

St. Pete Fit Mom

Month 3

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

One Leg Balance

Sets: 3

Repetitions: 15



Stand on one leg with the knee slightly bent and hands on hips.

Reach the opposite leg to the front, then to the side, then diagonally back and out, without altering optimal alignment of the balancing leg. The knee must remain over the second and third toes.

Maintain optimal spinal alignment throughout the exercise.

Double Arm Wall Squat

Sets: 3

Repetitions: 15



Face wall, place both hands shoulder height against the wall. Soften knees and squat downward, gently pushing butt backwards. Keep heels on the ground. Once you feel a gentle stretch in calves or lats, return to the starting position and repeat.

Abdominal Crunch

Sets: 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.

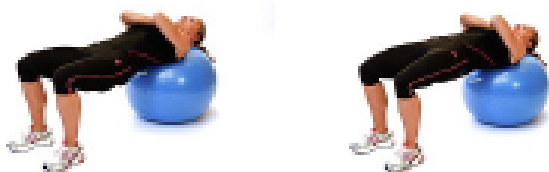
Pull your belly button towards your spine, and flatten your lower back against the floor.

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.

Bridge on Stability Ball - Raise and Lower Hips

Set: 3 Repetitions: 15



For proper alignment, it is important that the head be resting comfortably on the ball with the neck in a neutral position. Do not let the head drop backward or forward. Keep chin down, and the chest should be lifted. Hips, knees, and ankles should be aligned. Lower and lift the hips with control. Keep the knees stacked over the ankles. The ball should not move. Think of pushing the hips toward the ceiling.

Back Lunge

Set: 3 Repetitions: 15



Start with a small step and shallow knee flex to assure proper alignment and neuromuscular stability in the transverse plane before increasing range of motion and depth of lunge. Step to the side, while rotating the hips and torso in the transverse plane and allowing the body to react to the ground force, gravity, and momentum. Return to the starting position and alternate. Perform this exercise by alternating sides.

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.

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