

the  
**3**-Plan

your complete pregnancy

& postnatal

exercise plan

Lucie Brand

## FOR CRIS AND ELISE

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### DISCLAIMER

You, the reader, must read and fully understand this release of liability and assumption of risk agreement, fully understand its terms, and agree to it voluntarily without inducement.

'I acknowledge that it is my duty to exercise ordinary care for the protection of others and myself while following the 3-Plan. I assume the risk of physical activity with my own physical condition.

I have received advice from my doctor that I am capable of physical exercise such as provided in the 3-Plan, or I will seek such advice, or I will assume the risk of exercising without a doctor's examination. This disclaimer continues to be effective as long as I am following any aspect of the 3-Plan. I take complete responsibility for my participation and will not hold the 3-Plan responsible for any injuries or loss I may incur as a result of my participation.'

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# All about me and the 3-Plan

The idea for the 3-Plan came to me when I was in my late twenties and my friends all started having babies. Knowing I was a fitness instructor, they asked me to show them exercises to do during pregnancy that would be safe, which wouldn't harm their babies and would help them get back into shape more easily after the birth.

After doing a little research, it became clear that advice about exercising during and after pregnancy was a bit hit and miss – too complicated in some places, oversimplified in others. Information was hard to relate to and it seemed impossible to find simple, safe, no-nonsense exercises all in one place. The aim of the 3-Plan is to fill this gap.

## THE CELEBRITY MODEL

These days we are inundated with images of celebrities sporting tiny baby bumps, who are then pictured three or four weeks after giving birth back in their size-zero jeans. Obviously these women have plenty of money and time at their disposal, but this doesn't mean we can't learn from the basic principles of eating right and clever exercising to get a slice of their svelte success.

However, we need to be realistic and patient about our goals. During pregnancy the body goes through a massive transformation and getting back into shape afterwards requires dedication and commitment before and after the birth. The celebs don't wave a magic wand, but they do have a professional dedication to health and fitness.

So I set about designing a flexible exercise programme to follow throughout pregnancy, then



after your baby is born – nine months before and nine months after the birth. I used my experience in fitness instruction and personal training with a wide variety of women and studied everything I could about exercising before, during and after pregnancy. I then put together the 3-Plan, which follows all the necessary safety principles.

## MY TURN TO TEST THE 3-PLAN

The first draft of the 3-Plan proved brilliant for my friends, who got on really well with it. I then became pregnant myself, so it was my turn to see how effective the 3-Plan really was! It has seen significant

changes, based on my friends' feedback and my own experience to result in the book you are reading today. While I was pregnant I worked full time, had a long commute and worked part time as an instructor and trainer, so this was certainly a good road-test of the 3-Plan's flexibility.

I had my beautiful daughter after a short, straightforward labour with no pain relief, which I am convinced was largely due to being fit and healthy. I was amazed at how quickly my body clicked back into shape after the birth. I didn't need nine months, but after following my New Body Plan (the second half of the 3-Plan) my body is in even better shape than before I got pregnant!

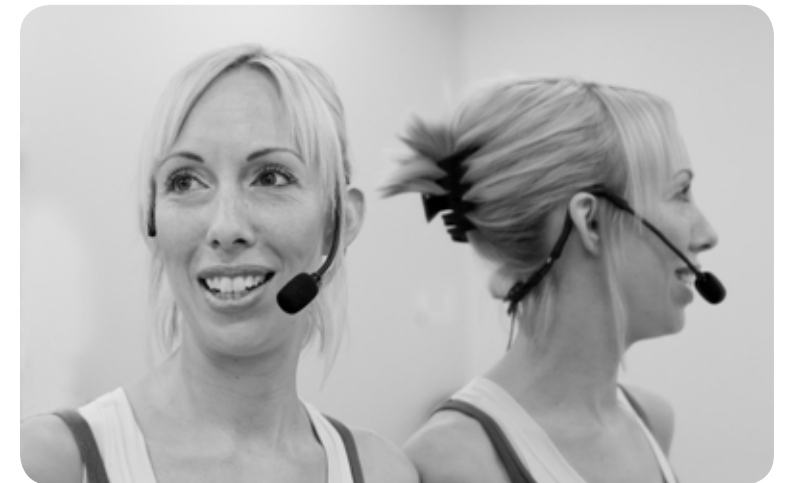
## THE 3-PLAN WILL HELP YOU, TOO!

So, I've done the hard work for you. The 3-Plan is a unique, easy-to-follow exercise programme; you can fit it in around other commitments and you don't need any expensive equipment. When you get pregnant you are not ill – so embrace this amazing time! Have a go at strengthening your body in preparation for the birth and recovery. You'll need to feel energetic and healthy for life as a mum and there's no need to pile on too many excess pounds, either. You'll feel mentally great, too, as exercise helps fend off the baby blues. You can be a mum with an amazing body – and this really could be the start of a new you! You can be fit and gorgeous for your new family – and, most importantly, for you.

## Fitness and me

Since my early twenties I have had a real passion for exercise. After graduating I worked in web design, marketing and communications, always doing lots of exercise in my spare time. When I was 27 I spent over a year training as a fitness instructor and started teaching, quickly building up experience in body conditioning, aerobics, step, spinning and circuits, which made me hungry to pursue a career in the fitness industry.

Since then, I have qualified in nutrition, as a gym instructor and most recently as a personal trainer to help people get the best results from their training.



I hope that you will find my book original, fun, motivating and, most of all, effective in helping you to attain your fitness goals.

I specialise in ante- and post-natal fitness, have written and followed the 3-Plan myself and can turn you into a real yummy mummy if you decide to make a commitment to it.

# What is the 3-Plan?

The 3-Plan is suitable for anyone and is designed to fit flexibly around your busy life. It produces great results – for your health, fitness and appearance – consisting of a series of resistance exercises designed specifically for your stage of pregnancy or post-natal recovery. It follows the most up-to-date guidance concerning safe exercising for whatever stage you have reached and the exercises change every 12 weeks, helping to keep you motivated!

The idea is that you do the 3-Plan exercises plus moderate cardiovascular activity and a few extras. Why is it called the 3-Plan? The 3-Plan is divided into two main sections: **(1) The Pregnancy Plan** and **(2) The New Body Plan**. Each of these is broken down into three three-month sections. For each section you are given a set of specifically designed resistance exercises. Let's have a quick look at the three main components: resistance training, cardio and extras

## 1. RESISTANCE TRAINING

Don't be afraid of the term 'resistance' training – it consists of a few simple exercises.

- ✓ 3 x Leg and bottom exercises
- ✓ 3 x Upper body exercises
- ✓ 3 x Ab, back and core exercises

Resistance training will take you between 30 and 40 minutes, three times a week. You also get an extra back up exercise for each body area, just in case you are feeling specially motivated and want to do them all or there is a particular exercise you don't feel

confident about doing correctly or which you cannot do due to injury.

For most of the exercises I give you 'easier' and 'harder' options. This way you can really tailor your workout to your fitness level and how you are feeling and progress during each three-month period. If you are feeling great, then do as much as you can, but if you can't manage the standard move go for the easy option – it's far better than doing no exercise at all.

### WARNING

If you experience any of the following symptoms you should stop exercising and seek medical advice: vaginal bleeding, being out of breath prior to exercise, dizziness, headache, chest pain, muscle weakness, calf pain or swelling, premature labour, decreased foetal movement, amniotic fluid leakage.

### IMPORTANT

Make sure you read this section carefully before you begin the exercises.

# 3-Plan overview

The two halves of the 3-Plan are divided into 3 sections of 3 months (trimesters in pregnancy). For each section you are given 3 components: cardio, resistance and extras. For resistance you have 3 exercises for each body area, plus you get 3 'extras'. The 3-Plan takes a minimum of 3 hours per week – and that's why it's called the 3-Plan!

