

St. Pete Fit Mom

Month 2

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

Abdominal Heel Draw-ins

Set: 3

Repetitions: 15



Lie flat on your back. Your arms should be outstretched close to either side of the body with palms facing upward.

Bend both knees and pull the heels toward the buttocks. The knees should be bent at a right angle.

Suck in the tummy drawing the bellybutton towards the spine. Hold this position throughout the exercise.

Raise the left heel about an inch off the ground.

Keeping the back flat, slowly extend that leg straight out maintaining the same 1-inch distance from the floor and hold for 3-5 seconds. Slowly return the left leg to starting position while still hovering at the same distance. Repeat exercise with right leg.

Chest Fly Using Stability Ball

Set: 3

Repetitions: 15



Hold a pair of dumbbells close to your chest, and place your shoulder blades and head on top of the ball with the rest of your body in a table top position. Feet should be hip distance apart.

Raise dumbbells together straight above chest, palms facing in.

Slowly lower arms out to the side with a slight bend in your elbow, until elbows are about chest level.

Squeeze your chest and bring hands back together at the top.

Standing Bicep Curl

Set: 3

Repetitions: 15



Hold a dumbbell in each hand, and stand with your feet as wide apart as your hips. Let your arms hang down at your sides with your palms forward. Pull your abdominals in, stand tall, and keep your knees slightly bent. Curl both arms upward until they are in front of your shoulders. Slowly lower the dumbbells back down. Repeat.

Abdominal Crunch

Set: 3

Repetitions: 15



Lie down on the floor on your back and bend your knees; place your hands behind your head or across your chest. Pull your belly button towards your spine, and flatten your lower back against the floor. Slowly contract your abdominals, bringing your shoulder blades about one or two inches off the floor. Exhale as you come up, and keep your neck straight and chin up. Hold at the top of the movement for a few seconds, breathing continuously. Slowly lower back down, but don't relax all the way.

French Press

Set: 3

Repetitions: 15



Starting Position: Place dumbbells in each hand, lie back on a stability ball so that your body weight is evenly distributed across your upper back. Your back should be touching the ball between the top of your lower back and the bottom of your neck; your head should also be resting on the ball. Extend your feet out until your knees are bent at close to a 90-degree angle and are firmly planted on the floor hip width apart. Finally, extend your arms above your head and the dumbbells in your hands so that your palms are facing each other. **Exercise:** From the starting position, bend your elbows and bring the dumbbells down on either side of your head. To get the most work out of your triceps, try to keep your arms at a 45-degree angle. You should feel your triceps engaged throughout. When you have reached the bottom of the range of motion, reverse the movement by straightening your arms and bringing the dumbbells back to starting position.

Squat with Shoulder Press

Set: 3

Repetitions: 15



Stand with your feet shoulder width apart. Hold the dumbbells in front of your shoulders with your palms facing away from you. Move your body down into a squat while keeping the dumbbells in front of your shoulders. Do not bend your knees past 90 degrees. As you stand back up from the squat, extend your arms to push the dumbbells up into the air above your shoulders. Extend your legs at the same rate you extend your arms. Go back into a squat and return your arms to the starting position.

Bridge

Set: 3

Repetitions: 15



On your mat, lie on your back with your knees bent and feet flat on the floor. Be sure and keep your feet underneath your knees, not in front. Plant your palms by each side, face down. Raise your hips up to the ceiling, tensing your abs and squeezing your buttocks as you do. You should be making a long diagonal line with your body from shoulders to knees. Hold for a few seconds, making sure your spine doesn't round and your hips don't sag. Keep your abs and buttocks muscles engaged. Lower down to the ground, then repeat.

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