

PREGNANCY WORKOUT GUIDANCE



WHERE DO I START?!

Exercising throughout pregnancy really helps your body and mind stay healthy and strong. It can help manage those aches and pains, support you during labour and prepare you for postpartum.

So, you’ve been given a bundle of workouts.. ‘Where do I start?!’ I hear you say.

Below is a simple guidance plan of what may work for you. Remember, you know your own body and it’s limits. The below is for guidance only. Please, always consult your health care professional before participating in exercise.

STRETCHES

As a guide, try and do stretches around 3 times a week. Stretching before bed also helps your body and mind relax before sleep. This is crucial when you get closer to the end of your pregnancy and the anxieties may creep in or our bodies are working hard to grow your little one and the aches and pains are hard to manage overnight.



WORKOUTS

Any movement is good movement so don’t feel you have to stick to the sample weeks below. If you’re experiencing a hard pregnancy and have severe morning sickness or lots of pain, don’t put pressure on yourself.. you’re growing a human!

If all you can manage in the day is a walk around the block, go you! Exercise doesn’t have to be a one size fits all. If you’re struggling mentally, put on your favourite tunes and dance around the kitchen! If you’re new to fitness build it up slowly, 1 workout video a week and a few outdoor walks. Next week? 2 workout videos, a walk and a leisurely swim (great for back pain)

Any problems or just wanting more guidance, just book a private chat with me or go on the forum and see what other mummas are doing!



SAMPLE FIRST TRIMESTER WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Stretch Leg Workout	30 Min Gentle Walk	AM Stretch Arm Workout	Rest Day Night Time Stretch	AM Stretch Bum Workout	Boogie In The Kitchen	Rest Day Night Time Stretch

SAMPLE FIRST TRIMESTER WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Stretch General Workout	30 Min Gentle Walk	AM Stretch Ab Workout	Rest Day Night Time Stretch	AM Stretch Sickness Friendly Workout	Boogie in the Kitchen	Rest Day Night Time Stretch

