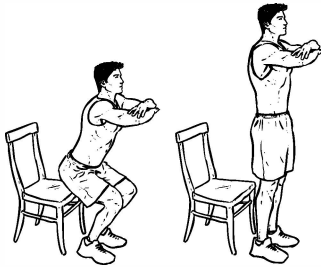


# Pregnancy Friendly

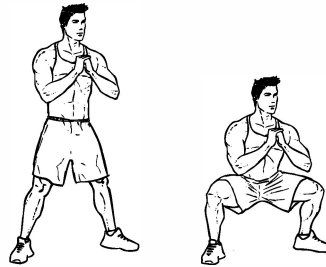
1 min · Glutes & Hip flexors, Abs, Arms, Back, Chest, Legs

This whole body workout hits every muscle group while still being baby friendly. There are no set reps for these, choose 4 exercises and complete AMRAP - as many reps as possible, sub out the dumb bells for tin cans or water bottles and grab a resistance band

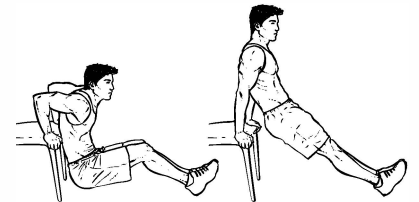
### Chair Squats



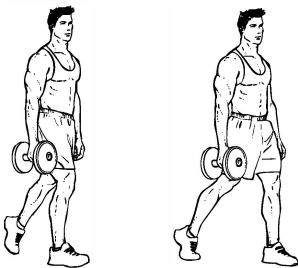
### Body Weight Sumo Squats



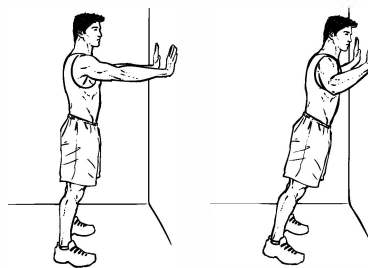
### Bench Tricep Dips



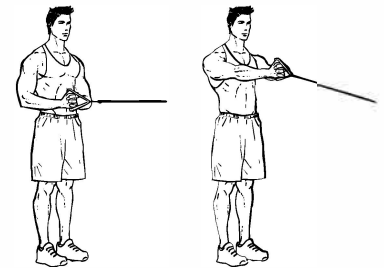
### Single Arm Dumbbell Carry



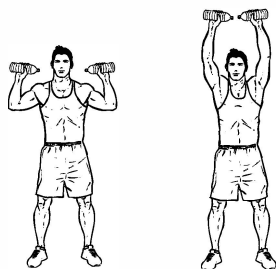
### Wall Push-Ups



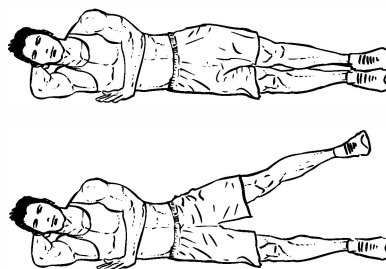
### Palloff Press



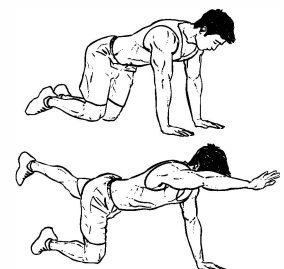
### Water Bottle Overhead Shoulder Presses



### Lying Side Leg Lifts



### Bird Dogs



## Chair Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

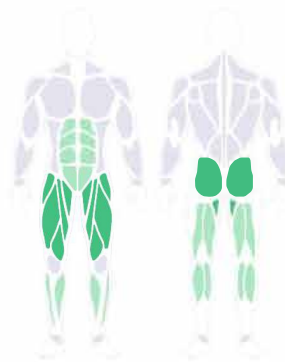
Secondary:

**Abs, Calves, Hamstrings**

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



## Body Weight Sumo / Wide Stance Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

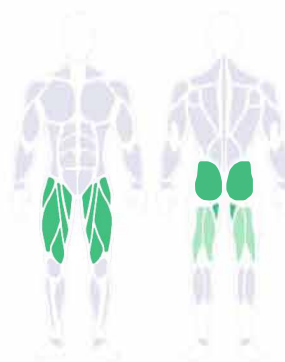
**Hamstrings**

Stand with your feet in a wide stance, with your toes slightly pointed outwards - like a sumo wrestler. Hold your hands together in front of your chest.

Keeping your back straight, lower your body towards the ground by bending your knees.

As you reach a fully squatting position (legs are bent at a 90-degree angle), hold the pose for 1 second before driving your feet into the floor and slowly push your body back up to the starting position.

For a bonus, tense your glutes at the top of the movement.



## Chair / Bench Tricep Dips

Primary muscle group(s):

**Triceps**

Secondary:

**Shoulders**

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don't lock your elbows and repeat.



## Single Arm Dumbbell / Suitcase Carry

Primary muscle group(s):

**Obliques**

Secondary:

**Abs, Calves, Glutes & Hip Flexors, Quadriceps, Shoulders**

Hold a dumbbell in your left hand with an overhand grip. Stand in place with your feet at shoulder-width. Tighten your core and keep your shoulders back.

Begin the movement by walking forward. Contract your obliques and abs as you move.

Once you reach the prescribed distance, turn around and begin again. Once you reach the starting point, switch arms.



## Wall Push-Ups / Pushups / Standing Press Ups

Primary muscle group(s):

**Chest, Triceps**

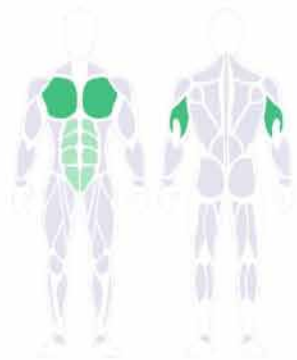
Secondary:

**Abs**

Stand in front of a wall, extend your arms out to measure the correct distance. Brace your core and place your hands against the wall.

Keeping a tight core, slowly lower your chest towards the wall.

Pause once your upper arms form a 90 degree angle. Contract the chest muscles and push yourself back up to the starting position. Repeat.



## Palloff Press / Oblique Iso Hold

Primary muscle group(s):

**Abs, Obliques**

Secondary:

**Biceps, Triceps**

Stand with your left side next to a cable machine (you can also tie a resistance band to a wall). You should be side by side with the cable or band. Take the handle in your left hand.

Stand tall with a tight core and flat back. Your feet will be shoulder width apart. Clasp the handle with both hands. Begin by pushing the handle out in front of you.

Feel the tension in your abs and obliques. Hold this position for the prescribed amount of time. Slowly bring the handle back towards your body.



## Water Bottle Overhead Shoulder Presses

Primary muscle group(s):

**Chest, Shoulders**

Secondary:

**Triceps**

Holding a water bottle in each hand, stand straight, with your feet shoulder width apart.

Raise the water bottles to head height by rotating your arms forward and up.

Your triceps should be parallel to the floor and your elbows bent at 90 degrees. This is the start position.

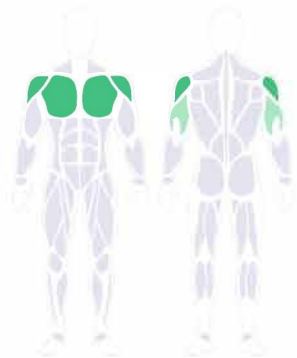
Keeping your back straight and using only your arms, extend through your shoulders and elbows to drive the water bottles straight up, exhaling as you do so.

As your arms reach the fully extended position, bring them in towards each other until the water bottles touch lightly together.

Hold for a count of one, while squeezing your shoulder muscles.

In a controlled movement, return to the starting position, inhaling as you do so.

Repeat.



## Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Primary muscle group(s):

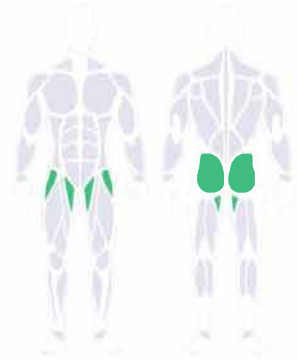
**Glutes & Hip Flexors**

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



## Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

**Abs, Lower Back**

Secondary:

**Glutes & Hip Flexors**

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.

