

9 MONTH PREGNANCY WORKOUT PLAN

BY HINTOFHAPPY.COM

1st Trimester

ROUTINE ROTATION CARDIO - STRENGTH - YOGA/ACTIVE REST



CARDIO

USE THE TREADMILL WORKOUT BELOW OR DO
A 30 MINUTE OUTSIDE RUN/INTERVAL RUN

Minutes	Speed	Incline
0-3	3.5	0.0
3-5	4.0	3.0
5-7	5.0	3.0
7-9	4.0	4.5
9-11	5.5	4.5
11-13	4.5	4.5
13-15	6.0	0.0
15-17	5.0	0.0
17-20	4.0	6.0
20-22	5.5	4.5
22-23	7.0	0.0
23-24	6.0	0.0
24-25	5.0	4.5
25-27	4.0	3.0
27-30	3.5	0.0

YOGA/ACTIVE REST

YOUR CHOICE OF A MINIMAL 20 MINUTES OF
ACTIVITY OR USE THE RECOMMENDATIONS BELOW

- HATHA YOGA FLOW 3
[HTTPS://YOUTU.BE/PCC8HZPWJ6W](https://youtu.be/pcc8hzipwj6w)
- MINIMUM 2 MILE WALK OR STEADY
STATE RUN

STRENGTH

USE THE WORKOUTS BELOW DOING 3 ROUNDS

1ST MONTH

- 10 BICEP CURL
- 10 TRICEP EXTENSION KICKBACK
- 5 BURPEES
- 10 FRONT TO LAT RAISES
- 10 UPRIGHT ROW
- 10 JUMPING SPLIT LUNGE
- 10 BICYCLE CRUNCHES

2ND MONTH

- 8 BICEP CURL TO 8 90-DEGREE
BICEP CURLS
- 10 SEATED MILITARY PRESS
- 10 DEADLIFT
- 10 CHEST FLY
- 10 OVERHEAD TRICEP EXTENSION
- 20 WALKING LUNGES
- 10 WOOD CHOP EACH SIDE

3RD MONTH

- 10 CHEST PRESS WITH BRIDGE
HOLD
- 10 UPRIGHT ROW
- 10 EACH SIDE CURTSY LUNGE
- 10 HAMMER CURLS
- 10 SQUAT AND PRESS

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2nd Trimester

ROUTINE ROTATION

CARDIO - STRENGTH - YOGA/ACTIVE REST - REST



CARDIO

USE THE TREADMILL WORKOUT BELOW OR DO A 30 MINUTE OUTSIDE LOW TO MODERATE RUN

Minutes	Speed	Incline
0-3	3.5	0.0
3-5	4.0	0.0
5-7	5.0	0.0
7-9	4.0	0.0
9-11	5.5	0.0
11-13	4.5	0.0
13-15	6.0	0.0
15-17	5.0	0.0
17-20	4.0	0.0
20-22	5.5	0.0
22-23	7.0	0.0
23-24	6.0	0.0
24-25	5.0	0.0
25-27	4.0	0.0
27-30	3.5	0.0

YOGA/ACTIVE REST

YOUR CHOICE OF A MINIMAL 20 MINUTES OF ACTIVITY OR USE THE RECOMMENDATIONS BELOW

- PRENATAL YOGA CLASS - FIVE PARKS YOGA
[HTTPS://YOUTU.BE/F94H3MF_7QI](https://youtu.be/f94h3mf_7qi)
- MINIMUM 2 MILE WALK OR STEADY STATE RUN

REST

YES, THIS IS AN ACTUAL REST DAY, NO WORKOUTS!

STRENGTH

USE THE WORKOUTS BELOW DOING 3 ROUNDS

4TH MONTH

- 20 SKATERS
- 10 SEATED MILITARY PRESS
- 10 BICEP CURL
- 10 BENT OVER ROW
- 10 WIDE LEGGED SQUATS
- 10 EA. SIDE, SIDE PLANK HIP LIFT

5TH MONTH

- 10 EACH LEG STEP UP
- 10 HAMMER CURLS TO LAT RAISE
- 10 UPRIGHT ROW
- 10 HIP LIFTS
- 10 MODIFIED PUSH UP
- 10 EACH SIDE ELBOW TO KNEE
STANDING SIDE CRUNCH
- 10 EACH LEG CURTSY LUNGE

6TH MONTH

- 10 TRICEP OVERHEAD EXTENSION
- 10 BICEP CURLS TO FRONT RAISE
- 10 SHOULDER PRESS
- 10 BENT OVER FLY
- 10 OUTER BICEP CURLS TO LAT RAISE
- 10 WOOD CHOP EACH SIDE

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3rd Trimester

ROUTINE ROTATION

CARDIO - STRENGTH - YOGA/ACTIVE REST - REST



CARDIO

CONTINUE TO USE THE TREADMILL WORKOUT FROM THE 2ND TRIMESTER AS YOU ARE ABLE. YOU CAN ALSO USE THE BELOW WORKOUT ON THE TREADMILL OR OUTSIDE.

AS YOU PROGRESS IN YOUR PREGNANCY, ESPECIALLY IN THE 9TH MONTH, YOU MAY NEED TO REFRAIN FROM RUNNING AND DO A 20 - 30 MINUTE WALK.

TREADMILL WORKOUT OPTION

- 30 MINUTES TOTAL, ROTATING
- 2 MINUTE JOG
- 1 MINUTE WALK

YOGA/ACTIVE REST

YOUR CHOICE OF A 20 MINUTE WALK OR USE THE BELOW YOGA WORKOUT

- PRENATAL YOGA FOR BEGINNERS, ALL TRIMESTERS, WEIGHT LOSS & FLEXIBILITY FOR HEALTHY MOMS
[HTTPS://YOUTU.BE/A1MN9BRMP4I](https://youtu.be/A1MN9BRMP4I)

REST

YES, AGAIN, THIS IS AN ACTUAL REST DAY, NO WORKOUTS! GROW THAT BABY!
AS YOU PROGRESS INTO THE 9TH MONTH, YOU MAY WANT TO WORK IN TWO REST DAYS.

STRENGTH

ROTATE THE FIRST TWO WORKOUTS THROUGH THE 7TH AND 8TH MONTHS. USE THE FINAL WORKOUT FOR THE 9TH MONTH.

7TH/8TH MONTH

- 10 MODIFIED PUSH UP
- 10 TRICEP KICKBACK
- 10 SHOULDER PRESS
- 10 UNDERHAND FRONT RAISES
- 10 WIDE LEGGED SQUATS
- 10 EA. SIDE, SIDE PLANK HIP LIFT

7TH/8TH MONTH

- 10 WALKING LUNGES
- 10 UPRIGHT ROW
- 10 EACH LEG STEP UP
- 10 WOOD CHOP EACH SIDE

9TH MONTH

- 10 OVERHEAD TRICEP EXTENSION
- 10 SEATED BICEP CURLS
- 10 SEATED MILITARY PRESS
- 10 FRONT TO LAT RAISE
- 10 EACH ELBOW TO KNEE SIDE CRUNCH
- 10 WIDE LEGGED SQUAT