



**MAMASTE FIT**

**Prenatal Workout Guide +  
Free Workout**

### PRENATAL WORKOUT GUIDE

- **General Workout Guidance**
- **When NOT to Exercise**
- **When to Modify**
- **Warm-Ups**
- **Upper Body Workout**
- **Lower Body Workout**





## DISCLAIMER

### PURPOSE

The purpose of this e-book, our website, our social media platforms connected to this e-book, and any content you receive from us (collectively, "e-book"), is educational and the information contained within is for informational purposes only.

### PROFESSIONAL DISCLAIMER

As stated, all information provided on and by this e-book is for informational purposes only. Our e-book does not contain professional advice. As such, you should not take any information on our e-book as a substitute for professional advice. Any information provided should be used in consultation with the appropriate respective professional.

### MEDICAL DISCLAIMER

Information given on our e-book and by our e-book, whether it be through our free downloads, email newsletter, or social media platforms, is not medical advice. It is not intended to diagnose, treat or prevent disease. Any information provided by us is not intended to be a substitute for medical advice, and we encourage you to use any information provided by us only in consultation with a medical professional. Any supplements, treatment plans, services, nutrition suggestions or lifestyle changes, or any other information recommended by the website are not medical advice, should not be considered medical advice, and are not a substitute for consultation with an appropriate medical professional.

Each individual is different, and we cannot and do not guarantee any recommended product, service, or other recommended by us will also work for you. We are not liable for any information provided or any of your health decisions stemming from the information provided nor responsible for any damages for information provided. We make no guarantees or warranty regarding our recommendations or other information provided.

# 1. Do what you enjoy

First, it's important to enjoy your exercise. If you love swimming, continue to swim. If you love lifting, continue to lift. There may be some modifications required as pregnancy progresses, but we want to enjoy how we choose to exercise throughout pregnancy. This will help you maintain a fitness routine!

# 2. Aim for at least 150 min per week at a moderate intensity level

ACOG and CDC both recommend at least 150min per week of exercise, for both pregnant people and the everyday average joe. ACOG now recommends resistance training, in addition to aerobic activity!

- Easy effort: can easily hold a conversation or speak full paragraphs before getting winded. Usually 40-50% effort level.
- Moderate effort: can speak short sentences before getting winded; usually around 70% effort
  - If lifting weights, you should feel that you can do all repetitions without needing to bail, maintain optimal form, and manage pressure/breathing throughout all repetitions. But you should still feel challenged.
- Hard effort: can speak only a few words, if any, before getting winded. We generally want to avoid exercising in this level of intensity for prolonged periods of time. Usually 90% effort or higher.

We usually recommend trying to aim to workout at least 3+ times per week, but if you are planning to do shorter sessions focus on at least 150 minutes for the entire week.

### 3. Honor the process

Pregnancy fluctuates daily. One day you feel energized and can lift all the weights, and then the very next you can barely get out of bed from fatigue. And that is okay. We may go to the gym with a plan to do our entire workout, but find that we can only manage about half of what we planned. And that is okay.

We can use prenatal workouts as an opportunity to prepare our mindset for birth! Our workout (or birth) may not always go as we planned; we may need more rest between sets, or need to modify a movement completely. Flexibility is important during prenatal fitness (and birth), so honing this mindset now can help tremendously during birth!

But, some days it may go perfectly! We may hit all our lifts, and complete all our reps! Preparing for birth is not about expecting defeat or adversary, but rather being okay with navigating challenges we encounter.



### 4. Incorporate Resistance Training

Resistance training can help you maintain or build strength throughout pregnancy. This is important because there are a lot of musculoskeletal changes that are occurring that influence your postural tendencies, movement patterns, and even bone density. Resistance training, or lifting weights, helps you be able to counter these shifts.

Our focus is on the posterior chain, or the back side (back, glutes, hamstrings), since most of the weight is on the front side. If our backs are stronger, it can help us stay upright, and manage the shift in our center of gravity.

In short, being stronger can help you stay more comfortable throughout pregnancy, as we will discuss in the next section!



### 5. Pelvic Stability Considerations

Our joints have more laxity during pregnancy. This is important for birth; we want our pelvic joints to move more than usual to accommodate the descent, rotation, and expulsion of a big ole baby head. But, this extra movement can result in instability if there is not strength to support it.

Pelvic girdle pain can be pain in the pubic symphysis or SI joints (or both), and maybe from an uneven torque or pulling in these joints. It may also be from the increased laxity, and instability, caused by relaxin.

This is where strength training can be helpful! If we can strengthen the myofascial slings, or muscles, fascia, and tissues, that cross and support these joints, we may find a lot of relief!



## 6. Stamina: Cardio Considerations

In addition to strength, we need stamina. This is where cardio becomes really helpful! We need the endurance to support us during labor. Labor can be a marathon (or ultramarathon that lasts days), and we need the endurance capacity to endure a prolonged expenditure of energy.

Cardio can range from running, walking, swimming, to stationary machines, such as the rower or bike. However, as pregnancy progresses, we recommend shifting towards low-impact cardio exercises. This may mean omitting running or other jumping/high-impact activities.

We make this recommendation based on the following factors:

- increased joint laxity
- changes in force distribution due to postural adaptations, the center of gravity, and increase in mass
- and increased load on the pelvic floor.

These factors can all increase the risk of injury, or prolonged healing/dysfunction in the postpartum period. The benefit of continuing to run does not seem to outweigh the potential risks, and likely discomfort while running, as there are plenty of other cardio options that achieve the same results: cardiovascular improvement.

## 7. Complications

There are some signs that what you are doing should be stopped immediately, or avoided completely. These include:

- Any bleeding. Contact your provider immediately and seek guidance on the next steps.
- Dizziness, lightheadedness, blurred vision. Recommend finding a rest position, or lying on your left side until symptoms subside. This may occur from standing up too quickly, prolonged exercise or resting flat on your back.
- Extreme nausea or fatigue. If you cannot eat because you are too nauseated, or you are exhausted, it may be better to rest than exert more energy/calories exercising. It is okay to take extra rest days.
- Prenatal complication that your provider recommends bed rest, pelvic rest, or to not exercise, such as placenta previa. Please follow your provider's guidance if you are a high-risk patient.
- Please note this is not an exhaustive list; there may be other reasons to stop exercising.

### 8. When to Modify

Now, let's go over some reasons to modify or adjust what you are doing, that are not emergent.

- Coning: if you experience any coning, you may not be managing pressure correctly, doing a movement that is exceeding your capability, or need to adjust your core activation technique.
- Downward Pressure/Bearing Down: if you feel that you are increasing pressure downward on your pelvic floor during exhalation or exertion, you may need to readjust how you breathe and sync your pelvic floor's movement.
- Discomfort or pain: we do not need to ever exercise and be in pain, at any point in our lives. If you are experiencing pain during exercise, please modify to find a method that supports your ability to move but also comfort. Focus on what the goal or purpose of an exercise is, and you will likely find another that supports that same focus but without pain.



## Breathing Drill

We love to start our prenatal workouts with a breathing drill. You can try a breathing drill in a variety of positions, maybe trying to coordinate it to what type of movements you plan to do during your workout.

Breathing drills are a great way to connect with your breath, pelvic floor, and core before moving on into the workout.

Click the video below to head to our breathing drill playlist on our YouTube Channel!



[\*\*BREATHING DRILL PLAYLIST\*\*](#)

# Thoracic Mobility

After connecting with our core, we like to focus on thoracic mobility.

During pregnancy, the upper back can become restricted and causes issues or discomforts down the chain (low back, hips, knees, or even your shoulders)!

Click the video below to head to watch one of our favorite thoracic mobility warm-ups on our YouTube Channel!



**THORACIC ROTATION DRILL**

# Upper Body Strength Workout

2-3 Rounds:

- 10 Floor Press (or Incline Press or Bench Press)
- 10 Pallof Press with Rotation
- 60 seconds Farmer Carry

2-3 Rounds:

- 10 Bent Over Row (Use Barbell or Dumbbells, or Single Arm Row)
- 10 Pull Aparts (Hands Down, Facing, and Down)

30 minutes of moderate cardio of your choice!

**Head to the YouTube Playlist for a breakdown of each exercise!**



**PRENATAL: UPPER BODY WORKOUT**

# Lower Body Strength Workout

2-3 Rounds:

- 10 Squats
- 10 Crossover Step Up with Banded Row

2-3 Rounds:

- 10 Deadlift
- 10 Reverse Lunge with Pull Down and Knee Press
- 5 Hip Airplanes

30 minutes of moderate cardio of your choice!

**Head to the YouTube Playlist for a breakdown of each exercise!**



**PRENATAL: LOWER BODY WORKOUT**



# PRENATAL FITNESS APP

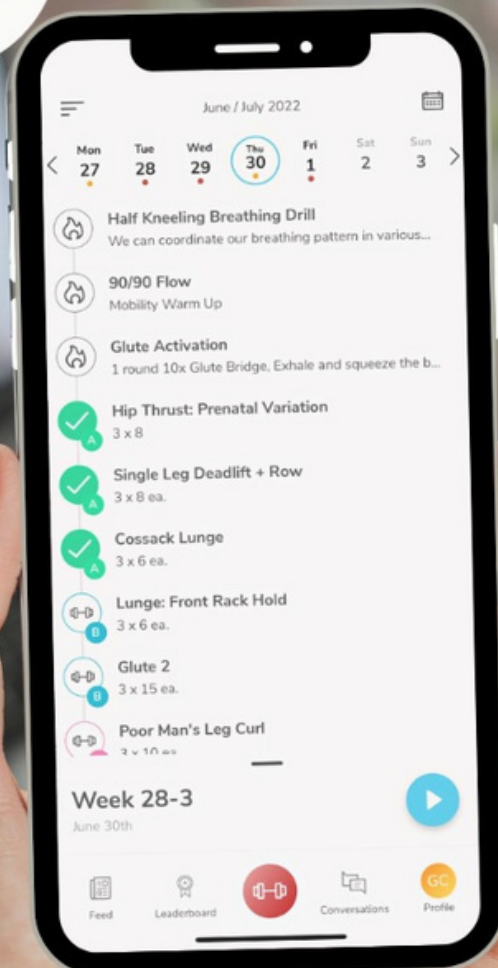
OUR 40-WEEK PRENATAL STRENGTH PROGRAM IS DELIVERED VIA THE TEAMBUILDR APP!

THE PROGRAM SYNCs TO YOUR CURRENT WEEK OF PREGNANCY, AND CAN BE STARTED AT ANY TIME!

ONE-TIME AND MONTHLY PAYMENT OPTIONS  
BUNDLE IT WITH OUR CHILDBIRTH ED COURSE!

**REGISTER NOW**

**BUY NOW**

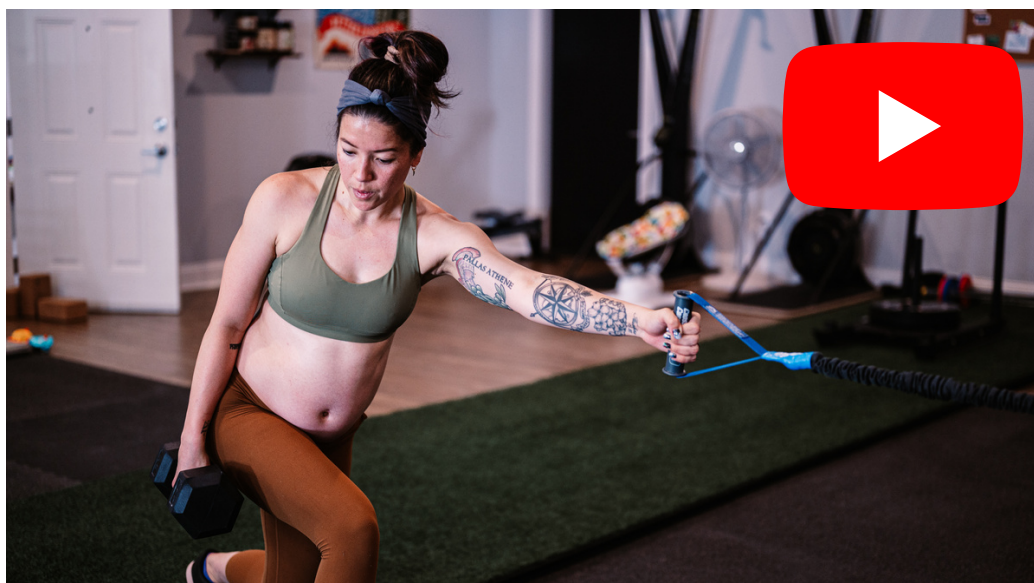




ON DEMAND WORKOUTS

# Prefer to follow a video as you workout?

Check out our prenatal fitness on-demand program workout preview and our prenatal yoga on-demand program!



PRENATAL ON DEMAND WORKOUT



PRENATAL ON DEMAND YOGA

## What's next??

We offer several prenatal-focused fitness programs to support you in feeling strong throughout your entire pregnancy.

## 40-Week Prenatal Strength Program

Our 40-week prenatal program offers 4 strength training days per week (upper-lower split) and one optional day of pelvic stability-focused exercises. Our programming syncs to your week of pregnancy so that it supports your current needs!



[Learn More](#)

## Prenatal On-Demand: Trimester Specific

We offer on-demand programs where you follow a video as you work out at the same time!

This program is trimester-specific, and we offer a prenatal fitness program and a prenatal yoga program!

**Learn More:**

[Prenatal Yoga](#)

[Prenatal Fitness](#)

[Explore Our Prenatal Fitness Programs](#)



**Thank you for allowing us  
to support your pregnancy  
and birth!**

**-Gina & Roxanne**