



The 10 Minute Core Workout for Pregnancy

Welcome to the 10 Minute Core Workout for Pregnancy. For your safety and comfort, please read the following carefully:

This workout is intended for healthy pregnant women with uncomplicated pregnancies who have received written permission from their healthcare provider to exercise at this point in their pregnancy. Some of the exercises are not suitable for those with Diastasis Recti (abdominal separation). If you have this condition, please ask your healthcare provider or certified pre and postnatal fitness specialist for guidance.

Before you begin it will be helpful to know....

Your Core Strength During Pregnancy

As your uterus grows and becomes heavier, it causes your pelvis to tilt forward. This leads to an excessive curve in your lower back and is the reason the #1 physical complaint of pregnancy is lower back pain. Strong Core muscles will decrease this curve and there prevent and manage low back discomfort.

The increasing weight of your uterus also puts pressure on your pelvic floor muscles. This can lead to urinary incontinence and a general weakening of these muscles. Prioritize pelvic floor exercises during and after pregnancy.

Your growing tummy can also put strain on the fascia and muscles of your abdomen. This may lead to abdominal separation. If you have a separation, please talk to your healthcare provider before doing any core exercises.

Your Core Strength During Birth

During the pushing stage of labour, your abdominal muscles assist in pushing your baby out. Having strong abdominal muscles will help you have strength and stamina for the pushing stage.



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Your pelvic floor muscles stretch and make way for your baby to be born. Toned pelvic floor muscles are more elastic so may reduce your chances of tearing or the need for an episiotomy.

Your Core Strength Postpartum

Muscles have memory. If you were using them during your pregnancy you will have results sooner after birth. If you take several months off from doing any core exercises, you will most definitely be starting from square one. That's a pretty daunting place to start as a new mom. Set yourself up for success by doing core exercises at least 3 times per week during your pregnancy.

Being able to activate your pelvic floor means you will be able to turn on your 'tummy flattening muscles' (Transverses Abdominis) more effectively. If you find your pelvic floor now, it will be much easier to resume pelvic floor exercises after baby arrives.

It takes 3-9 months for your pelvis to return to neutral. Reduce this time by strengthening your core and you will have a happy back.

For new moms, not having a toned tummy often leads to self criticism. If you know you are as strong as you can be, you will feel better about your body after having your baby.

What You Will Need

You will need a mat and enough space to move freely. If you have a body ball, we recommend using it as part of this routine. Body balls are one of the best tools a pregnant woman can invest in. You will use it for exercise and relaxation now; for support and pain relief during labour; and for recovering your core and soothing your baby post partum. Be sure that your ball is the right size for you. When you are sitting on it your legs should be at a 90 degree angle. In other words, your thighs should be parallel to the floor.



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Pelvic Floor lifts on the Exhale

Sit on a ball or cross legged on the floor. Breathe deeply and evenly. Squeeze and lift your pelvic floor muscles each time you exhale. Relax on the inhale. Repeat 10 times.



Baby Hugs on the Exhale

Sit on a ball or cross legged on the floor. Breathe deeply and evenly. Squeeze and lift your pelvic floor muscles, then hug your baby into your spine (using your abdominal muscles) each time you exhale. Repeat 10 times.



Front Planks from Knees

Align shoulders with elbows and hug your baby into your spine. Your body should be straight like a plank. BREATHE deeply and evenly. Hold for 30+ seconds.



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Child's Pose on Ball or Floor

Sit on your heels and lean your upper body on your ball. If you are not using a ball, sit on your heels and walk your hands out in front of you to comfort. Hold for 30-60 seconds. The goal is recovery and flexibility.



Right Side Planks from Knees

Align bottom shoulder with bottom elbow. Align your top ear, shoulder, hip and knee. Slowly lift your body to a challenging but pain free position. BREATHE deeply and evenly. Hold for 30+ seconds.



Baby Hugs on the exhale

Sit on a ball or cross legged on the floor. Breathe deeply and evenly. Squeeze and lift your pelvic floor muscles, then hug your baby into your spine (using your abdominal muscles) each time you exhale. Repeat 10 times.



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Left Side Planks from Knees

Align bottom shoulder with bottom elbow. Align your top ear, shoulder, hip and knee. Slowly lift your body to a challenging but pain free position. BREATHE deeply and evenly. Hold for 30+ seconds.



Super Moms

Breathe Deeply and evenly. As you exhale, lengthen opposite arms and leg. As you inhale come back to start. Continue alternating sides. Repeat 10 times each side **BONUS** Spending time on your hands and knees may keep baby in an optimal birthing position.



The Cat

Breathe Deeply and evenly. As you exhale, slowly curl into cat position and hold. As you exhale come back to neutral. Repeat 10 times.

End with Child's Pose (see page 4) on the floor or leaning on a ball. If you are warm from doing a full body workout, it would be a good idea to stretch your hamstrings and hip flexors as well)

Questions? Ask your Fit 4 Two® Instructor or Trainer for Clarification or contact info@fit4two.ca

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