

mb Active MOVE INSPIRATION

MISH'S PERSONAL PREGNANCY WORKOUTS

“ Exercise is so good for you at every stage of your life including during pregnancy! Aerobic and strength exercises during pregnancy not only boost your physical and mental wellbeing, but can also help maintain a healthy weight, and reduce the risk of gestational diabetes. ”

RECOMMENDED GUIDELINES:

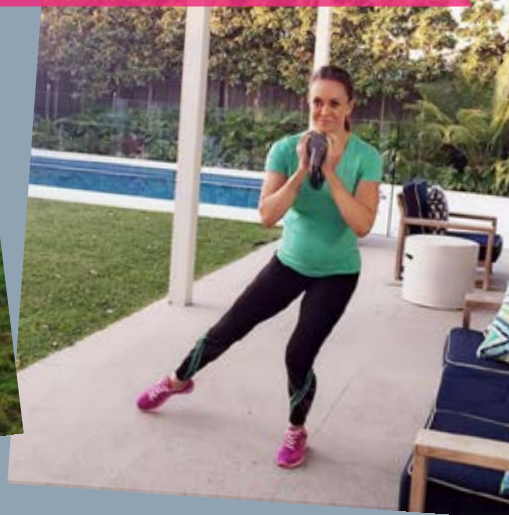
The goal is to maintain your fitness, not break personal records here! 150 minutes of moderate activity per week with aerobic activity performed in no more than 10 minute busts.

SOME QUICK TIPS BEFORE YOU START:

1. Make sure you've got the all clear with your doctor - If you feel any discomfort during your exercise then stop the workout and talk to your doctor about it.
2. Listen to the changes in your body as your pregnancy progresses - such as the loosening of joints, increased heart rate and one that Mish found she experienced herself was a change in centre of gravity (making it harder to find your balance!). Be aware of these changes and modify your workout accordingly.
3. Stay hydrated and avoid raising your body temperature too high (this includes reducing your level of exercise on hot days).
4. Don't exercise to the point of exhaustion
5. Avoid heavy weights - if weight training, choose low weights with medium to high repetitions
6. Avoid exercise in the supine position (lying on back) - this should be avoided after the first trimester or 16 weeks. It's probably best to modifying the position of the exercise to instead be performed on your side, sitting or standing if possible.

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MISH'S PERSONAL PREGNANCY WORKOUTS



MISH'S WORKOUTS DURING HER 2ND TRIMESTER:

WORKOUT 1:

Warm up - 10 min Cross Trainer
5 min Row
1 km Run
50x Thrusters
1 km Run
50x Thrusters
1 km Run
50x Thrusters

WORKOUT 2:

Warm up - 10 min Cross Trainer
Roll out
4 min Run + 40x Squats
3 min Run + 30x Squats
2 min Run + 20x Squats
1 min Run + 10x Squats
4 min Run
As many rounds as possible in 10 min: Run 2 min + 20x squats

WORKOUT 3:

Warm up - 5 min Jog or Powerwalk
5x 400m run (90 sec rest in between)
Tabata – High Step Ups, Incline Push Ups, Tricep Dips, Squats
Cool down - 5 min Jog or Powerwalk

MISH'S WORKOUTS DURING HER 3RD TRIMESTER:

WORKOUT 4:

Power walk or jog to your park
Do 5 rounds of:
10 x step ups right leg
10 x step ups left leg
10 x push ups hands on ledge
10 x squat butt to step (feet wider to go deeper if you need)
10 x rotation side planks hands on ledge
Power walk or jog home

WORKOUT 5:

500 metres on Assault Bike
5 rounds of:
3x 10 ring rows (back/pull)
3x 10 wall push ups
3x 20 body weight squats

WORKOUT 6:

In 2 mins - 200m jog + as many pull ups or ring rows as you can.
In 2min - 200m jog + as many push-ups as you can (toes or knees or incline)
In 2min - 200m jog + as many squats as you can
And that's 1 round. Do 5 rounds total.

IMPORTANT NOTE: These are Michelle's personal workouts that she did whilst pregnant and are in no way a blanket recommendation as every woman's body, pregnancy and fitness level is different. It is recommended that you consult with your medical practitioner first before embarking on any nutrition or exercise regime whilst pregnant.