

# WORKOUT PLAN

## LUNDI

Day 1: Full-Body Strength & Mobility

Warm-up (5-10 min)

Cat-Cow Stretch (1 min)

Hip Circles (30 sec each side)

Shoulder Rolls (30 sec)

Workout (Repeat 2-3 rounds)

Squats - 15 reps

Wall Push-ups - 15 reps

Seated Bicep Curls (light weights) - 12 reps

Glute Bridges - 12 reps

Bird-Dog - 10 reps per side

Cool Down (5 min)

Seated Forward Fold

Child's Pose

## MARDI

Day 2: Cardio & Core

Warm-up (5-10 min)

- March in Place (2 min)

- Arm Circles (30 sec)

Workout (30 min steady-state or interval training)

- Walking (outdoors or treadmill)

- Low-impact cycling (only if comfortable)

- Swimming

Core Work (Modify for Trimester)

- Standing Side Crunches - 10 per side

- Seated Pelvic Tilts - 10 reps

- Deep Breathing with Core Engagement - 10 reps

## MERCREDI

Day 3: Yoga & Flexibility

Prenatal Yoga Routine (20-30 min)

- Cat-Cow Stretch
- Seated Side Stretch
- Warrior II Pose
- Butterfly Stretch
- Child's Pose

## JEUDI

Day 4: Lower Body & Stability

Warm-up (5-10 min)

- Hip Openers

- Standing Leg Swings

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

## VENDREDI

Day 1: Full-Body Strength & Mobility

Warm-up (5-10 min)

Cat-Cow Stretch (1 min)

Hip Circles (30 sec each side)

Shoulder Rolls (30 sec)

Workout (Repeat 2-3 rounds)

Squats - 15 reps

Wall Push-ups - 15 reps

Seated Bicep Curls (light weights) - 12 reps

Glute Bridges - 12 reps

Bird-Dog - 10 reps per side

Cool Down (5 min)

Seated Forward Fold

Child's Pose

## SAMEDI

Day 5: Upper Body & Pelvic Floor Focus

Warm-up: Shoulder rolls, arm swings

Workout (Repeat 2-3 rounds)

- Seated Shoulder Press (light weights) - 12 reps

- Triceps Kickbacks - 12 reps

- Reverse Fly (light weights) - 12 reps

- Kegels - Hold for 5 sec, repeat 10x