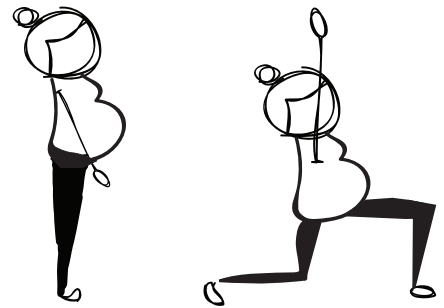


After 10 minutes of walking or light jogging, complete movements 1 through 4 and add 45 seconds of running (if you were running before pregnancy) or fast walking between each exercise. Take a short break and then repeat the circuit 2 or 3 more times.

*You must feel as though you're exerting yourself at a moderate level, but be able to hold a conversation throughout the workout.

1. REAR LUNGES

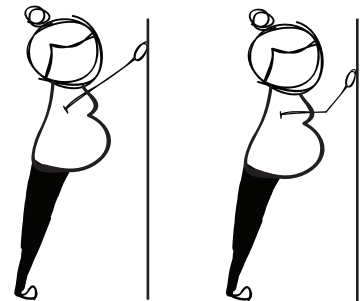
For the complete description: see notes



45 sec. seconds of jogging or fast walking

2. TRICEP PUSH-UPS USING A WALL OR BENCH

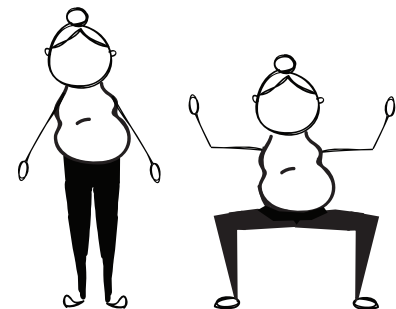
For the complete description: see notes



45 sec. seconds of jogging or fast walking

3. SUMO SQUAT

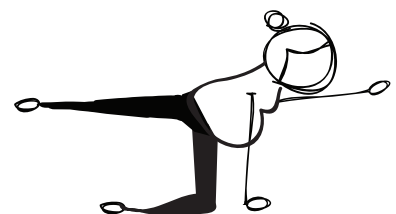
For the complete description: see notes



45 sec. seconds of jogging or fast walking

4. SUPERWOMAN

For the complete description: see notes



Take a short break and then repeat the circuit 2 or 3 more times.

After 10 minutes of walking or light jogging, complete movements 1 through 4 and add 45 seconds of running (if you were running before pregnancy) or fast walking between each exercise.

Take a short break and then repeat the circuit 2 or 3 more times.

*You must feel as though you're exerting yourself at a moderate level, but be able to hold a conversation throughout the workout.

Notes

1. REAR LUNGES

Take a step backwards with your right leg. Bend both legs 90 degrees while keeping your back straight. Make sure that your knee doesn't move past your toes. Return to the starting position and repeat with the left leg.

At 20 sec., switch leg!

Notes

*Steady yourself against a wall or bench to keep your balance.

*Not recommended if you have pain in the pubic area.

*Do not do this exercise if you are more than 34 weeks pregnant.

2. TRICEP PUSH-UPS USING A WALL OR BENCH

With both hands closer than shoulder-width apart and with your elbows against your body, slowly lower yourself toward the bench while bending your elbows backwards, and then push yourself back up to the starting position. Make sure to keep your back nice and straight!

3. SUMO SQUAT

With legs a bit more than shoulder-width apart, turn your toes and knees outwards and slowly lower while keeping your back straight and not letting your butt stick out!

Notes

*If you have pelvic pain, bring your legs closer together.

4. SUPERWOMAN

On all fours, move your right arm forward and your left foot backward while keeping your back straight, your foot flexed downward and your head aligned with your spinal column. Return to the starting position. Repeat on the other side.