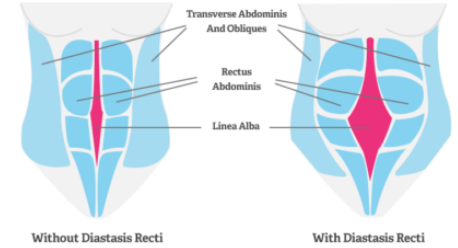


Fitness for Parents: Pre-Natal Core

- Speak with your health care provider prior to beginning an exercise program. Exercises should be pain free.
- Exercises are following guidelines provided by the ACOG and ACSM when developing the class/workout formats.
- We'll focus on your transverse abdominals, pelvic floor, hips and glutes to prepare your body for pregnancy.

Diastasis Recti

- Diastasis Recti (DR) is the common and necessary abdominal separation that many women experience in pregnancy and postpartum. Because your belly is growing to accompany your baby, your abdominal muscles stretch and expand. Your rectus abdominis, the “six-pack muscle”, can begin to pull apart from the midline of the body, most notably around, above, and below your belly button.
- If you have a DR avoid crunches, sit-ups, and front loaded exercises (such as front planks and pushups) where your belly is hanging towards the ground.



EXERCISES

Sets: 1-2
Reps: 10-15

Spinal Rotation, All Four's

- All fours, one hand behind head
- Rotate down and across, rotate upward
- Keep elbow straight of arm that's on the mat



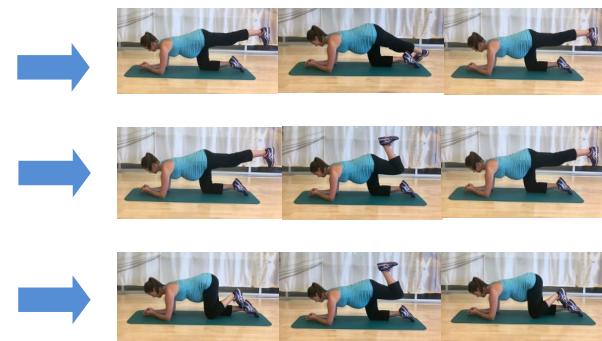
Opposite Arm/Leg Extensions

- All fours, neutral spine. Reach one arm and opposite leg out to body height only
- Keep abdominals engaged, focus glute and keep gaze down to the floor
- Alternate slow and controlled. On last rep, hold out for 10-15 seconds



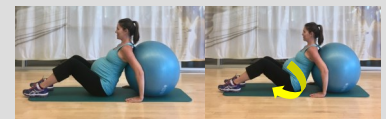
Glute Extension Series

- Resting on forearms and knees, neutral spine
- **Leg Extensions**
Extend one leg out, lower behind opposite foot and return to starting position
- **Hamstring Curl**
On last rep, hold leg out keeping thigh in place
Pull heel into your glute engaging hamstrings
- **Donkey Kicks**
On last rep, bend leg keeping the bottom of your foot facing the ceiling
Lower slightly then lift to return to starting position



Pelvic Tilts, Ball

- Rest your upper back against the stability ball, feet hip distant apart on the floor with knees bent
- Start in a neutral position, roll into your pelvic tilt drawing hip bones forward.
- Small, controlled motion



Side Lying Clam Shells

- Side lying, pelvis and spine neutral, hips stacked on top of one another, heels together, knees bent
- Keeping heels together, activate the glutes and lift the top knee up as high as you are able to maintain connection through heels and hips stacked on top of one another
- Slowly lower down to starting position and repeat



EXERCISES

Sets: 1-2
Reps: 10-15

Prone Planks, Knees or Toes

- Rest on your forearms and knees to start
- Activate abdominals and lift hips off the floor into a straight line, remain on your knees or lift to toes
- Look at your hands to maintain good cervical (neck) placement. Hold for 20-30 seconds



Side Planks, Floor

- Lying on the side of the body, elbow directly underneath the shoulder for support
- Activate abdominals and lift hips off the floor, option to be on your knees or toes
- Maintain neutral spine and hold for 20-30 seconds on each side



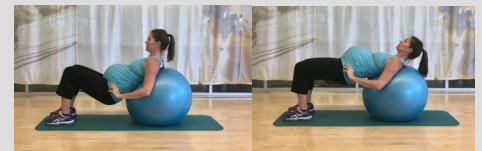
Side Leg Lift, Ball

- Side lying over ball, bottom hand supporting on floor
- Single Leg Lifts: lift and lower top leg
- Leg Circles: complete 10-15 small circles in one direction then switch
- Stay steady through hips



Hip Extension/Bridge on Ball

- Low back on back on ball with hips lowered toward floor
- Lift hips to straighten spine, squeeze glutes
- Repeat keeping your neck in neutral alignment



Standing Pelvic Tilts

- Start in a neutral position standing with feet hip distant apart
- Roll into your pelvic tilt drawing hip bones forward
- Small, controlled motion



Plie Squats

- Standing with feet greater than hip distant apart, feet slightly turned out
- Keep your back straight and you bend knees and hips to lower down
- Press through heels activating inner thighs to stand



Single Leg Lunges, Ball

- Stand with feet in split stance, one hand resting on ball for balance, holding DB in opposite side
- Bend at both knees dropping into lunged position
- Distribute weight evenly through front foot during lunge, press through your heel to stand



Monster Walks

- Step both feet into the tubing with toes facing forward
- Maintain tension in the tubing as you take big steps to the side
- Focus is hips and glutes



REMINDERS:

- Be aware of signs of DR. Place one hand on your belly when doing abdominal exercises (where you can) and notice if the abdominals feel like they're bulging or popping up.
- Stretch post workout, only to the point of tension.