

Note: This workout routine is a sample. You can do the exercises at your convenience or with the guidance of a fitness trainer. You definitely can follow this workout routine if you like it! Ensure the videos you choose, should be at a beginner level. Please ensure you can perform the exercises without experiencing any pain or discomfort. If you do experience discomfort, please stop the exercise and consult a doctor.

- Workout 5 times a week and not more than that. If working out 5 times a week is tedious or impossible due to a hectic work schedule, you can work out 3 times a week!
- Always start your workout by consuming a pre-workout meal or drink and never on an empty stomach!
- Keep yourself hydrated before, during (take 1-2 sips), and after a workout.
- Since this workout routine is for PCOS women, include chia seeds or flax seeds in your pre-workout meal or smoothie.
- You can exercise from a time length of 15 mins to 1.5 hours. Start from 30 minutes and gradually increase to 1.5 hours and not more than that.

Monday

- Start with a simple 5-minute guided meditation... you can find them on YouTube... pick any you like...
- Workout time – 1.5 hours
- Workout type – **Full body Low-impact Strength training**
 1. Full-body, low-impact workouts target your entire body and you will feel the burn. But you can choose low-impact strength training targeting specific body parts like the core, arms, and legs.
 2. As a beginner in strength training for your home workout, it is better to start with low weights, such as 0.5 kg, and then gradually increase to 1 kg as you get used to lifting. Do not start with heavier weights.
 3. When following a strength training video, it is okay to use a lower weight than the trainer.
Now, if you do not have any weights or cannot afford them now, you can use water bottles instead!



Tuesday

- Start with a simple 5-minute guided meditation... you can find them on YouTube... pick any you like...
- Workout time – 1.5 hours
- Workout Type - **Yoga**
 1. Start with simple exercises first.
 2. Try out the exercises mentioned in my blog... You can begin with easier poses and then go to the complicated ones.
 3. There are PCOS-specific yoga videos that have the poses I mentioned in my blog.
 4. If you feel any pain or discomfort while doing any pose, come out of it immediately
 5. If you are finding it difficult with the poses you can surely enroll in online yoga classes
 6. Always end your yoga with pranayama (breathing exercises).

Wednesday

- Start with a simple 5-minute guided meditation... you can find them on YouTube... pick any you like...
- Workout time – 1.5 hours
- Workout type - **Pilates**
 1. Start with beginner-friendly exercises.
 2. You can mix Pilates and yoga, there are good easy Pilates-yoga exercises available on YouTube that are PCOS-friendly too
 3. When you get familiarised with Pilates, you can start using Pilates-based weights (ankle and wrist weights).

Thursday

- Start with a simple 5-minute guided meditation... you can find them on YouTube... pick any you like...
- Workout time – 1.5 hours
- Workout type – **Walking**
 1. Do brisk walks
 2. Cover smaller kilometers at first and gradually increase.
 3. Covering 10,000 steps is good but when you are beginning and must fall into a routine begin with 5,000 steps.



Friday

- Start with a simple 5-minute guided meditation... you can find them on YouTube... pick any you like...
- Workout time – 1.5 hours
- Workout type – **Low-impact cardio exercises**
 1. Choose easy exercises again at a beginner level if you are new to low-impact cardio exercises.
 2. You can opt for swimming, cycling, hiking, or exercises that do not contain weights.
 3. Do not strain yourself or over-exercise.

Additional Tip

- Do not over-do the exercises
- opt for beginner-level exercises
- Choose videos that are 'low-impact' or PCOS-friendly.
- I mentioned in each day's workout routine to start with meditation, meditation is a great tool to lower your stress hormones and start your day on a positive note.
- I have included one hour of a particular exercise for each day but you can do 30 minutes of one exercise and 30 minutes of another. For example, 30 minutes of walking and 30 minutes of pilates/yoga etc.