
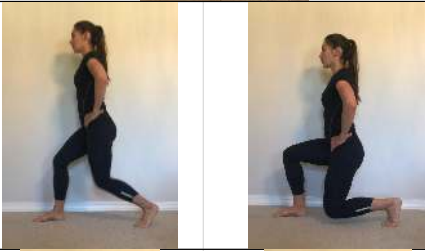















MUMS ON THE RUN

PREGNANCY EXERCISES

<p>squats x20</p>		<p>start with your feet hip width apart, squat down keeping your knees at or behind your toes; stand back up pushing through your heels</p>
<p>lunge pulses x10 each side</p>		<p>lower yourself down into lunge position, careful not to let front knee go past your toes; partially stand back up and pulse up and down keeping your weight through your front heel</p>
<p>band walks x10 steps ea way</p>		<p>place band around your ankles, lower into a mini squat and take steps to the side keeping your weight in your heels and knees behind your toes</p>
<p>sidelying hip abduction x20</p>		<p>lie on your side, roll your hips forward, then lift your top leg up and away from your body and slightly back. Make sure your hips don't roll back as you lift.</p>
<p>bridging x20</p>		<p>start on your back with knees bent; squeeze glutes and lift hips up while exhaling; return to start position and repeat</p>

<p>curtsy squat x10</p>			<p>start standing with your feet hip width apart, cross one leg behind your other and squat down while maintaining good balance and knee alignment. Return to standing and repeat on the other side.</p>
<p>Single leg sit-to-stand x15</p>			<p>start by sitting on a chair with one leg out straight, then standing up using your other leg. Make sure your knee is aligned with your toes and use your glutes to stand up. Lower back down with good control and repeat.</p>
<p>foam roller flys x30</p>			<p>lie on your back on the foam roller, knees bent off the end and head resting on the other end. on your exhale slowly lower one arm out to the side while keep your spine in neutral and not rolling off the roller. Continue to breathe as you bring your arm back to starting position. repeat on other side. use 1-3# *discontinue if you feel dizzy or have been advised to not lie on your back</p>
<p>Single leg RDL</p>			<p>get your balance on one leg, then tip forward keeping your shoulder, hip, and heel in one straight line. Then return to standing. Make sure you don't twist your hips. You should feel this in your glutes on your standing leg!</p>
<p>side plank x30sec</p>			<p>lie on your side with your elbow below your shoulder and maintain good alignment as you hold. Continue to breathe. Modify by holding from your knees instead of toes.</p>

*These exercises are examples that may be appropriate for you while pregnant, but are not necessarily safe for everyone. They should not be relied on as medical advice, please consult your medical provider prior to performing.