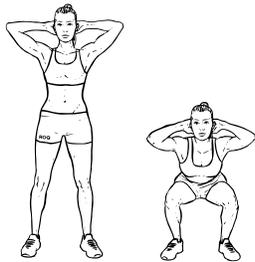


# Gentle Pregnancy Workout

Abs, Back, Chest, Legs

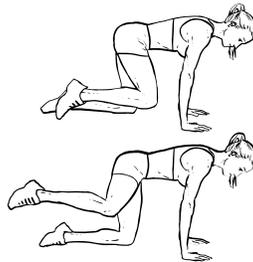
Always speak to your midwife or GP before starting to exercise when you are pregnant. Listen to your body & rest when you need to. If you need any further support please email [aimee@revitalizefitness.co.uk](mailto:aimee@revitalizefitness.co.uk)

## Bodyweight Squats



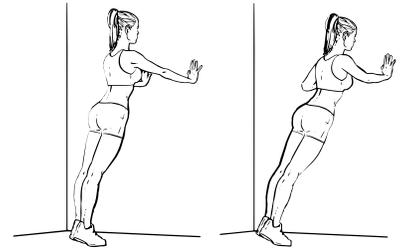
2 sets 12 reps

## Fire Hydrants / Abductor / Adductor Knee Raises



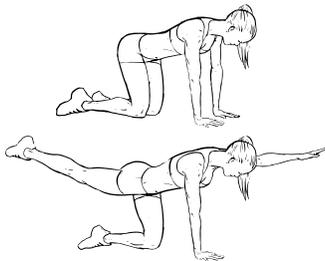
2 sets 12 reps

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



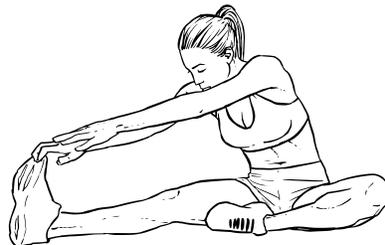
2 sets 12 reps

## Bird Dogs / Alternating Reach & Kickbacks



2 sets 12 reps

## Hamstring Stretch



1 sets 20 secs

## Butterfly Stretch



1 sets 20 secs

## Wide Arm Chest Stretch / Reverse Butterfly Stretch



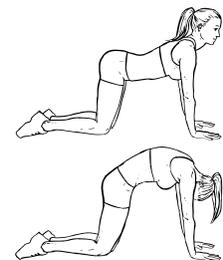
1 sets 20 secs

## Butterfly Stretch



1 sets 20 secs

## Cat Back / Backward Camel Stretch



1 sets 20 secs



## Bodyweight Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

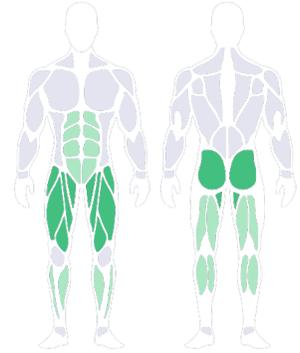
Cross your arms in front of your body, place your hands behind your head (prisoner squat) or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Pause for a count of one. Do not let your knees extend out beyond the level of your toes.

Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight. Repeat.



## Fire Hydrants / Abductor / Adductor Knee Raises

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs**

Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.

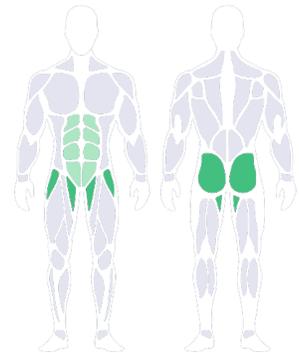
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



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

Primary muscle group(s):

**Chest, Triceps**

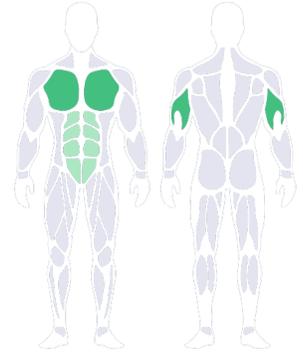
Secondary:

**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.



## Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

**Abs, Lower Back**

Secondary:

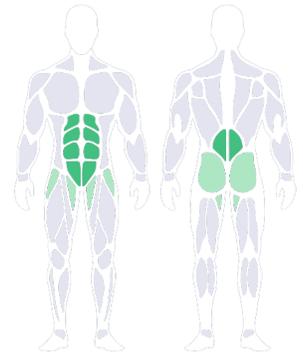
**Glutes & Hip Flexors**

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.



## Hamstring Stretch

Primary muscle group(s):

**Hamstrings**

Secondary:

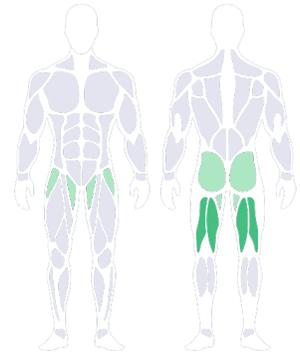
**Glutes & Hip Flexors**

Sit on a mat and extend your right leg out to the side.

Bend your left leg and place the foot against your inner right thigh.

Lean forward from the hips and reach for your ankle as comfortably as you can. You should feel a slight pull in the hamstring.

Hold the stretch and then repeat on the left leg.



## Butterfly Stretch

Primary muscle group(s):

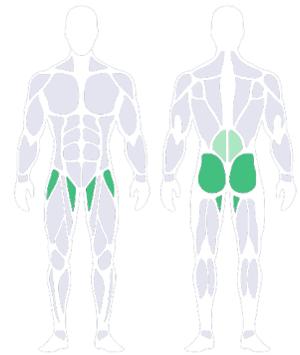
**Glutes & Hip Flexors**

Secondary:

**Lower Back**

While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching and your legs should make a diamond shape.

Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips. Once you feel the stretch in your hip flexors, hold for 15 to 30 seconds. Slowly rise and repeat.



## Wide Arm Chest Stretch / Reverse Butterfly Stretch

Primary muscle group(s):

**Chest**

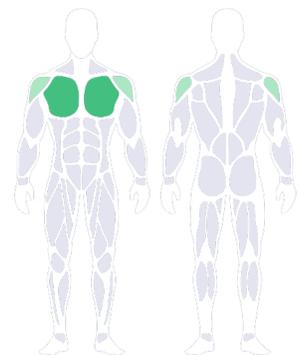
Secondary:

**Shoulders**

Stand tall and place your hands together with your arms extended straight out in front of you.

Keep your arms straight and then move them back as far as you comfortably can. Your palms should face front and you should feel the stretch along your chest.

Return the arms to the starting position, extended in front of you.



## Butterfly Stretch

Primary muscle group(s):

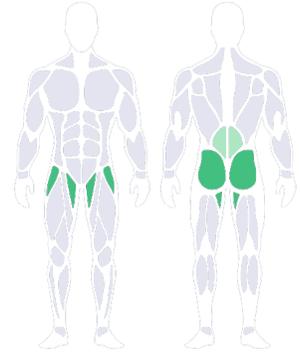
**Glutes & Hip Flexors**

Secondary:

**Lower Back**

While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching and your legs should make a diamond shape.

Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips. Once you feel the stretch in your hip flexors, hold for 15 to 30 seconds. Slowly rise and repeat.



## Cat Back / Backward Camel Stretch

Primary muscle group(s):

**Lower Back**

Secondary:

**Upper Back & Lower Traps**

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and flex your spine.

Hold the stretch and then release to the starting position.

