

Healthy Pregnancy, Healthy Baby Stretching Exercises™



Standing Quad stretch- Hold on to wall or chair (not shown) and put the top of your left foot in the palm of your left hand. Gently tilt pelvis forward until a stretch is felt. Keeping back flat and thighs together gently pull your left heel toward your left buttock and tilt your pelvis forward until you feel a stretch in the front of your thigh. Hold 10 seconds and then repeat with other leg.



Side stretch- With feet wide and knee bent, gently reach left hand up and over to the right just until stretch is felt. Hold and repeat on other side.



Tricep stretch-back view- Pull your elbow behind your head and reach for the center of your back until a stretch is felt. Repeat with the other elbow. Hold 10 seconds.



Shoulder stretch- Slowly pull arm across chest and hold near elbow, until stretch is felt. Hold 10 seconds and then repeat with other arm.



Neck stretch- Keep torso upright, shoulders down and back, and spine neutral. With your left hand, gently grasp the left side of your head while reaching your opposite hand. Tilt head down towards shoulder until a gentle stretch is felt.



Standing Inner thigh stretch- With feet wide and toes turned out slightly, slowly lower body downward until stretch is felt. Hold onto a wall or sturdy chair for balance, if necessary.



Inner thigh stretch- Sit on the floor with legs extended. Slide legs out to the sides as far as comfortable. Your torso should be upright, shoulders down. Place your palms on the floor in front of you, between your legs. Keeping torso straight, bend forward from the hips, sliding your hands further forward on the floor. You should feel the stretch in your hamstrings and inner thighs. Make sure you bend from the waist and keep spine straight and your chin up. Hold for 10-20 seconds.



Inner thigh stretch toes pointed- Sit on the floor with legs extended. Slide legs out to the sides as far as comfortable. Point your toes and relax legs. Your torso should be upright, shoulders down. Place your palms on the floor in front of you, between your legs. Keeping torso straight, bend forward from the hips, sliding your hands further forward on the floor. You should feel the stretch in your hamstrings and inner thighs. Make sure you bend from the waist and keep spine straight and your chin up. Hold for 10-20 seconds



Seated hamstring stretch- Sit with one leg straight and one leg tucked. Reach for your foot on straight leg, by pulling your upper body toward your knee. Keep your back flat. Hold 10 seconds and then repeat with the other leg. Try to keep both legs as flat to the ground as possible. Keep torso upright, abs in, and shoulders down. You should feel the stretch in the back of your straightened leg.



Seated hamstring side stretch- Sit with one leg straight and one leg tucked. Reach for your foot on straight leg, Reach up and over toward the straight leg until you feel the stretch in your side. Take a deep breath in, exhale and reach a little further. Hold for 10 seconds and Switch sides.



Lying Quad stretch- Begin by lying on your right side on a soft surface. You may rest your head on your extended arm on a towel. Ensure that your body is in a straight line, yet relaxed.

Use your left (top) hand to grab your left (top) ankle or foot. Keeping your thighs together and knees in line, slowly bend your left knee, gently pulling your heel toward the buttocks. You should feel a comfortable stretch in the front of your left (top) thigh. Hold for 10-20 seconds. Keep abdominals tight and back flat.



Lying Hamstring stretch- Lying on the floor with your legs straight and your arms at your side, back is flat. bring one leg up in the air and gently pull it towards your body. Hold for 10 seconds and switch.



Lying Hip Stretch- Lie on your back with your spine straight and neck relaxed. Put your left ankle on your right knee and gently pull towards you. Hold for 10 seconds and switch sides.



Seated Hip stretch(77) sit tall and cross your right leg over your left, placing your right foot by your left quad. Left leg is straight in front of you. Gently pull the right leg towards you until you feel the hip stretch. Don't press on your tummy. Hold 10 seconds and switch.



Butterfly stretch- Begin seated with legs extended in front of you. Sit up tall with abs in and shoulders down. Slowly bend knees out to the sides and slide feet in toward your body until the soles of your feet are touching. This time leave your feet about 8-12 inches away from your body.

Then try to lean forward with the torso as if folding over from the hips and bringing your head down towards the floor, but keeping your back straight. (not pictured).



Back Stretch- Begin on your hands and knees, knees should be directly below the hips, hands directly under the shoulders, head and spine in a neutral position. Inhale and tuck your chin into your chest, drawing your lower abdomen in towards the spine as you round your back. Exhale and arch your back, inhale and repeat 3 times.

Healthy Pregnancy, Healthy Baby Stretching Chart

Weekly Stretching Report for Week of _____ through _____.

STRETCH	1	2	3	4	5	6	7
1. Neck Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Shoulder Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Bicep/Wrist Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Tricep Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Side Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Standing Inner Thigh Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Calf Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Standing Quad Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Inner Thigh Stretch with Feet Together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Butterfly Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Seated Hip Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Seated Hamstring Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Seated Hamstring Side Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Inner Thigh Stretch – Toes Flexed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Inner Thigh Stretch – Toes Pointed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Lying Quad Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Child's Pose Lower Back Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Back Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Pregnancy, Healthy Baby Resistance Exercises

First Trimester Workouts

Directions for ALL exercises:

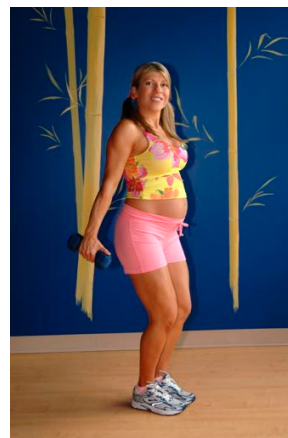
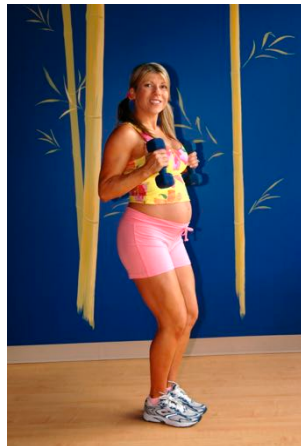
- Check with your doctor before you begin ANY exercise program.
- Do 3 sets of 15 repetitions.
- Think about your posture, sit/stand tall, tummy held in and shoulders back.
- Go slow and remember to breathe.
- If anything does not feel right, STOP.
- If any exercises are too much, go to next trimester for a modification.
- Do these stretches in order, and do them every day.

Print out your HPHB Resistance Chart- 1st Trimester to keep track of how you are doing.

All you will need are free weights and an exercise ball, step bench or stairs, towel and a yoga mat is optional.

Day One

Standing Hammer Curls



Start with dumbbells hanging at your side with your palms in. Curl arms toward the shoulder keeping palms close to body the whole time. Lower down and repeat.

Dips Off of Step



Start with your hands on the edge of bench or step, arms at about a 90-degree angle if possible. Keep elbows close your sides, press upward until arms are straight. Remember to keep your body close to the bench. Return to starting position and repeat.

Standing Upright Rows



Start by standing with your legs shoulder width apart, weights hanging in front, palms facing legs. Slowly raise elbows up, until hands are by chin. Lower and repeat.

Ball Chest Press



Start with the dumbbells at chest while lying back on ball. Press your arms straight above your head. Lower back to starting position and repeat.

One Arm Rows



Start with one knee bent and one hand supporting your weight on your leg. Make sure you maintain a flat back. Lift weight to the side of the chest, keeping elbow close to the body. Lower the weight to feel a stretch in your back and repeat.

Squats with Weights



Spread feet shoulder width apart and make sure toes are pointed forward and do not lock your knees. Rest arms on thighs holding the dumbbells. Slowly bend knees to about 90 degrees. Repeat.

Core Ball Pelvic Tilts



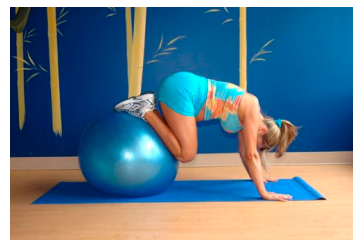
Keep your feet and calves on ball and exhale as you use your abdominal muscles to lift your hips upward keeping your spine in a neutral and comfortable position. Inhale and lower your hips back to the starting position. (Keep your head, neck and shoulders relaxed on floor. Concentrate on using your abdominal muscles to tilt your pelvis and do not hyperextend your back while raising your hips to high).

Basic Crunches



With arms behind the head, tighten abdominals and raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on the floor. Return to starting position and repeat.

Advanced Ball Roll-ins



Start in a plank position and ball under calves, hands on floor, shoulder width apart, face is looking down. Slowly roll ball towards hands and at the same time contracting your abs and rounding your back. Exhale as you do this and then reverse and repeat.

Day Two

Alternating Bicep Curls



Start with dumbbells hanging at your side with your palms in. Curl one arm toward the shoulder rotating to palm up while beginning the curl. Lower and alternate arms.

Standing Triceps Press



Start by standing with one weight behind your head with elbows close to your ears. Slowly raise the dumbbell till your arms are straight. Repeat.

Standing Side Raises



Start with dumbbells hanging at your side. Elbows are slightly bent. Raise hands and elbows level with shoulders, rotating to palms down at the beginning of the motion. Lead with the elbows. Lower the weights and repeat.

Knee Push-ups



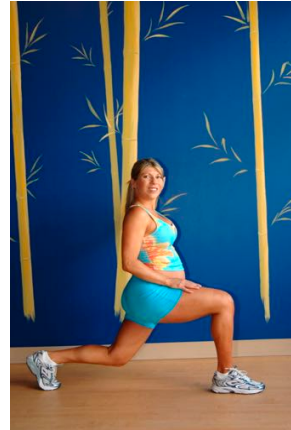
Begin by getting down on your hands and knees with your hands just outside shoulder width and slightly forward of your shoulders. Your knees should be directly aligned with your hips. Keep your abdomen tight and your spine in a neutral position. Inhale and bend your elbows and lower chest to 90 degrees at the elbows. Exhale and push up so that your arms are straight, making sure your elbows aren't completely locked.

Plie Squats With Weights



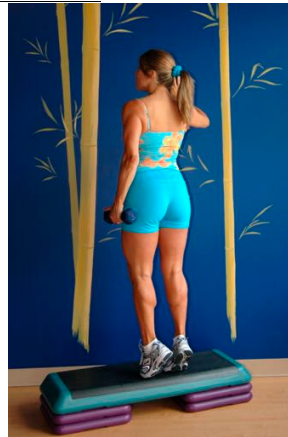
Spread feet shoulder width apart and make sure toes are pointed slightly outward and do not lock your knees. Rest arms on thighs holding the dumbbells. Slowly bend knees to about 90 degrees. Repeat.

Standing Lunges



Start with your legs together, head up, back straight holding wall. Take a big step forward bending both knees, until front thigh is parallel to the floor. Be sure not to touch your knee to the floor. Alternate legs.

Calf Raises



Feet are about half way on step. Lower heels down, knees slightly bent, then rise up on your toes as high as possible. Return to starting position and repeat.

Side Crunches Obliques



Start with one ankle on the other knee. Tighten your abdominals; raise your upper body and exhale. Bring your shoulder towards opposite raised knee, keep elbow back. Repeat and alternate sides.

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Health Pregnancy, Healthy Baby Resistance Routine™

First Trimester Daily Exercise Report

Date: _____

Planned Start Time: _____

Actual Start Time: _____

Planned End Time: _____

Actual End Time: _____

Resistance Exercises		Circuit 1		Circuit 2		Circuit 3
Day 1	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)
Standing Hammer Curls						
Dips Off of Step						
Standing Upright Rows						
Ball Chest Press						
One Arm Rows						
Squats with Weights						
Core Ball Pelvic Tilts						
Basic Crunches						
Advanced Ball Roll-ins						

Resistance Exercises		Circuit 1		Circuit 2		Circuit 3
Day 2	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)
Alternating Bicep Curls						
Standing Triceps Press						
Standing Side Raises						
Knee Push-ups						
Plié Squats w/ Weights						
Standing Lunges						
Calf Raises						
Side Crunches obliques						

My goals for my next workout are:

Healthy Pregnancy, Healthy Baby Resistance Exercises

Second Trimester Workouts

Directions for ALL exercises:

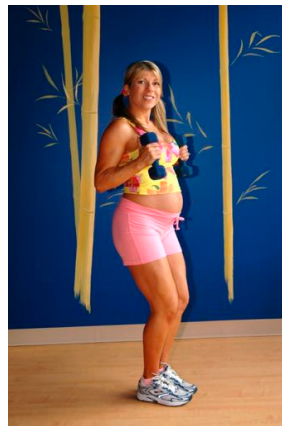
- Check with your doctor before you begin ANY exercise program.
- Do 3 sets of 15 repetitions.
- Think about your posture, sit/stand tall, tummy held in and shoulders back.
- Go slow and remember to breathe.
- If anything does not feel right, STOP.
- If any exercises are too much, go to next trimester for a modification.
- Do these stretches in order, and do them every day.

Print out your HPHB Resistance Chart- 1st Trimester to keep track of how you are doing.

All you will need are free weights and an exercise ball, step bench or stairs, towel and a yoga mat is optional.

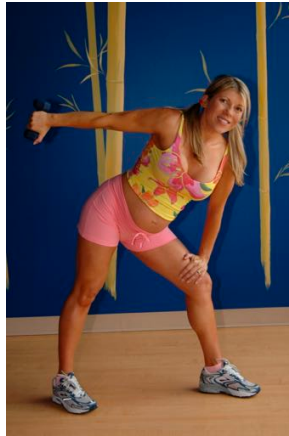
Day One

Standing Hammer Curls



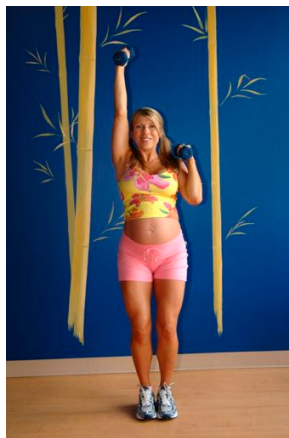
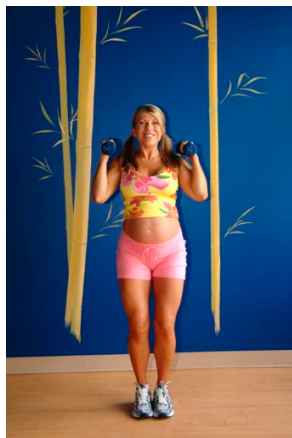
Start with dumbbells pressed back at your side with your palms facing in. Curl arms toward the shoulder keeping palms close to body the whole time. Lower down and repeat. Alternate arms.

Standing Triceps- Kickbacks



Start by standing with feet wider than shoulder width apart. Turn feet left, place left hand above left knee and right hand with weight by chest. Slowly extend right arm straight back and return to chest. Switch and repeat.

Alternating Shoulder Press



Start by standing tall with the weights at chin level. Palms face in; press one arm straight above your forehead. Lower the weight back to chin level and switch arms.

Ball Chest Flies



Start with dumbbells together above your chest, elbows slightly bent and palms facing each other. Slowly lower arms until there are almost parallel with floor. Raise back to starting positions and repeat. (Hint: Pretend like you are hugging a tree).

Wall One Arm Rows



Start with one knee bent and one hand on wall supporting your self. Make sure you maintain a flat back. Lift weight to the side of the chest, keeping elbow close to the body. Lower the weight to feel a stretch in your back and repeat.

Ball Squats With Weights



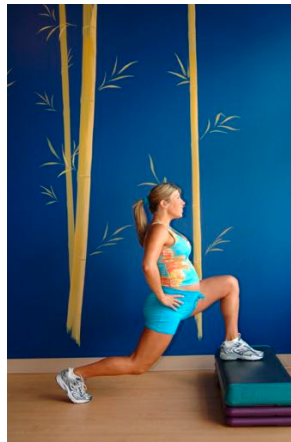
Place ball between lower to mid back and wall. Keep your spine in a neutral position. Spread feet shoulder width apart and make sure toes are pointed forward. Your feet should be about 3 feet from the wall, do not lock your knees. Allow your arms to hang comfortably at your sides holding the dumbbells. Slowly bend knees to 90 degrees. Repeat. (Make sure to place feet far enough in front so when you bend to 90 degrees, your knees don't go past the plane of your toes. Your buttocks should move toward the wall and slightly under the ball during the squatting motion.)

Ball Plié Squats with Weights



Place ball between lower to mid back and wall. Keep your spine in a neutral position. Spread feet shoulder width apart and make sure toes are pointed slightly outward, with weights resting on thighs. Your feet should be about 3 feet from the wall, do not lock your knees. Slowly bend knees to about 90 degrees. Repeat. (Make sure to place feet far enough in front so when you bend to 90 degrees, your knees don't go past the plane of your toes. Your buttocks should move toward the wall and slightly under the ball during the squatting motion.)

Step Lunges



Start with your legs together, head up, back straight. Hold wall for support. Take a big step forward placing foot in middle of bench, bending both knees, until front thigh is parallel to the floor. Be sure not to touch your knee to the floor. Alternate legs.

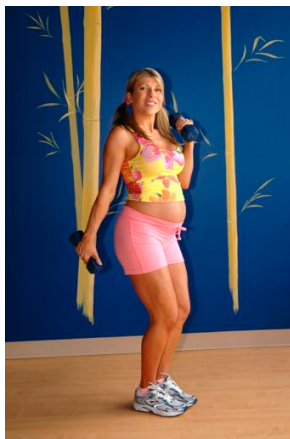
Abs on floor with Ball



Start with your legs bent on ball. With arms behind the head, tighten abdominals and raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on the floor. Return to starting position and repeat.

Day Two

Alternating Bicep Curls



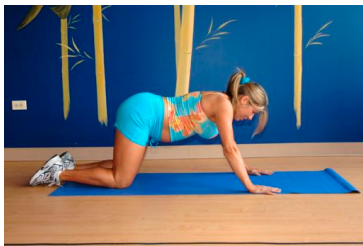
Start with one dumbbell hanging at your side with your palm facing in and other palm by shoulder. At the same time, curl arm toward the shoulder rotating to palm up while beginning the curl and slowly lower the other arms down. Alternate arms and repeat.

Standing Front Raises



Start by standing with dumbbells resting on front of legs. Elbows are slightly bent. Raise one hand and elbow until level with shoulder, palms are face down. Lower the weights and switch sides.

Modified Baby Push Ups



Begin by getting down on yours hands and knees with your hands just outside shoulder width and slightly forward of your shoulders. Your knees should be directly aligned with your hips. Keep your abdomen tight and your spine in a neutral position. Inhale and bend your elbows and lower chest to 90 degrees at the elbows. Exhale and push up so that your arms are straight, making sure your elbows aren't completely locked.

Modified Plie Squats



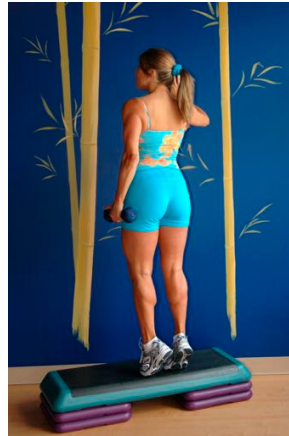
Spread feet shoulder width apart and make sure toes are pointed slightly outward and do not lock your knees. Allow your arms to hang comfortably under belly holding the dumbbell. Slowly bend knees to about 90 degrees. Repeat.

Leg Raises for Glutes



Kneel on your hands and knees, placing hands below your shoulders and knees directly beneath your hips. Right knee is on the floor, bend left leg and press heel towards ceiling. Lower your leg back to the starting position, rounding your back like a cat. (Try to pull your navel toward your spine, forming a straight line with your body before rounding your back.) Switch and repeat.

Calf Raises



Feet are about half way on step. Lower heels down, knees slightly bent, then rise up on your toes as high as possible. Return to starting position and repeat.

Ball Pelvic Tilts



Sitting on ball, slowly walk your feet out until you are lying on your back with the ball in the middle of your back. Your hands should be on your thighs and your hips off the ball. Keep your feet flat on the ground, about shoulder-width apart. Exhale and use your abdominal muscles to lift your hips upward keeping your spine in a neutral and comfortable position. Inhale and lower your hips back to the starting position. (Keep your head, neck and shoulders relaxed. Concentrate on using your abdominal muscles to tilt your pelvis and do not hyperextend your back while raising your hips off the ball.)

Modified Ball Abs



Comfortably lie back on the ball with your feet shoulder width apart. Sit low to ground. Place your hands behind your head for support. Curl your chest up, bringing your sternum (chest bone) toward

your bellybutton. Then, slowly lower your torso, rounding your back and lightly touching your shoulder blades to the Swiss ball. Repeat.

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Health Pregnancy, Healthy Baby Resistance Chart™

Second Trimester Resistance Chart- 2nd Trimester™

Date: _____

Planned Start Time: _____

Actual Start Time: _____

Planned End Time: _____

Actual End Time: _____

Resistance Exercises		Circuit 1		Circuit 2		Circuit 3
Day 1	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)
Standing Hammer Curls						
Standing Triceps-Kickbacks						
Alternating Shoulder Press						
Ball Chest Flies						
Wall One Arm Rows						
Ball Squats With Weights						
Ball Plié Squats With Weights						
Step Lunges						
Abs on Floor With Ball						

Alternative Resistance Exercises		Circuit 1		Circuit 2		Circuit 3
Day 2	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)
Alternating Bicep Curls						
Standing Front Raises						
Modified Baby Push-Ups						
Modify Plié Squats						
Leg Raises for Glutes						
Calf Raises						
Ball Pelvic Tilts						
Modified Ball Abs						

My goals for my next workout are:

Healthy Pregnancy, Healthy Baby Resistance Exercises™

Third Trimester Workouts

Directions for ALL exercises:

- Check with your doctor before you begin ANY exercise program.
- Do 3 sets of 15 repetitions.
- Think about your posture, sit/stand tall, tummy held in and shoulders back.
- Go slow and remember to breathe.
- If anything does not feel right, STOP.
- If any exercises are too much, go to next trimester for a modification.
- Do these stretches in order, and do them every day.

Print out your HPHB Resistance Chart to keep track of how you are doing.

All you will need are free weights and an exercise ball, step bench or stairs, towel and a yoga mat is optional.

Note: As your due date draws near (or anytime during your pregnancy when you feel the need), you can break up your workouts from one long session into a couple short ones.

Day One

Seated Ball Bicep Curls



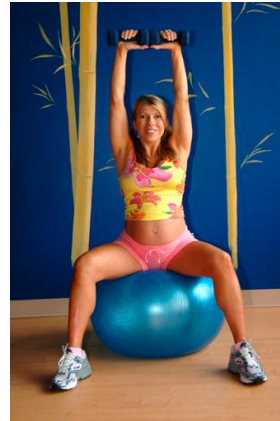
Start by sitting on ball. Dumbbells are hanging at your side with your palms facing up. Curl arms toward shoulders and slowly lower down. Repeat.

Ball One Arm Tricep Extension



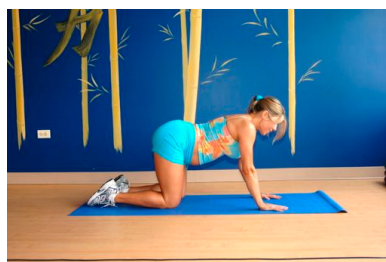
Start by sitting on ball with dumbbell next to your head and your elbow pointing up. Slowly raise the dumbbell till your arm is straight. Repeat.

Ball Shoulder Press



Start by sitting on ball. Dumbbells are at eye level. Palms face forward, press your arms straight over your forehead. Lower the weights back to eye level and repeat.

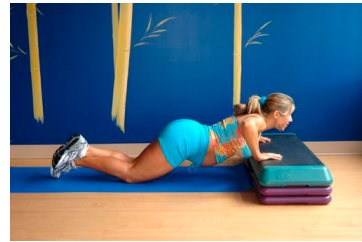
Leg/Arm Lifts



Kneel on your hands and knees, placing hands below your shoulders and knees

directly beneath your hips. Raise right knee off the floor, extending leg behind you, parallel to the floor as you also extend your left arm in front. Hold for 1-3 counts. Lower your arm and leg back to the starting position, rounding your back like a cat. (Try to pull your navel toward your spine, forming a straight line with your body before rounding your back.)

Step Push Ups



Begin by getting down on your hands and knees with your hands just outside shoulder width on step or bench. Your knees should be directly aligned with your hips. Keep your abdomen tight and your spine in a neutral position. Inhale and bend your elbows and lower chest to 90 degrees at the elbows toward step. Exhale and push up so that your arms are straight, making sure your elbows aren't completely locked.

Ball Squats



Place ball between lower to mid back and wall. Keep your spine in a neutral position. Spread feet shoulder width apart and make sure toes are pointed forward. Your feet should be about 3 feet from the wall, do not lock your knees. Allow your arms to hang comfortably at your sides. Slowly bend knees to 90 degrees. Repeat. (Make sure to place feet far enough in front so when you bend to 90 degrees, your knees don't go past the plane of your toes. Your buttocks should move toward the wall and slightly under the ball during the squatting motion.)

Lying Quad Lifts



Start by lying on your side with your body straight. Rest your head on a towel. Lift your leg and flex your foot. With your foot naturally positioned, bring the top leg straight up about six inches away from your lower leg. Lower it back down without resting it on the bottom leg. Repeat.

Lying Inner Thigh Lifts



Start by lying on your side with your body straight. Rest your head on a towel. Begin by lying on your side and crossing the top leg over your bottom leg and keeping your lower knee slightly bent and your foot on the floor. With your foot naturally positioned, bring the lower leg straight up about six inches away from the floor. Lower it back down without resting it on the floor. Repeat.

Ball Roll-ins



Start with knees on floor, hands on ball, face is looking down. Slowly roll ball towards knees and at the same time contracting your abs and rounding your back. Exhale as you do this and then reverse and stretch forward. Repeat.

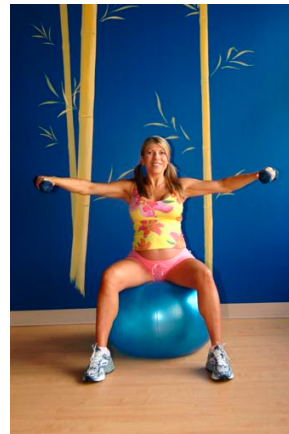
Day Two

Seated Ball One Arm Curls



Start by sitting on ball leaning over with inside elbow on inside of knee. Dumbbell is hanging down with your palm facing up. Curl arm toward the shoulder and slowly lower. Finish set and switch arms.

Ball Side Raises



Start by sitting on ball. Dumbbells are hanging at your side. Elbows are slightly bent. Raise hands and elbows level with shoulders, rotating to palms down at the beginning of the motion. Lead with the elbows. Lower the weights and repeat.

Wall Push Ups



Begin with your hands just outside shoulder width on wall and slightly forward of your shoulders. Your knees are slightly bent and on toes. Keep your abdomen tight and your spine in a neutral position. Inhale and bend your elbows and lower chest to 90 degrees at the elbows. Exhale and push up so that your arms are straight, making sure your elbows aren't completely locked.

Step Ups with Weights



Stand about a foot in front of a step or riser that is about 12-18 inches high. Your feet should be a little less than shoulder-width apart. Allow your arms to hang comfortably down by your sides holding weights. Keep your back straight and step on the riser with your right foot. With a steady and controlled motion slowly pull yourself up onto the bench using only your right foot. Step off the bench with your left foot first and then the right foot until you are again standing in front of the riser. Repeat but this time starting with your left foot first again concentrating on lifting your body up with the left leg. (Be certain that the platform or riser you are using is secure and keep your body as straight as possible to minimize stress on the lower back and legs.)

Calf Raises



Feet are about half way on step. Lower heels down, knees slightly bent, then rise up on your toes as high as possible. Return to starting position and repeat.

Ball Plie Squats



Place ball between lower to mid back and wall. Keep your spine in a neutral position. Spread feet shoulder width apart and make sure toes are pointed slightly outward. Your feet should be about 3 feet from the wall, do not lock your knees. Allow your arms to hang comfortably at your sides. Slowly bend knees to 90 degrees. Repeat. (Make sure to place feet far enough in front so when you bend to 90 degrees, your knees don't go past the plane of your toes. Your buttocks should move toward the wall and slightly under the ball during the squatting motion.)

Pelvic Tilts



Lie on floor and keep your feet flat on the ground, about shoulder-width apart. Exhale and use your abdominal muscles to lift your hips upward keeping your spine in a neutral and comfortable position. Inhale and lower your hips back to the starting position. (Keep your head, neck and shoulders relaxed. Concentrate on using your abdominal muscles to tilt your pelvis and do not hyperextend your back while raising your hips up.)

Ball Obliques



Start by lying on side on ball, top leg is straight and bottom leg is bent about 90 degrees. Slowly curl body up, contracting your side, leading with elbow. Lower back to start and repeat.

Ball Abs with Splint



Comfortably lie back on the ball with your feet shoulder width apart. Sit low to ground and place splint around middle of back. Curl your chest up, bringing your sternum (chest bone) toward your bellybutton and wrap splint around tummy. Then, slowly lower your torso, rounding your back and lightly touching your shoulder blades to the Swiss ball. Repeat.

Health Pregnancy, Healthy Baby Resistance Chart [™]

Third Trimester Daily Exercise Report

Date: _____

Planned Start Time: _____

Actual Start Time: _____

Planned End Time: _____

Actual End Time: _____

Resistance Exercises		Circuit 1		Circuit 2		Circuit 3
Day 1	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)
Seated Ball Bicep Curls						
Ball One Arm Tricep Extensions						
Ball Shoulder Press						
Leg/arm lifts						
Step Push-Ups						
Ball Squats						
Lying Quad Lifts						
Lying Inner Thigh Lifts						
Ball Roll In's						

Resistance Exercises		Circuit 1		Circuit 2		Circuit 3
Day 2	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)
Seated Ball One Arm Curls						
Ball Side Raises						
Wall Push Ups						
Step Ups with Weights						
Calf Raises						
Ball Plié Squats						
Pelvic Tilts						
Ball Obliques						
Ball Abs with Splint						

My goals for my next workout are:

GROCERY LIST

**(100%Organic, free-range, non-antibiotic, hormone-free & non GMO foods are best!)

**Servings are per day



DAIRY /1-2 servings

Low-fat or nonfat --**Protein**

Soy, Rice or Almond Preferred

- ☐ Egg whites
- ☐ Milk- skim or 2%
- ☐ Light Margarine
- ☐ Sour Cream
- ☐ Tofu – hard is better
- ☐ Yogurt-plain is best
- ☐ Cottage Cheese
- ☐ Ricotta Cheese
- ☐ Hard Cheese
- ☐ Goat milk or cheese

MEAT, FISH, POULTRY & PROTEINS

4-6 servings -**Protein**

- ☐ Chicken Breasts
- ☐ Turkey breasts
- ☐ Lean ground beef or buffalo
- ☐ Sliced Beef Pot Roast
- ☐ Sirloin Steak
- ☐ Fresh Fish - Salmon, Red Snapper, Orange Roughy, Halibut, Tuna, Cod, Haddock, Grouper, Swordfish, Trout, Snapper, Mackerel
- ☐ Shellfish – Lobster, Scallops, Shrimp
- ☐ Crab – Alaskan, Blue
- ☐ Elk or Ostrich
- ☐ Whey, Soy, rice or egg protein powder

FRUIT /2-3 serving-**Carbo**

- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Grapefruit
- ☐ Grapes
- ☐ Lemons & limes
- ☐ Melon
- ☐ Oranges & Tangerines
- ☐ Pears

- ☐ Papaya
- ☐ Mango
- ☐ Apricots
- ☐ Nectarines
- ☐ Kiwi
- ☐ Plums
- ☐ Cantaloupe

VEGETABLES

7-9 servings--**Carbo**

- ☐ Broccoli
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Garlic and Onions
- ☐ Lettuce (no iceberg)
- ☐ Mushrooms
- ☐ Peppers
- ☐ Potatoes
- ☐ Radishes
- ☐ Tomatoes
- ☐ Asparagus
- ☐ Artichokes
- ☐ Bell Peppers
- ☐ Brussels Sprouts
- ☐ Collard Greens, Spinach
- ☐ Eggplant
- ☐ Sweet or white potatoes
- ☐ Zucchini and yellow squash
- ☐ Peas
- ☐ Beets

BREADS / 1-2 servings **Carbo**

- ☐ Tortillas- whole-wheat, Corn or Spelt
- ☐ 12 grain bread
- ☐ Whole-wheat Bread
- ☐ Whole-wheat pita bread
- ☐ Spelt, Oat or rice bread

DRY GOODS / 1 serving

Carbo or Fat

- ☐ Cereal – 3 grams of fiber minimum and low sugar
- ☐ Oatmeal -- whole oats
- ☐ Whole-wheat, soy or rice pasta
- ☐ Beans/Lentils/Peas
- ☐ Quinoa
- ☐ Wheat Germ
- ☐ Whole-wheat flour
- ☐ Whole-wheat crackers
- ☐ Baked Blue Corn Chips
- ☐ Rice crackers

- ☐ Whole-wheat couscous
- ☐ Dried fruit – raisins, etc.
- ☐ Brown rice-Basmati or Jasmine or Wild
- ☐ Peanut Butter- natural
- ☐ Almonds(raw, dry roasted, or almond butter)
- ☐ Walnuts
- ☐ Flaxseeds or oil
- ☐ Canola oil
- ☐ Olive oil
- ☐ Cooking Spray –Olive or Canola

BEVERAGES

- ☐ Herbal Tea – 3 or 4 cups a day--decaf
- ☐ 100% Fresh Fruit or Vegetable Juice – 8 oz a day
- ☐ Bottled Water – 1 gallon a day

CANNED GOODS / Only if fresh is not available

- ☐ Unsweetened applesauce
- ☐ Soups
- ☐ Marinara Sauce
- ☐ Tomato Sauce
- ☐ Tuna
- ☐ Peas, Spinach, Green Beans, Lima Beans
- ☐ Garbanzo beans
- ☐ Black, Pinto and Lentil beans
- ☐ Salmon
- ☐ Chicken or Vegetable Broth – low-sodium

CONDIMENTS AND SPICES

- ☐ Mustard- Dejon
- ☐ Salad dressings
- ☐ Salsa
- ☐ Vinegars
- ☐ Different Spices
- ☐ Hummus
- ☐ "Mayo" Nayonaise, Canola or Soy

FROZEN FOODS

(Back-up foods)

- ☐ Fruit- Berries, Bananas...
- ☐ Broccoli, Spinach
- ☐ Soybeans
- ☐ Cooked or Raw Shrimp, Fish or Chicken
- ☐ Vegetables
- ☐ Healthy frozen dinners