

PREGNANCY WORKOUT PLAN

LUNDI

Day 1: Full-Body Strength & Stability

- ✓ Warm-up (5–10 min)
 - March in place – 2 min
 - Cat-Cow Stretch – 1 min
 - Hip Circles – 30 sec per side
 - Arm Circles – 30 sec
- ✓ Workout (Repeat 2–3 rounds)
 - Squats (bodyweight or dumbbells) – 15 reps
 - Wall Push-ups – 15 reps
 - Seated Bicep Curls – 12 reps
 - Glute Bridges – 12 reps
 - Bird-Dog – 10 reps per side
 - Kegels (hold for 5 sec, relax) – 10 reps
- ✓ Cool Down (5 min)
 - Seated Forward Fold
 - Child's Pose

MARDI

Day 2: Low-Impact Cardio & Core

- ✓ Warm-up (5–10 min)
 - Side Step Touches – 2 min
 - Shoulder Rolls – 30 sec
- ✓ Cardio Options (30 min steady-state or intervals)
 - 🚶 Walking (outdoors or treadmill)
 - 🚴 Low-impact cycling (only if comfortable)
 - 🏊 Swimming
- ✓ Core Focus (Modify for Trimester)
 - Standing Side Crunches – 10 per side
 - Seated Pelvic Tilts – 10 reps
 - Seated Leg Lifts – 10 per leg
 - Deep Breathing with Core Engagement – 10 reps

MERCREDI

Day 3: Prenatal Yoga & Flexibility

- ✓ Yoga Routine (20–30 min)
- 🧘 Prenatal-Friendly Poses:
 - Cat-Cow Stretch
 - Seated Side Stretch
 - Warrior II Pose
 - Butterfly Stretch
 - Child's Pose
- ◆ Focus on breathwork and hip flexibility

JEUDI

Day 4: Lower Body Strength & Stability

- ✓ Warm-up (5–10 min)
 - Hip Openers – 2 min
 - Standing Leg Swings – 1 min
- ✓ Workout (Repeat 2–3 rounds)
 - Chair Squats – 15 reps
 - Side-Lying Leg Lifts – 12 reps per side
 - Calf Raises – 15 reps
 - Seated Band Abductions – 12 reps
- ✓ Cool Down: Deep Breathing & Stretching

VENDREDI

Day 5: Upper Body & Pelvic Floor Focus

- ✓ Warm-up:
 - Shoulder Rolls, Arm Swings – 5 min
- ✓ Workout (Repeat 2–3 rounds)
 - Seated Shoulder Press (light weights) – 12 reps
 - Triceps Kickbacks – 12 reps
 - Reverse Fly (light weights) – 12 reps
 - Pelvic Tilts – 10 reps
 - Kegels – Hold for 5 sec, repeat 10x

SAMEDI

Day 6: Full-Body Mobility & Stretching

- ✓ Gentle Movement Session (30 min)
 - Pelvic Floor & Hip Mobility Work
 - Foam Rolling (if available)
 - Seated Deep Breathing & Relaxation

Pregnancy Workout Plan (Safe for All Trimesters)
Frequency: 4–6 days per week
Duration: 30–45 minutes per session
Intensity: Moderate (you should be able to talk comfortably while exercising)
Equipment Needed: Light dumbbells, resistance bands, yoga mat, stability ball (optional)