



Disclaimer:

Nobody should ever attempt physical work beyond their own limitations. Some physical activities may be too strenuous in nature or even dangerous for some people to engage in safely.

It is important that you get full clearance from your doctor or midwife before participating in any physical activity.

The author, publisher or anybody associated with Playball Personal Fitness are NOT RESPONSIBLE in any matter whatsoever for any injury which may occur as a result of reading and/or following instructions herein.

Warm Up 15 minutes

If the weather is nice, get outdoors and walk for 15 minutes, making sure you stand tall; keeping your abs pulled in or if the weather is a bit nasty, stay indoors, put on your favourite music and dance around the living room instead!

Workout 30 minutes

Plie with lateral raises

Muscles worked: upper body and hips



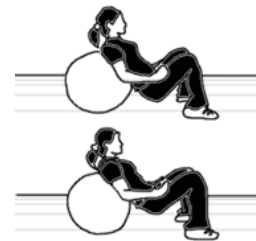
Holding 2.5kg weights in each hand, stand with your feet just a little further than hip-width apart, toes turned out and place your arms in front of your hips for starting position.

Slowly bend your knees, squeezing your butt and thighs, straighten your legs as you raise your arms to shoulder

height, then return to starting position. Repeat 10-15 times.

Pelvic Tilt

Muscles worked: pelvic floor and core

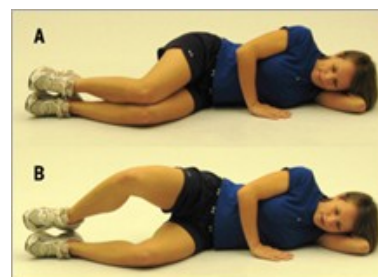


Start by sitting on a fit ball and slowly rolling forward until your head is supported by the ball and pelvis is lifted in line with the rest of your body. Make sure your knees are aligned with your toes.

Slowly and without rolling the ball, slowly lower your hips towards the ball then lift and squeeze back to starting position. Repeat 10-15 times.

Clams

Muscles worked: inner thighs, pelvic floor and core



Start by lying on your side, keeping both knees bent. Keep your heels touching and pelvis still, slowly open your knees by contracting your glutes (butt muscles).

This exercise is meant to be done slow and controlled for best effect. To learn control of this exercise, place your hand on your glutes to make sure you are activating the muscle. Repeat 10-15 times before switching sides.

This exercise is great for the legs and doesn't put any pressure on your back or belly. If you are feeling a pull on your belly, place a pillow underneath during this exercise.

Wall Squats

Muscles Worked: Glutes, hamstring, quads



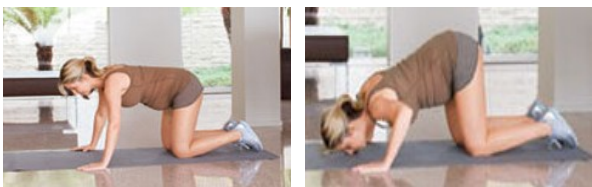
Find a sturdy wall and with your feet shoulder-width apart, place the exercise ball behind your lower back against the wall.

Lean into the ball and slowly bend your knees and lower your body into a sitting position, keeping your knees in line with your toes.

Lower down as low as you can go (no further than 90 degrees) and push into your heels (squeezing your butt) to get back into starting position. Repeat 10-15 times

Push Ups

Muscles Worked: upper body, abs, lower back



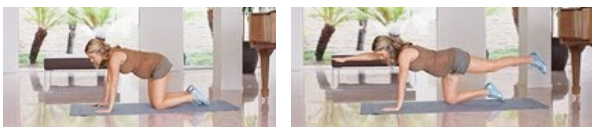
Getting down onto your hands and knees on a mat, placing your hands shoulder-width apart and fingers facing forward.

Make sure your body is nice and square with back flat (no butt sticking up in air). Slowly bend your elbows, lowering your chest towards the floor, making sure you do not lower the arms past your elbows.

Keep your hips lifted, hold for a second then straighten elbows back to starting position and repeat 10-15 times.

Bird Dog

Muscles Worked: back and abdominals



Starting in the same position as the push up, draw your core muscles in and slowly extend your left arm and right leg and hold for one breath. Slowly return to starting position then swap arm/leg.

Repeat 5 times each side and make sure that you don't lift your hips as you raise your leg.

Curl and Press

Muscles Worked: biceps, triceps, shoulders and upper back



Standing with your legs hip-width apart and hold a dumbbell in each hand, letting your arms hang by your side, palms facing your hips.

Drawing in your core, bend your elbows, bringing the dumbbells towards your shoulders, then press your arms up over your head until arms are straight.

Hold for a second then bend your elbows, bring back to shoulders then straighten arms back to starting position.

Repeat for 8-20 times (depending on how heavy the weights are) and rest between sets. Use 2.5-4kg dumbbells.

This exercise can also be done seated if you have lower back pain while doing the exercise. Do not compromise your back for this exercise.

Cool Down

3-5 minutes of stretching

Stretching during pregnancy will enhance your flexibility, prevent your muscles from tightening and will make you feel much more relaxed and comfortable. Use the below stretches after a workout as a way to cool down or when you are feeling a little tight or sore.

Make sure that you take some big, deep breaths throughout your stretching.

Mermaid

Start by sitting on the floor with your knees bend and feet flat on the ground in front of you. Using your left hand to hold your ankle for support, bring your right arm up and over your head, inhale, then exhale and return arm. Repeat 3 times on left side then switch the legs over and repeat on right side.



You want to make sure that you are letting your torso do all the work rather than your upper body.

Downward Dog



Starting on the floor on your hands and knees, making sure your hands are directly underneath your shoulders and knees are kept hip-width apart. Slowly lift your hips up into the air straightening your knees and

lowering your heels to the ground.

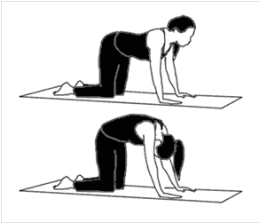
If you are flexible, try and lengthen through your arms and chest as if you are reaching towards your feet. Just remember to keep breathing throughout the exercise, holding the stretch for 10-30 seconds before returning to starting position. Repeat 2-3 times.

This stretch is not recommended for final stages of pregnancy or during first few weeks after the birth. If you have a tendency for getting dizzy, take your time lowering down to the floor and getting back up again.

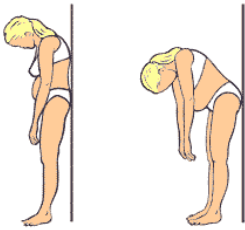
Angry Cat

Starting in the same position as Downward Dog, tuck your chin into your chest and draw your lower abs in towards your spine, making your back rounded.

Hold for 5-10 seconds before returning to a neutral spine. Repeat 3-5 times and make sure you remember to breathe!



Roll-Down



Finding a wall, stand with your back to the wall, feet shoulder-width apart and with soft knees. Inhale, then as you exhale, pull in your abs and roll your body towards the floor starting with tucking your chin towards your chest. Only roll down as far as

you are comfortable and keep your weight centred between your feet.

Inhale at the bottom of the roll-down and as you exhale, slowly roll back up, making sure you are trying to place each vertebra on the wall. Make sure that your head is the last part of your body to uncurl. Repeat 3-5 times.

Obviously as you get further along in your pregnancy it will be harder to do this exercise, so you can modify it by sitting on the edge of a chair, with feet wide apart to allow for your belly to move.

Inhale, then as exhaling move your chin against your chest and roll your body forward and down. Your hands can hang between your legs. Inhale, then as you roll up exhale, again making sure your head is the last part of your body to uncurl.

Butterfly Stretch

Sitting on the floor, bend your knees and bring your feet together in front of your body. Sitting tall with your abs in and shoulders down, slowly lower your knees towards the floor (without pushing them down) as is comfortable – you don't want to over stretch your hip flexors.



If the exercise seems to easy, try pulling your heels in closer to your body. The stretch should work for your inner thighs and should be held for 15-30 seconds. Repeat 3-5 times

Back and Shoulder Stretch



Start by finding a chair and sit on the floor on your knees, facing the chair. Reaching for the chair with your arms, rest them on the chair seat. Lower your shoulders away from your ears and bend from the waist to make your back long and flat, extending through your arms.

Keeping your arms on the chair, lower your chest towards the floor until you feel a stretch across the chest. Hold for 15-30 seconds. Relax and return back to starting position and repeat 2-3 times.

Do not attempt this stretch if you feel any problems in your lower back.

Seated Hamstring



Sitting on the floor, extend your right leg out and bend your left leg so that the sole of your foot is touching your inner thigh.

Keeping both legs flat on the ground, place your hand on your straight leg and lean forward from the waist. Keeping your chin up, reach forward as if you are reaching your chin towards your toes. Hold for 15-30 seconds then return to starting position. Repeat 2-3 times each leg.

Lying Quad Stretch

Start by lying on your left side in a comfortable but firm surface.



Either propping your head in your left (bottom) hand or you can rest your head on your extended arm. Make sure your body is in a straight line but relaxed at same time.

Using your right hand, grab your right ankle or foot. Keeping your thighs together and knees in line, slowly bend your left knee, gently pulling your heel toward your butt. You should feel a comfortable stretch in the front of your right thigh. Hold for 15-30 seconds before returning back to starting position. Repeat 2-3 times on each leg.

Make sure that you keep your abs strong throughout the stretch so that you don't arch your back.

For more information on exercising through your pregnancy or what exercises are best for you please contact Katrina on 0413 861 118 or Katrina@playballfitness.com.au .