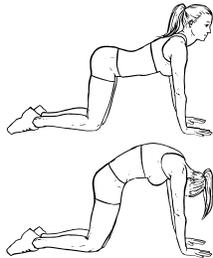


Stretches for Pregnancy and Postnatal

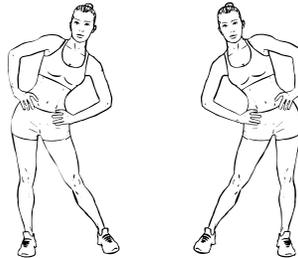
Back, Chest, Legs, Yoga

Stretching should be pain free. Take all stretches to a comfortable position and hold for 12 - 15 seconds. For more information and advice please contact me aimee@revitalizefitness.co.uk

Cat Back / Backward Camel Stretch



Hip Circles



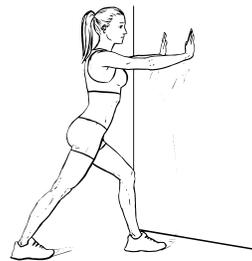
Standing Hamstring Stretch



Wide Arm Chest Stretch / Reverse Butterfly Stretch



Straight-Leg Calf Stretch



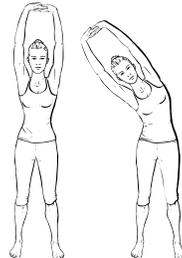
Standing Quadricep Stretch



Butterfly Stretch



Swaying Palm Tree · Tiryaka Tadasana



Bring feet wider than shoulders · Do not move hips · Draw shoulders down

Extended Child's Pose · Utthita Balasana



Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart



Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

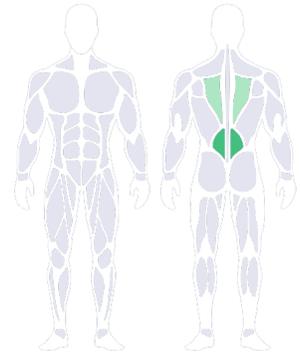
Secondary:

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.



Hip Circles

Primary muscle group(s):

Glutes & Hip Flexors

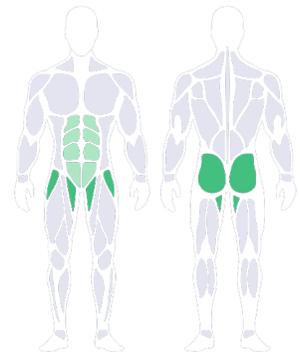
Secondary:

Abs

Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.

Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.

Continue in this circular motion. Stop once to switch directions.



Standing Hamstring Stretch

Primary muscle group(s):

Hamstrings

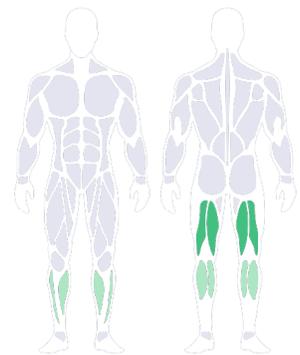
Secondary:

Calves

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.



Wide Arm Chest Stretch / Reverse Butterfly Stretch

Primary muscle group(s):

Chest

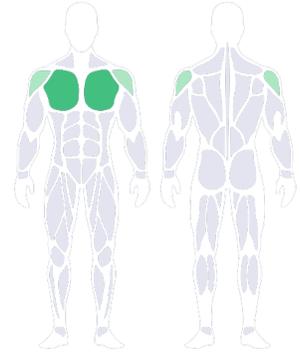
Secondary:

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.



Straight-Leg Calf Stretch

Primary muscle group(s):

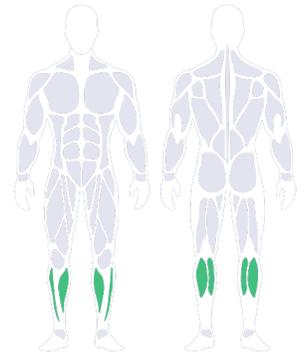
Calves

Stand a few inches away from a wall, facing it and place both hands on the wall with your arms extended.

Lean against the wall and bend one leg forward with the other leg extended straight back. Your feet should both be facing forward.

Push the rear heel to the floor and bring the hips slightly forward.

Hold the stretch and repeat on the other leg.



Standing Quadriceps Stretch

Primary muscle group(s):

Quadriceps

Secondary:

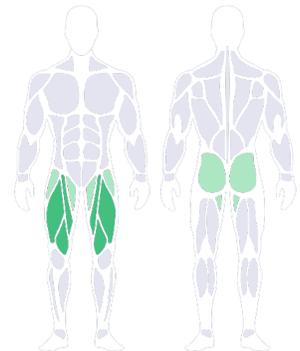
Glutes & Hip Flexors

Stand next to a wall or stationary object to support your balance.

Grasp the top of your right ankle or forefoot with your right hand and pull the ankle or foot towards your buttocks.

Straighten the right hip by moving your knee slightly backwards and making sure it faces the floor. Don't let your knee flare out towards the side.

Hold the stretch and repeat on the left leg.



Butterfly Stretch

Primary muscle group(s):

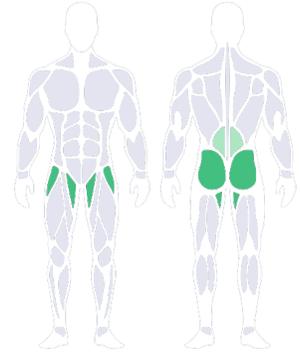
Glutes & Hip Flexors

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.



Swaying Palm Tree

Primary muscle group(s):

Abs, Obliques, Spine

Secondary:

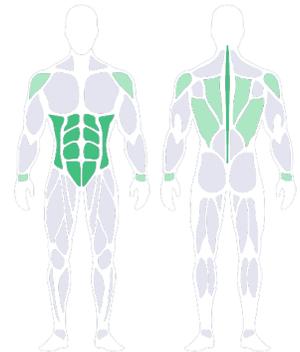
Middle Back / Lats, Shoulders, Upper Back & Lower Traps, Wrists

Stand with your feet wider than your shoulders.

With an inhale, stretch your palms toward the sky, fingers interlocked.

Bend to the right with an exhale. Do not move your hips.

Rise to center with an inhale. Change sides and repeat this movement.



Extended Child's Pose

Primary muscle group(s):

Glutes & Hip Flexors, Knees, Spine

Secondary:

Lower Back, Middle Back / Lats, Upper Back & Lower Traps

Sit on your heels. Bring your feet together and knees hip-width apart.

Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

Reach your arms far forward. Spread your fingers and press your palms into the floor. Rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

⚠️ Avoid this pose if you have a knee injury.

