



# PREGNANCY WORKOUT THE PLAN

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**12WBT**

This page contains all you need to complete your pregnancy workout. Each exercise is clearly illustrated on the following pages. **Have a great workout!**

## Your Workout

### Step 1: Warm up



**Power Walking or March on the Spot.** 3:00 mins

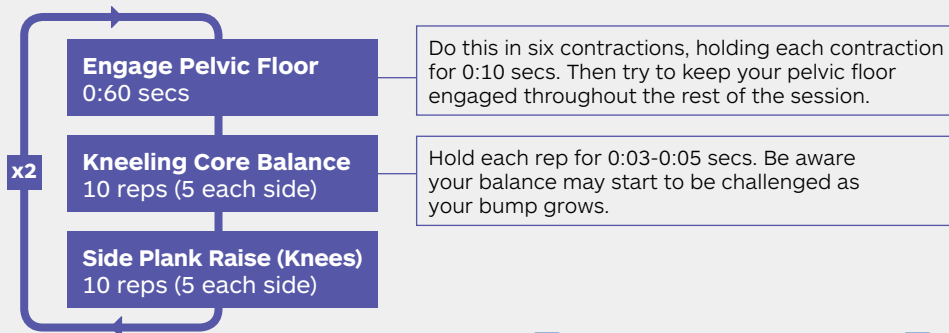
**Sit Down Stand Up** 10 reps

**Wall Push Ups** 10 reps

### Step 2: Pelvic Floor & Core



**Mini Circuit:** Do two rounds of the following Mini Circuit.



### Step 3: Workout



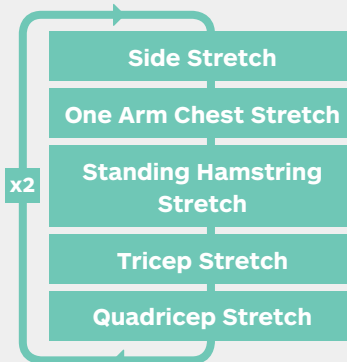
Complete **2 sets of 10 reps** for each of the following exercises before moving on to the next



### Step 4: Stretch



**Circuit:** Do two rounds of the following circuit stretching for 0.15 secs on each side.



During pregnancy, hormones can make your joints more flexible than usual. Make sure you don't push beyond your normal range.

### Tip #1



Remember to take plenty of sips of water throughout the workout to avoid dehydration.

### Tip #2



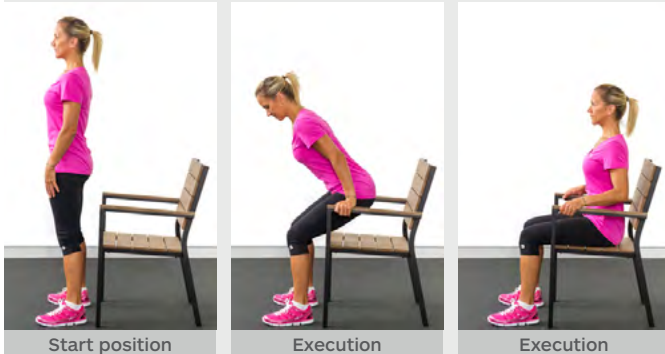
Your pelvic floor is very important, especially during pregnancy! Make sure you engage and hold it throughout the whole workout!!

### Tip #3



Work within your comfort level, remember it's not about setting PB's.

## Sit Down Stand Up



## Wall Push Ups



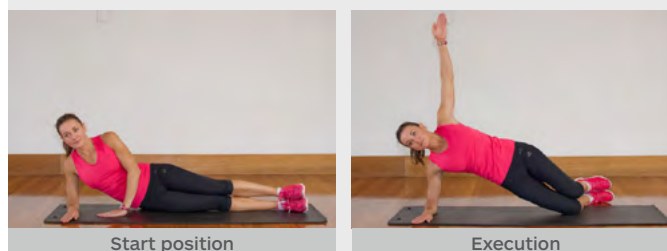
## Engage Pelvic Floor



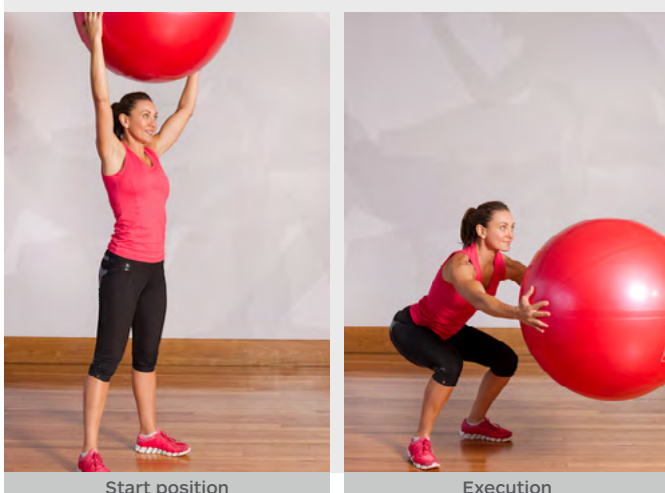
## Kneeling Core Balance



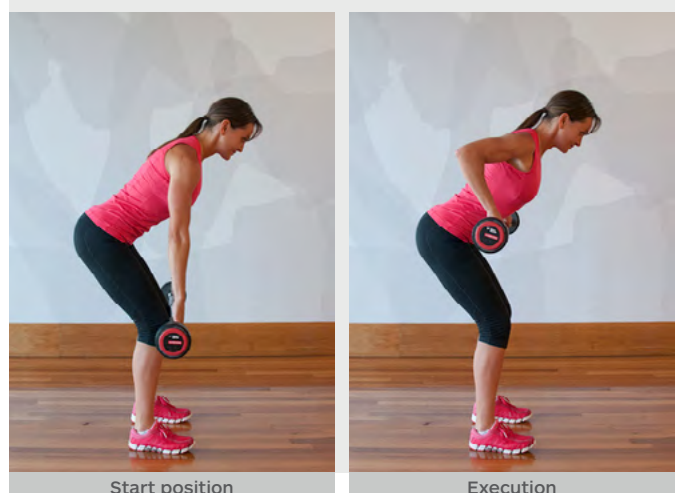
## Side Plank Raises (on knees)



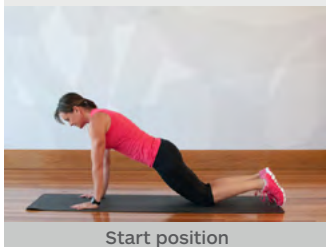
## Squats – Holding Fitball



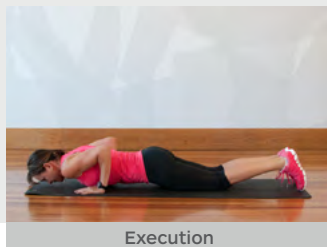
## Bent Over Row – Barbell



## Tricep Push Up



Start position



Execution

## Reverse Fly – Dumbbell



Start position



Execution

## Inner Thigh Raise



Start position



Execution

## Outer Thigh Raise



Start position



Execution

## Side Stretch



## One Arm Chest Stretch



## Standing Hamstring Stretch



## Tricep Stretch



## Quadricep Stretch

