

## **Pregnancy Workout Plan** **(This will work up until around week 27)**

### **Guidelines**

- Warm up for 5 minutes (gentle marching, shoulder rolls, side steps).
- Move slowly and with control.
- Stop if anything feels uncomfortable.

### **Strength (2–3x per week, 20–30 mins)**

*(Choose 5–6 moves, 2–3 rounds, 10–12 reps each)*

- **Squats to chair** – strengthens legs and glutes.
- **Incline push-ups** (hands on wall, countertop, or bench) – safe chest & arm strength.
- **Seated overhead press** (light dumbbells, kettlebell, or water bottles) – keeps posture muscles strong.
- **Glute bridges** – excellent for hips, back, and pelvic stability. (Donkey kicks are a good alternative - in all fours position and keeping your knee bent kick your legs back and up for repetitions)
- **Side-lying leg lifts** – hip and glute activation.
- **Banded rows** (if you have one - resistance band placed under feet or a dumbbell or kettlebell can be used) – great for posture.

### **Cardio (3–4x per week, 20–40 mins)**

- **Brisk walking** (outdoors or treadmill).
- **Swimming or aqua aerobics** if available.
- **Stationary bike** at an easy pace.


*(Keep effort at “moderate” — you should be able to talk in sentences while moving.)*

### **Core & Pelvic Floor (daily if possible, 5–10 mins)**

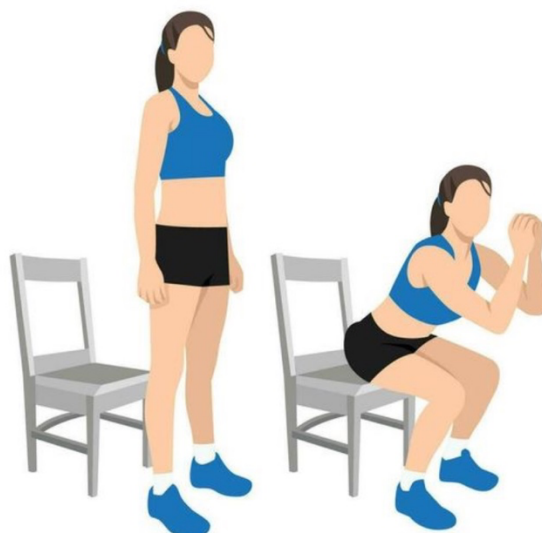
- **Pelvic tilts** (on hands & knees, gently rock pelvis).
- **Cat-cow stretch** (spine mobility).
- **Seated ball squeezes** (lightly squeeze a pillow or ball between knees).
- **Kegels** (contract & relax pelvic floor muscles).

### **Mobility & Relaxation (daily, 10 mins)**

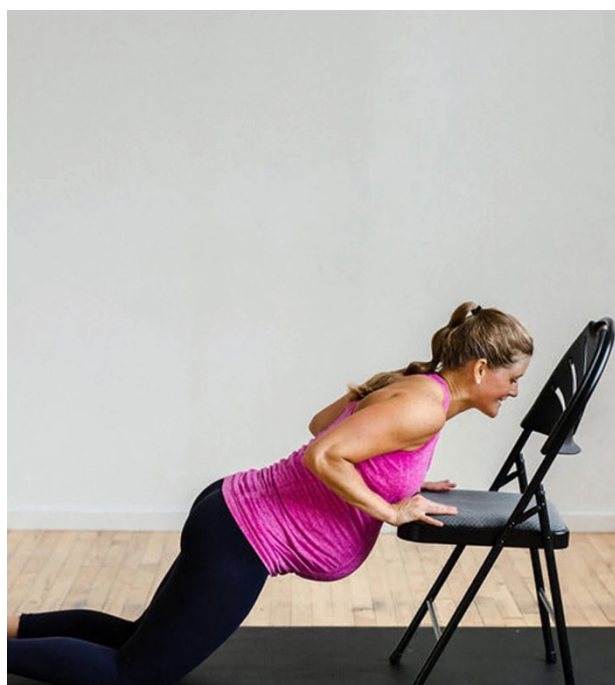
- **Child's pose (wide knees)** – opens hips.
- **Side stretch** (standing, one arm overhead).
- **Neck rolls & shoulder shrugs** – relieves tension.
- **Prenatal yoga flow** (if you enjoy classes/videos).

 Always finish with a cool-down and some deep breathing to relax.

## Squats to Chair



## Incline Press Up



## Seated Shoulder Press (Dumbbell, Kettlebell)



## Glute Bridge



## Donkey Kicks



## Side Lying Leg Lifts



## Banded Rows / Kettlebell/dumbbell Row

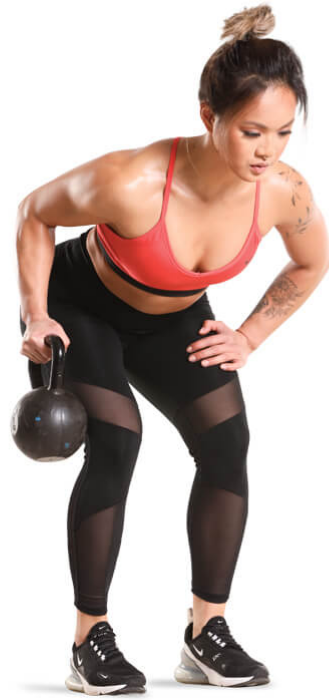




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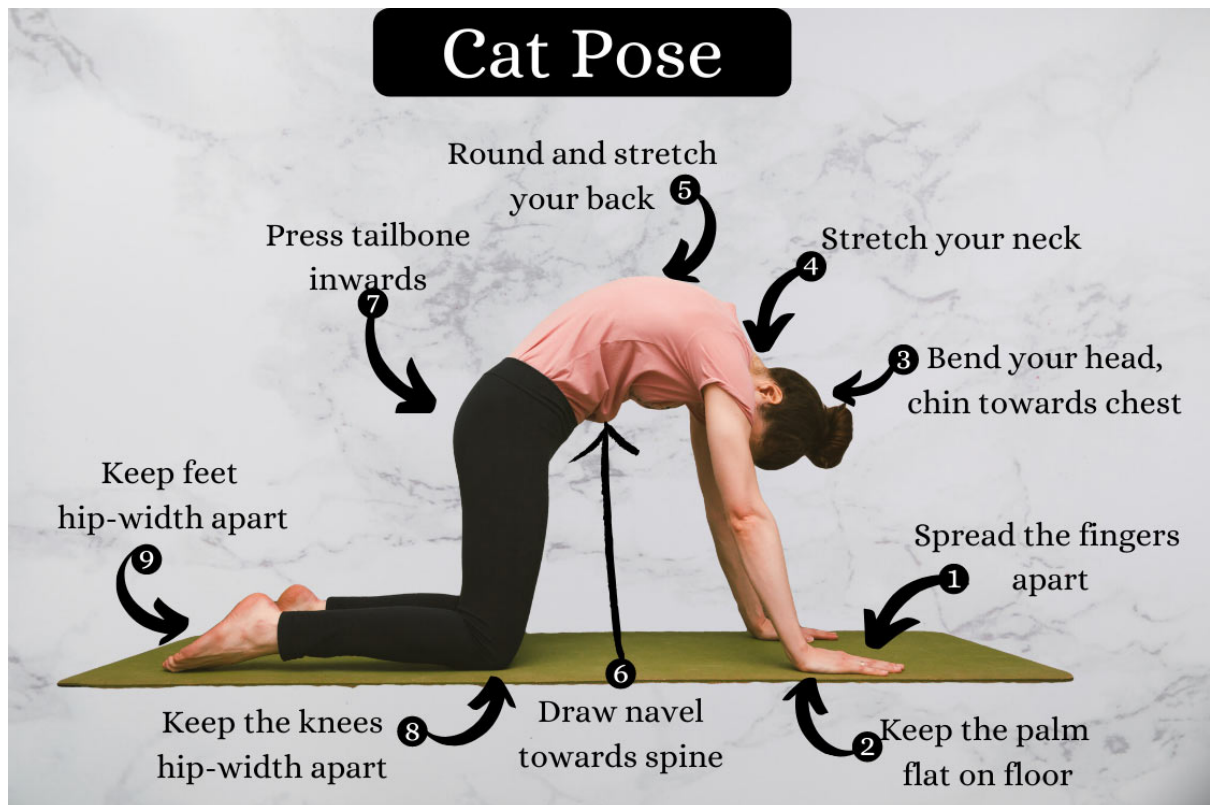
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## Pelvic Tilts



## Cats Pose





## Seated Ball Squeezes



## Kegel Exercise

(more of a bridge than a glute raise)



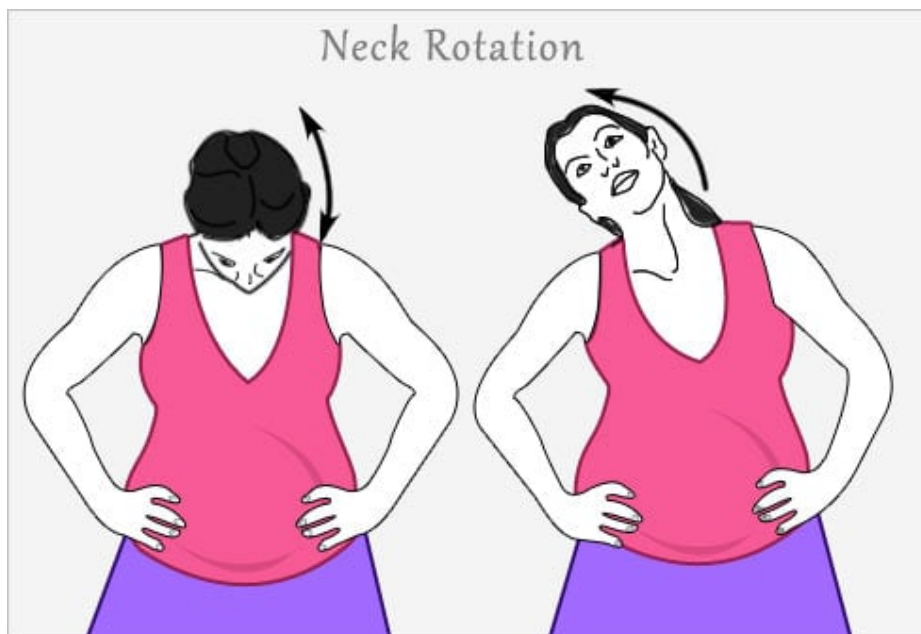
## Childs Pose



## Standing Side Stretch



## Neck Rotations



## Shoulder Shrugs

