

# PREGNANCY WORKOUT PLAN

## LUNDI

First Trimester (Weeks 1-12)

Focus: Maintain fitness, build strength, and enhance endurance while avoiding excessive fatigue.

Day 1: Full-Body Strength Training

- ✓ Warm-up (5-10 min)
  - March in place – 2 min
  - Arm Circles – 30 sec
  - Cat-Cow Stretch – 1 min
- ✓ Workout (Repeat 3 rounds)
  - Squats (light weights) – 12 reps
  - Incline Push-ups – 12 reps
  - Seated Shoulder Press – 12 reps
  - Glute Bridges – 12 reps
  - Bird-Dog – 10 reps per side
  - Kegels – Hold for 5 sec, repeat 10x

## MARDI

Day 2: Cardio & Core

- ✓ Warm-up: Light walking & stretching
- ✓ Cardio (Choose 1)
  - 🚶 Brisk Walking – 30 min
  - 🏊 Swimming – 30 min
  - 🚴 Low-impact Cycling – 20 min
- ✓ Core Strength
  - Standing Side Crunches – 10 reps per side
  - Seated Pelvic Tilts – 10 reps
  - Deep Breathing with Core Engagement – 10 reps

## MERCREDI

Day 3: Yoga & Flexibility

- ✓ Prenatal Yoga (30 min)
  - Warrior II Pose
  - Seated Side Stretch
  - Butterfly Stretch
  - Child's Pose
- ◆ Focus on relaxation and breathwork

## JEUDI

Day 4: Lower Body Strength & Stability

- ✓ Warm-up: Hip openers & leg swings
- ✓ Workout (Repeat 3 rounds)
  - Sumo Squats – 12 reps
  - Step-ups (onto low surface) – 12 reps per side
  - Seated Band Abductions – 12 reps
  - Standing Calf Raises – 15 reps

## VENDREDI

Day 5: Upper Body & Pelvic Floor

- ✓ Warm-up: Shoulder rolls, arm swings
- ✓ Workout (Repeat 3 rounds)
  - Seated Shoulder Press – 12 reps
  - Triceps Kickbacks – 12 reps
  - Reverse Fly – 12 reps
  - Kegels – 10 reps

## SAMEDI

Day 6: Mobility & Pelvic Floor Focus

- ✓ Gentle Movement (30 min)
  - Seated Pelvic Tilts
  - Hip Circles
  - Foam Rolling (if available)

✦ Frequency: 5-6 days per week (adjust based on energy levels)

✦ Duration: 30-45 minutes per session

✦ Intensity: Moderate (you should be able to hold a conversation while exercising)

✦ Equipment Needed: Light dumbbells, resistance bands, yoga mat, stability ball