

Pregnancy Modifications

THE FIT MOTHER.

Whilst most of the exercises you'll see in our daily workouts are safe to do when you are pregnant, there are a few times where there is a better choice.

Below I have described the modifications that would be great to substitute once you reach 16 weeks of pregnancy.

SUPINE BRIDGE/SUPINE PELVIC TILT

As it may become uncomfortable for you to lie on your back after about 16 weeks of pregnancy, it is great to substitute this with a modified spine twist.

You still receive all the benefits of stretching and mobilising your upper and lower back, from a safe seated starting position.



SUPINE BRIDGE



MODIFIED SPINE TWIST

PUSH UPS

Regular push ups can put too much pressure on your tummy muscles as your baby grows. So instead, start in your hands and knees position, but keep your hips and knees at a 90 degree angle, and bring your hands back in line with your shoulders. Then as you lower into your push up, you will feel your arms and chest muscles working, without the extra pressure on your tummy muscles.



REGULAR PUSH UP



MODIFIED PUSH UP

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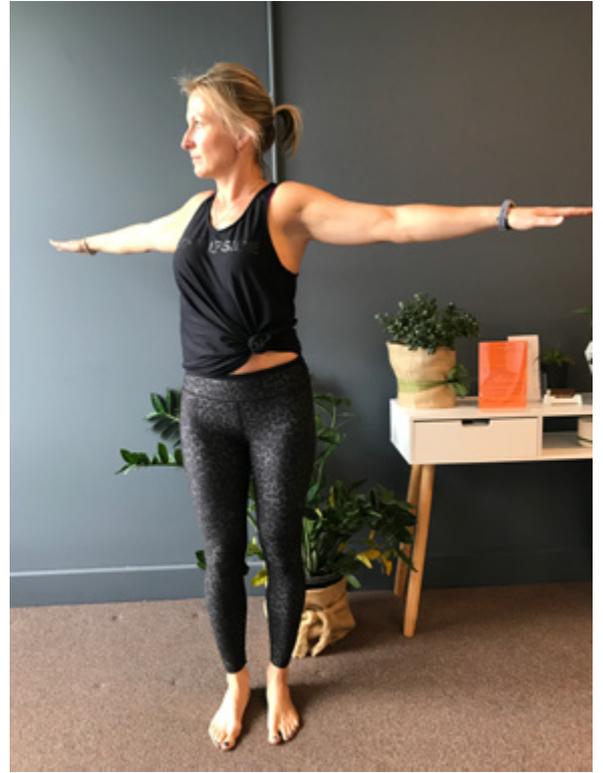
SUPINE LUMBAR ROTATION

Once again, lying on your back after about 16 weeks can potentially put too much pressure on your blood vessels due to the weight of your baby compressing your inferior vena cava. To avoid this, we can achieve a lovely spine stretch while standing instead, with an exercise called Spine Twist.

Stand up, arms wide, and rotate to one side, keeping your arms the same distance apart, growing tall through your spine as you rotate. Keep your hips facing the front, and enjoy the stretch through your upper and middle back.



SUPINE LUMBAR ROTATION



STANDING SPINE TWIST

PRONE (ON YOUR TUMMY) / SWAN PREP EXERCISE

As your tummy (and boobs!) grow, it becomes uncomfortable to lie on your tummy. So instead, we can work on posture and shoulder strength in hands and knees position, with the Superman exercise. Balance your knees over your hips, and shoulders over your wrists, and then keep your spine long as you reach opposite arm and leg away. Return to the middle, then repeat on the opposite side. This is a great exercise for building your core strength and stability around your shoulders and hips. If you have any pain in your pelvis, just do the arms component and keep your knees resting on the floor.



SWAN PREP EXERCISE



MODIFIED SUPERMAN EXERCISE

ABDOMINAL EXERCISES IN SUPINE (LYING ON YOUR BACK) CURL UPS, SIT UPS, OBLIQUE TWISTS

Again, as your tummy starts to grow and it feels uncomfortable to lie flat on your back, you can do a modified “toe tap” exercise. Prop yourself up onto your elbows into supported supine. Then slowly raise one leg up to table top, with the other foot resting on the floor. Smoothly lower one leg and raise the other one, keeping your knee bent at a 90 degree.



CURL UPS / SIT UPS / OBLIQUE TWISTS



MODIFIED TOE TAP

JUMPING / HIGH IMPACT ACTIVITIES

As your second trimester progresses, and your baby grows and puts more pressure on your tummy muscles and pelvic floor muscles, it is best to avoid high impact activities which cause extra pressure on these already compromised structures.

So instead of jumping or jogging, choose a low impact option like marching on the spot.



ALTERNATE MARCH ON THE SPOT