10 minute workout plans for each trimester of pregnancy

Remember to warm up and cool down and follow the instructions for your fitness level. This sheet is just a taster. For 12 exercises for each trimester check out the 3-Plan: Your Complete Pregnancy and Postnatal Exercise Plan by Lucie Brand available at www.bump2mumfitness.com/3-plan

Trimester 1 exercises

1. Squat and rotate (2 x 3kg weights)

This lower-body exercise is all about getting the basic squat technique right. This will really tone and strengthen your legs.

- Stand with your feet about hip-width apart.
- Hold a weight in each hand, with your arms bent and the weights just in front of your chest.
- Pull in your abs and keep them tight as you bend your knees and slowly squat, keeping your arms still. Hover, keeping your chin and chest lifted.
- Push through to lift up and begin straightening your legs. Fully extend your legs until you’re back to standing position, but keep your knees soft. As you push up, slowly rotate, twisting from your waist and looking over your shoulder. Always keep your knees in line with your toes and your hands just above your chest. Come back to centre and repeat to the other side.

Repeat 15-20 times (twist to alternate sides) and do two sets.

ALTERNATIVES

Easier: Smaller twist, no weights, shallow squat

Harder: Deeper squat, heavier weights, bigger twist - look over your shoulder, add hold in the lowest squat position for ten seconds to finish

2. Upright row (2 x 3kg weights)

Great for strengthening your shoulders and arms- these will need to be strong for carrying your baby around.

- Hold a weight in each hand with your arms bent and the weights positioned together, your knuckles facing the ground. Stand up straight with your feet hip-width apart.
- Keeping the weights close to your body, lift them to your chest (midline) level, leading with the elbows.
- Slowly lower the weights to the starting position. Take care not to round your spine when lifting and keep the action smooth and continuous.
Repeat 15-20 times and do two sets.

ALTERNATIVES

Easier: Lighter weights

Harder: Heavier weights, then add a set of shoulder pushes at the end

3. Abdominal hollowing on all-fours

This will work your core muscles in a slightly different way.

- On your hands and knees, using a mat, make sure your hands are beneath your shoulders, your knees are hip-width apart and your back and neck are straight.
- Breathe in deeply and let your chest expand. Then as you exhale, draw your belly button in, sucking in your abs all the way around your middle.
- Hold for a couple of seconds, then release.
- Make sure you don’t arch your back as you pull in.

Repeat 15-20 times and do two sets.

ALTERNATIVES

No real alternatives - just get the technique right!

Trimester 2 exercises

1. Leg lift on all-fours

Work that bottom!

- On all-fours on the floor, rest on your forearms. Extend one leg out behind you in a straight line and lift it about 30 cm off the floor.
- Slowly lift your extended leg, keeping your upper body still, then lower it, keeping it off the floor if you can. This should be a small, controlled movement. Really squeeze your bottom as you lift. Keep your leg high and focus on the upward squeeze.

Repeat 20 times (on each leg) and do two sets.

ALTERNATIVES

Easier: Lower squeeze

Harder: Higher squeeze followed by ten pulses and a ten-second hold at the highest point, really squeezing your bottom

2. Standing narrow, bent over row (2 x 3kg weights)

A nice toned upper back always looks good in strappy tops - really squeeze your shoulder blades together.

- Hold a weight in each hand, with your arms straight down by your sides. Stand with your feet hip-width apart, then step forwards with one leg, so you have your legs apart.
- Lean forwards at your waist. Raise your arms in front of you, keeping them straight.
• Slowly bend your arms and squeeze your shoulder blades together as you lift your arms and squeeze your upper back. Then slowly return your arms to the starting position.

*Repeat 15-20 times and do two sets.*

**ALTERNATIVES**

Easier: Don’t use any weights

Harder: Use heavier weights and follow your basic set with a set of wider pulls, with your arms slightly out to your sides

### 3. Standing ab-squeeze

*Do these squeezes as often as possible to make your core super-strong!*

• Stand upright with your shoulders back.
• Breathe in deeply and let your chest expand, then as you exhale draw your belly button in.
• Have your hands by your sides or resting on your belly. The rest of your body should be still. Hold for a couple of seconds, then breathe in as you release.

*Repeat 15-20 times and do two sets.*

**ALTERNATIVES**

No real alternatives - just get the technique right!

### Trimester 3 exercises

#### 1. Side-lying leg lift and inner-thigh squeeze

*Who doesn’t want to slimline those problem areas on the insides and outsides of your upper thighs?*

**Outer thighs**

• Lie on your side, with your body in a straight line, one leg bent under you at 90 degrees and your head resting on your hand. Put a pillow under your bump if you like. Make sure your hips are stacked on top of each other.
• Extend your top leg and slowly lift it, keeping your toe pointing forwards and squeezing your outer thigh as you lift.
• Slowly lower your leg to the starting position. Do all reps without resting your leg.

**Inner thighs**

• While still on your side, to work your opposite inner thigh, shift your weight backwards so that you are resting on your elbow and your back leg is bent, with your foot on the floor.
• Extend your front leg out to 45 degrees and slowly lift it, keeping your foot flat and parallel to the floor. Squeeze your inner thigh as you lift. Slowly lower the leg to the starting position, but try not to rest it on the floor. Again, do all your reps without resting your leg.
Repeat 15-20 times for each exercise and do two sets. Do both exercises on the other side!

ALTERNATIVES

Easier: No weights, hands rested, gentle squeeze

Harder: Rest weights on your outer and inner thighs respectively and add resistance with your hand on both the upward and downward movement

2. Standing tricep push-back (2 x 1kg weights)

Make sure your upper body doesn’t lean forwards; the only movement should be in your arms.

- Stand with your feet hip-width apart, then step forwards with one leg so that you have your legs apart.
- Hold a light weight in each hand, with your arms straight down by your sides, just slightly pushed back.
- Slowly lift your arms until they are straight out behind you and squeeze your triceps as you push your palms towards the sky. Make sure your arms stay close to your body. Bring your arms back to the starting position.

Repeat 15-20 times and do two sets.

ALTERNATIVES

Easier: Lighter weights

Harder: Use heavier weights and follow your basic set with ten pulses and a ten-second hold at the highest point

3. Seated chest-press and ab-hold (2 x 1kg weights)

This is adding another dimension to the ab-squeeze. Tone your upper body at the same time!

- Sit in a chair, with your shoulders back and feet flat on the floor.
- Breathe in deeply and let your chest expand. Then, as you exhale, draw your belly button in so that your lower back touches the back of the chair. The rest of your body should be still. Hold this position, making sure you can breathe comfortably. Hold a light weight in each hand, with your arms bent and the weights at head height. Keep your shoulders back.
- Slowly bring your arms around to the front, so that your forearms meet and the weights touch. Keep the weights at face height as you do your chest-press.
- Slowly return your arms to the starting position. Once you have completed your chest press repetitions release your abs.

Repeat 15-20 times and do two sets.

ALTERNATIVES

Easier: Lighter weights

Harder: Heavier weights, more reps