

PREGNANCY FULL BODY WORKOUT

By HINTOFHAPPY.COM

EXERCISE ROUTINE

MONDAY/THURSDAY: CARDIO

TUESDAY/FRIDAY: ARMS AND A FEW LEG EXERCISES

WEDNESDAY: YOGA

SATURDAY/SUNDAY: YOGA OR CARDIO

ARM/LIFTING DAYS

CHOOSE ONE OF THE FOLLOWING WORKOUTS TO DO FOR 3 WEEKS, 2X A WEEK THEN CHANGE TO A DIFFERENT ONE. CONTINUE THIS ROTATION.

WORKOUT 1

- 10 SQUAT 10 DEADLIFT TO BENT OVER ROW
- 10 BRIDGE WITH CHEST PRESS
- 10 WOODCHOP EACH SIDE
- 10 REVERSE FLY
- 5 EACH SIDE SPLIT SQUAT WITH OVERHEAD PRESS
- 10 EACH SIDE SIDE LUNGE WITH BICEP CURL

WORKOUT 2

- 10 BENT OVER ROW
- 10 SEATED MILITARY PRESS
- 10 PUSH UPS
- 10 BENT OVER LAT RAISE
- 10 FRONT RAISE

WORKOUT 3

- 10 FRONT RAISE
- 10 OVERHEAD TRICEP PRESS
- 10 SQUAT AND PRESS
- 10 BENT OVER ROW
- 10 EACH SIDE STEP UP ON BENCH
- 10 LAYING DOWN CHEST FLY
- 10 HAMMER CURLS
- 10 SEATED MILITARY PRESS

PRENATAL YOGA

PRENATAL YOGA FOR BEGINNERS, ALL TRIMESTERS, WEIGHT LOSS & FLEXIBILITY FOR HEALTHY MOMS

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PRENATAL YOGA CLASS - FIVE PARKS YOGA

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