



Squats

Standing with your feet slightly wider than your hips, you'll squat down with your arms in front, and then lifting yourself back up again.

For added support, you can simply do this move by sitting in a chair & getting back up again.

THE BEST AT-HOME PREGNANCY WORKOUT GUIDE[©]

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Wall Push-Offs

Similar to a push-up on the floor, we are now simply doing these standing up and against a sturdy vertical wall, so we can fit in our baby bump! As you get stronger, you can move your feet closer to the wall.



Tricep Dips

Use a sturdy bench or chair. Keep your back close to the chair, while you use your arms to push yourself up and down.



Rock Backs

This may help move your baby into the most comfortable position. Simply start on all fours & rock back and forth.



Side Laying Leg Lifts

While laying on your side & keeping your bottom leg bent for stability, you want to slowly raise your top leg, while focusing on clenching your glute muscles. Slowly lower your top leg back down & repeat.



Disclaimer - This information is a guide only. It is recommended to consult your medical professional before starting any exercise.

Pregnancy Exercise Workout

CO Houle



Pregnancy Exercise Workout:

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