

Be Fit Mom

Month 1

Workout time: 60 minutes maximum

Days per Week: 4 – 5

Women who plan to begin an exercise program during pregnancy or postpartum are advised to seek medical advice before commencing any new routine.

Emphasis - Cardiovascular fitness and increased flexibility.

Directions - Perform each exercise to complete one set; perform three sets.

Warm Up - Perform 5-10 minutes of cardio (i.e. walking or stationary bike)

Cardio Program

Activity	Intensity	Duration	Comments
Walking	Low	10-20 minutes	Use a slow gentle pace
Swimming	Low	20-30 minutes	Use a slow gentle pace

Exercise Program

Hip Abduction/Adduction

Set: 3

Repetitions: 15

Tempo: Slow



Stand near the wall or a sturdy object. Flex one leg at the hip and the knee and use your upper body to lean against the wall for support. Your back leg should be straight at the knee, facing forward. Draw your belly button in toward your spine. Keep rear foot on the ground and slowly horizontally adduct and abduct through your hips with bent leg, creating pronation and supination at the ankle as well. Take the body through full range of motion using controlled momentum and movements.

Figure C

Set: 3

Repetitions: 15

Tempo: Slow



Maintain good posture throughout the stretch with shoulder blades retracted and depressed, good stability through the abdominals, and neutral spine angles. Begin with the feet shoulder width apart, standing tall. Position the body next to a pole that is parallel to the body line. Reach and grab the bar with one arm (as shown). Flex the spine to the side and reach overhead with the other arm and grab the bar.

Chest Stretch

Set: 3

Repetitions: 15

Tempo: Slow



Stand tall with abdominals drawn-in and glutes contracted. Begin with arms straight out to the sides and rotate palms up. Swing arms through horizontal adduction and abduction in a full available range of motion using controlled momentum for desired number of repetitions.

Lunges

Set: 3

Repetitions: 15

Tempo: Slow



Take staggered stance as pictured and slightly bend the back leg.

Draw your belly button inward (activating the deep abdominal stabilizing mechanism).

Tighten glutes and tilt pelvis inward. Hold for 20-30 seconds, repeat for 2-3 reps. Avoid arching your lower back!

Side Stretch

Set: 3

Repetitions: 15

Tempo: Slow



Start in a standing staggered stance as pictured and position one leg back raise same arm above head, place other arm at waist. Bend slightly to one side at waist. It is important not to deviate forward or backward while reaching up and over.

Row – One Arm with or without Tubing

Set: 3

Repetitions: 12-20

Tempo: Slow



Stand with feet approximately shoulder width apart and knees slightly bent. Align the wrist, elbows and shoulders with the band. Brace the spine by drawing the lower abdomen in and drawing the belly button in toward the spine without losing neutral spinal alignment. Pull the elbow straight back keeping the wrist

straight throughout the movement. Draw the shoulder blades toward the spine while performing the movement.

Maintain proper alignment throughout the movement and while returning to the starting position.

Standing Cable Crossover

Set: 3

Repetitions: 12-20 Tempo: Slow



Adjust the cable arms slightly above shoulder level and position yourself in a staggered stance.

Draw the belly button inward toward your spine.

Maintaining the proper postural alignment, start pressing your hands together towards the middle.

Do not let your back arch at any time during this exercise and keep your feet flat on the floor, facing straight ahead.

NO GYM EQUIPMENT



Standard Push-up

Get down on the hands and knees, positioning the hands a bit wider than the shoulders.

Push the knees up so that you're resting on the hands and toes. Keep the abs engaged and make sure your body is in a straight line from the head to the heels.

Bend the elbows, and lower into a push-up until your elbows are at 90 degrees.

Press back to start and repeat 12-20 repetitions.

Rope Cable Saw

Set: 3

Repetitions: 12-20

Tempo: Slow



Start with the feet wide apart and toes slightly outward, knees are bent, and the chest remains high during the movement. This movement involves a sawing motion using a rope attachment to the cable.

Stand with a foot and body position that is open to the weight stack (as shown).

The forward foot is pointing to the stack of weights and a staggered grip is taken on the rope.

Start by loading (moving towards) the forward leg while reaching forward with the arms.

As you drive off the forward leg, start rotating the body and shift the weight towards the back leg as you pull the weight towards you at hip height.

NO GYM EQUIPMENT

Use a household item such as a full sized canned good or gallon of water in place of a rope.

Cable Pull with Pivot**Set: 3****Repetitions: 12-20****Tempo: Slow**

Maintain a visual gaze that is towards the horizon (straight ahead) and good stability through the abdominals. Start with the feet shoulder width apart, toes pointing out slightly, and in a full squat position. As you return to starting position, the outside leg (the one furthest to the stack of weights) steps in and pivots which is followed by the inside leg pivoting and stepping out, in essence, you turn and face the opposite direction (as shown). Continue with this pattern (one rep, turn, one rep, turn etc.).

NO GYM EQUIPMENT

Use a household item such as a full sized canned good or gallon of water in place of a rope.

Push Press**Set: 3****Repetitions: 12-20****Tempo: Slow**

Maintain a visual gaze that is towards the horizon (straight ahead) and good stability through the abdominals. This movement combines a squat with a cable arm shoulder press. Start with the feet shoulder width apart, pointing out slightly. Choose a light weight as the squat motion will involve a side bend and rotation towards the weighted hand. As you descend into the squat, you will load (rotate towards) the leg on the same side as the weighted hand. Using much the same motion as a shot putter, you will push off the weighted leg and summate the forces up the body as you stand and push the cable overhead (shoulder press). As the weight is brought back to the shoulder, start into the descent of the squat.

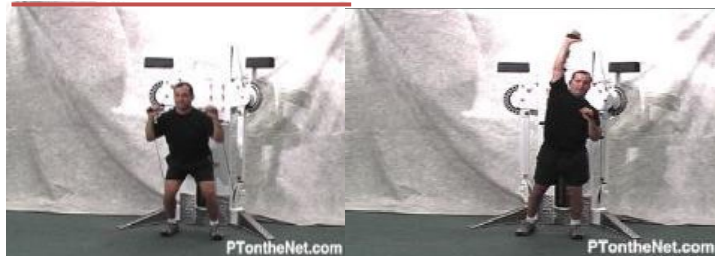
NO EQUIPMENT MODIFICATION

Use a household item such as a full sized canned good or gallon of water in place of a rope.

Squat & Cable Press

Set: 3

Repetitions: 12-20 Tempo: Slow



Maintain a visual gaze that is towards the horizon (straight ahead) and good stability through the abdominals. This movement involves a squat motion and a bilateral cable shoulder press.

Start with the feet shoulder width apart, hands at shoulder height, and elbows held away from the body (as shown). Perform a complete squat as shown. Once standing, perform a bilateral overhead shoulder press. Bring the hands back to the shoulders. Repeat pattern.

NO GYM EQUIPMENT

Squat & Arm Press without Weights

Stand with your feet slightly wider than hip-width apart, back straight, shoulders down, toes pointed slightly out. Hands should be parallel to shoulders.

Keeping your back straight, lower your body down and back as if you are sitting down into a chair, until your thighs are parallel to the ground (or as close to parallel as possible).

Make sure your knees do not pass over your toes, and keep your abs tightly activated to ensure a straight spine. Rise back up slowly simultaneously raising arms above your head.

Cool Down - Perform 5-10 minutes of walking at a comfortable pace.