



BABY STEPS TO FITNESS

PRENATAL FITNESS BLUEPRINT

ADJUSTMENTS BY TRIMESTER



ABOUT ME



HELLO MAMA!

My name is Elise, and I'm a mother of 3 wonderful children. My path to motherhood involved a significant learning curve, particularly concerning exercise and navigating the gym environment. Despite my background as a lifelong athlete, certified personal trainer, and former collegiate soccer player and coach, I discovered a gap in my fitness knowledge when I became pregnant.

Prior to pregnancy, I assumed I had a solid understanding of exercise. However, the reality hit me hard—I lacked crucial knowledge about exercising while pregnant and what was best for my changing body. Questions like "Is this safe?" or "Will this benefit my recovery?" circled through my mind constantly. Determined to bridge this gap, I embarked on a journey of education to learn the ins and outs of exercising during pregnancy and how to prepare myself for labor and recovery.

Becoming certified in Pre & Postnatal fitness was a pivotal step for me. Now, my mission is to assist others on this journey because I understand the frustration and confusion it can entail. I aim to eliminate the guesswork from your fitness routine because, let's face it, pregnancy brings enough concerns without having to worry about which exercises are suitable.

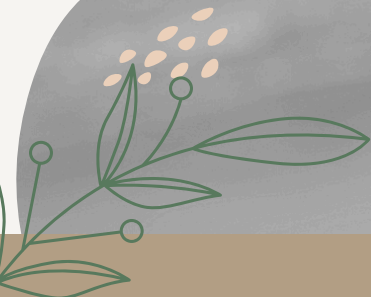
1ST TRIMESTER



The first trimester can be tough with the changes your body is going through. From the nausea, food aversions, fatigue and discomfort, it can be hard to get into a fitness routine.

At times, something is better than nothing and other times, you need to give yourself grace. Take rest when needed and unless you feel pain, you can try and stick to your same routine.

- This is the start of the foundation stage. Regardless of fitness level, everyone should start here.
- Start to learn about your pelvic floor and how to properly engage and use your core along with neutral alignment.
- Do not overwhelm yourself with feeling the need to workout as many days as you used to.
- This is not the time to start a new challenge or get to a new PR.

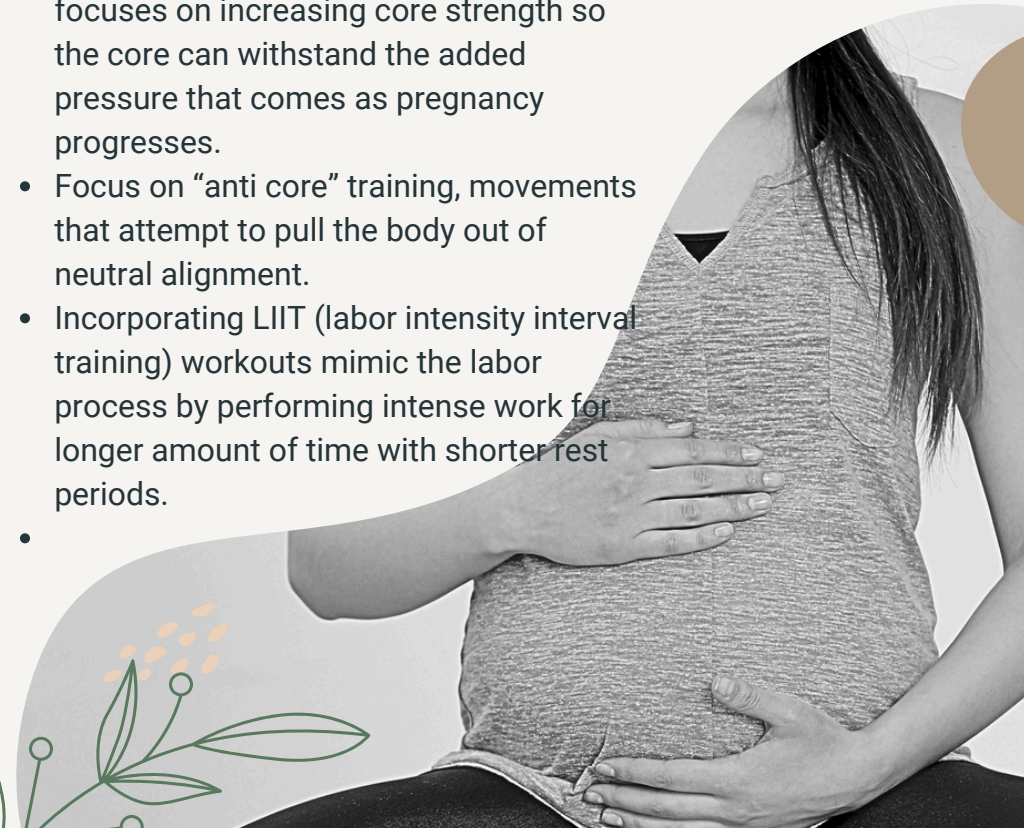


2ND TRIMESTER

Woohoo, you're in Tri2! This is when your placenta takes over and you likely will start to feel more energy and like yourself again.

This is a great time to get in some exercise if you can. Take advantage of the extra energy!

- Once you have mastered the foundation stage, the next stage, the Strength Stage, focuses on increasing core strength so the core can withstand the added pressure that comes as pregnancy progresses.
- Focus on "anti core" training, movements that attempt to pull the body out of neutral alignment.
- Incorporating LIIT (labor intensity interval training) workouts mimic the labor process by performing intense work for longer amount of time with shorter rest periods.



3RD TRIMESTER

We are almost there! You are likely feeling a lot of the same ways as you did in the first tri. Fatigue could return and feeling like you are slowing down is common. Now is the time to think about labor and recovery and how to use your workouts to prepare for them.

- At week 30, every person should switch to the birth prep stage, no matter what.
- You should focus on mental prep and pushing practice.
- With your belly getting bigger, you should focus on the proper movements that are safe for your growing belly.
- We should start to reduce the intensity now to compensate for the increased load the body will be carrying.
- Now is the time to start learning about postpartum recovery and parenthood ADLs (activities of daily living). Like picking up the baby from the crib, lifting baby and carrying baby

TRAINING



Although you may still be capable of performing your pre-pregnancy workout routine, certain adjustments are necessary. Prioritize the engagement of your deep core and pelvic floor muscles during your training sessions. As your body undergoes changes and experiences increased pressure on specific areas, it's crucial to safeguard your core while also avoiding coning. A fitness program tailored with these factors in mind provides the safest and most efficient approach to prenatal and postnatal exercise regimens.

Some people may experience difficulties with activities like running, jumping, and high-impact movements. If you find yourself unable to perform these exercises as you once did, don't feel disheartened. Remember, walking and engaging in low-impact exercises can be incredibly beneficial. Focus on what feels appropriate for your body while ensuring it is both beneficial and safe for you.

THE KEYS TO SUCCESS



LET'S GET PHYSICAL

There are many changes that happen during pregnancy. Between your body and mind, there are a lot of moving parts and we don't want fitness to be an added stress.

Your goal in pregnancy should not only be to listen to your body, but also make sure your pelvic floor is stable and safe during every exercise. The adjustments you make now will set you up for success during labor and postpartum. They can help a great deal with your recovery but also symptoms that can occur such as diastasis recti, pelvic issues, and prolapse.

WINNING MENTALITY

It's easy to think that when you are pregnant you "can't" do certain things like exercise. Or you think you are going to hurt the baby or yourself.

It can be overwhelming trying to push through what used to be easy. However, if you have the proper adjustments, you can get it done!

That might mean some days you just get through the bare minimum, and that's okay! Give yourself grace and strive for persistence over perfection and win the day!



MINDFULNESS

Being stressed during pregnancy is the last thing you want to be. Of course there will be stresses of life all the time, but it's important to take some time to yourself and practice mindfulness. Whether that is getting outside for a walk, meditating, or just doing some deep breath work. It's going to help your body relax and feel less tense.



SAMPLE WORKOUT

FOUNDATION STAGE

STAGE: Foundation	Duration	Intensity	Sets x reps	Rest Int.
Core Activation	3-5m	low		As needed
1. 360° Breathing		↓	8-10 breaths	↓
2. PFA-Slow			8-10 reps	↓
3. PFA-Fast		↓	8-10 reps	↓
Dynamic Warm-Up	5-7m	mod	6-8 reps	None
1. Cat-Cow		↓	↓	↓
2. Frog Stretch		↓	↓	↓
3. Kneeling Hip Flexor Stretch		↓	↓	↓
Strength Training	40m	mod-hi (75-80%)	3 x 8-10 reps	1:1
Goblet Squat		↓	↓	↓
Bear Crawl			↓	↓
Seated Overhead Press			↓	↓
Side Lift & Lower Plank		↓	↓	↓
Carries - racked		↓	↓	↓



SAMPLE WORKOUT

STRENGTH STAGE

STAGE: Strength*	Duration	Intensity	Sets x reps	Rest Int.
Dynamic Warm-Up	5-7m	mod	6-8 reps	None
1. Kneeling Chest Stretch		↓	↓	↓
2. Quadrupe T-spine Rotation				
3. Crab Reach		↓	↓	↓
Strength Training	40m	hi (80-85%)	3 x 6-8 reps	1:2
1. Squat with Baby Lift		↓	↓	↓
2. Side Lunge, alternating				
3. Bent Over Row				
4. Turkish Getups		↓	↓	↓
5. Trunk Rotations		↓	↓	↓
LIIT™	6 min	hi	45s	45s
Work: Walking lunges	(4 rounds)	↓	↓	↓
Rest: Deep Sqt w Patterned 360° Breathing		↓	↓	↓



SAMPLE WORKOUT

BIRTH PREP STAGE

STAGE: Birth Prep*	Duration	Intensity	Sets x reps	Rest Int.
Dynamic Warm-Up	5-7m	low-mod.	6-8 reps	None
1. Cat-Cow		↓	↓	↓
2. Crab Reach				
3. Deep Squat		↓	↓	↓
Strength Training	40m	mod-hi (75-80%)	3 x 8-10 reps	2:1
1. Squat with Baby Lift		↓	↓	↓
2. Straight Arm Pull-Down				
3. Step-Ups				
4. Carries - Overhead		↓	↓	↓
5. Pallof Press with Overhead Reach		↓	↓	↓
LIIT™	5.25m	hi	60s	45s
Work: Reverse Lunge with Single Arm Row	(3 rounds)	↓	↓	↓
Rest: Quadruped w Patterned 360° Breathing	Can add pushing prep to rest		↓	↓



CONGRATULATIONS

YOU'VE FINISHED THE GUIDE!

I hope this guide has shifted your mindset from overwhelmed and anxious to confident and eager about exercising during pregnancy.

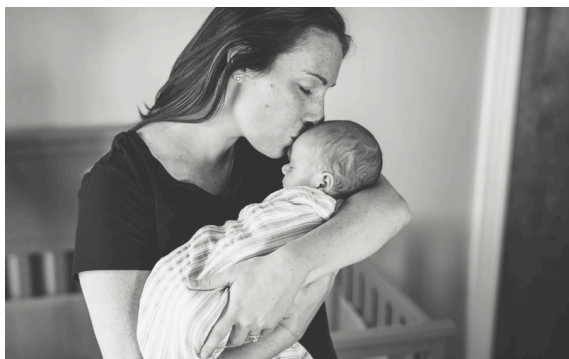
With all the concerns and anxieties that naturally come with pregnancy, now is not the time to add any unnecessary pressure or stress. Feel free to print this out and have it handy at your gym as a helpful reference for yourself or other expecting mothers. If you ever feel overwhelmed by the information outlined here, remember that perfection isn't necessary. Simply listen to your body and make adjustments as needed based on these recommendations.



NEED MORE GUIDANCE?

Needing additional support? We offer a distinct workout program tailored to your needs! With expert guidance on safe workouts, a full trimester-specific workout program with video demos for each exercise, nutrition advice, tips for managing discomfort and lots more, you'll have everything you need for a confident and convenient prenatal fitness journey. Invest in your well-being and your baby's future with our comprehensive program today! Click the image below to learn more and gain access to the program!





KEEP IN TOUCH

I WOULD LOVE TO SEE YOUR PROGRESS AND I'M EAGER TO HEAR YOUR THOUGHTS ON THE E-BOOK! WHICH PAGE RESONATED WITH YOU THE MOST, OR CATCH A GLIMPSE OF YOU DOING THE WORKOUTS! FEEL FREE TO FOLLOW ME AND TAG ME ON SOCIAL MEDIA!

F O L L O W M E



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