



RESOURCES

Scientific papers

Dam TV, Dalgaard LB, Sevdalis V, Bibby BM, Janse DE Jonge X, Gravholt CH, Hansen M. Muscle Performance during the Menstrual Cycle Correlates with Psychological Well-Being, but Not Fluctuations in Sex Hormones. *Med Sci Sports Exerc.* 2022 Oct 1;54(10):1678-1689. doi: 10.1249/MSS.0000000000002961. PMID: 36106832; PMCID: PMC9473716.