

ATTENDING KX DURING PREGNANCY AND THE POSTNATAL PERIOD

EBOOK GUIDE



INTRODUCTION

At KX, we are here to support you to stay active during this period. Whether you have attended KX Pilates before, or are new to our studios, there are some things to keep in mind for attending classes during pregnancy.

We have created this e-book to help you feel prepared to attend classes and move safely and in a way that feels good for you. This is not a comprehensive list of all modifications, but some key concepts and positions to keep in mind. If you have been attending KX Pilates previously and are familiar with the exercises and feel comfortable with the modifications, please feel free to get moving during class. If you are newer to our classes or feel unsure, our Trainers are always there to help.

If you have questions or would like to discuss anything further, please reach out to your local studio directly.



VIDEO CONTENT

We've also put together some videos for you to watch before attending class on our Pre/PostNatal webpage so you understand some exercise and equipment considerations.

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10 THINGS TO HELP YOU GET THE MOST OUT OF YOUR KX CLASSES

1. AVOID LYING FLAT ON YOUR BACK FOR EXTENDED PERIODS AFTER 13 WEEKS

As your pregnancy progresses, the increased weight of your uterus can reduce the blood supply to your baby when you lie flat on your back (a position called supine). The recommended timeframes of when to avoid exercise while lying on your back differs between varying peak bodies; at KX we take a conservative approach and guide you to avoid prolonged periods of exercising lying flat on your back from ~13 weeks. Some studios are equipped with pregnancy wedges, which you can use to support yourself in a semi-recumbent position to complete these exercises. When you come to class, collect a pregnancy wedge and have it ready for when you need it. If your studio is not equipped with wedges, your trainer will show you alternatives such as lying on your side.

Standard option



Pregnancy variation



2. AVOID LYING FLAT ON YOUR FRONT

Unsurprisingly, lying flat on your front isn't advised (or comfortable!) during pregnancy. In some KX classes, there will be some exercises in this position. If this is taught in your class, you can always sit up instead, and generally complete the same, or slightly modified, versions of the same movements.

Standard option	Pregnancy variation
	

3. AVOID CLOSED TWISTS

With a growing bump, closed twists which compress this area are best avoided. As with all KX classes, you'll be offered options. Choose what feels comfortable for you, and ask for help or alternatives if you're not sure.

Standard option	Pregnancy variation
	

4. FIND APPROPRIATE SUPPORT FOR BALANCE AND STABILITY WORK

It is normal to gain weight and to experience a change in your centre of gravity during pregnancy. These changes can make balance work more challenging. You can support yourself by choosing more supportive spring options (your Trainer can help you), completing exercises in a stable position (like standing on the ground rather than the KX Former) or holding onto something (like the footbar or pole) for support. Don't ever feel you need to rush into anything – give yourself the time you need to assess how you feel and let your Trainer know if you need an alternative.

Standard option	Pregnancy variation
	

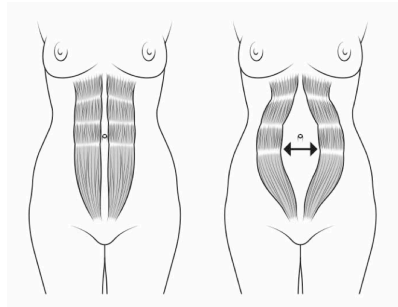
5. NOTICE HOW YOU FEEL WITH ABDOMINAL AND PELVIC FLOOR WORK

Pelvic floor: Every person and pregnancy is different. There is increased load on your pelvic floor during pregnancy, and some people may notice symptoms such as pelvic pain, heaviness, or urinary leakage. If you experience these symptoms, a women's health physiotherapist can provide support.

Abdominal separation: As your tummy grows, your abdominal muscles will separate down the middle to accommodate your baby (this is called DRAM - Diastasis Rectus Abdominis Muscle separation). This is a normal, physiological adaptation to pregnancy. Whilst abdominal work is safe and encouraged during pregnancy, it is important to be mindful of how your abdominal muscles are responding to load and modifying appropriately.

At KX Pilates, our Trainers can provide you with layers, options and progressions that feel comfortable and supportive for you. However, it is not within the scope of a group exercise class to diagnose, manage or rehabilitate pelvic floor conditions or abdominal muscle separation. Seeking guidance from a Women's Health Physiotherapist can provide you with

valuable insight into your changing body, and give you tools to check in with yourself during class. Reach out to your studio directly if you would like assistance finding a local Women's Health Physiotherapist.



Abdominal Muscle Separation or Diastasis

Source: The Royal Women's Hospital

<https://www.thewomens.org.au/images/uploads/fact-sheets/Abdominal-muscle-separation-270719.pdf>

6. SLOW DOWN AND REST WHEN YOU NEED TO

Moving your body during pregnancy is incredibly beneficial, but that doesn't mean you need to be aiming for "personal bests" or pushing to your absolute limits. Current evidence recommends using the "talk test" to guide exercise intensity. Aim to work to a "moderate intensity" where you can feel your heart rate is elevated, but you are not so out of breath that you couldn't sustain a conversation. [If you're wanting to train more vigorously, discuss with your chosen healthcare provider first].

Our Signature classes are dynamic, and we often move from one body position (e.g. lying down) to another (e.g. standing up) rapidly. You may find you need to slow down these transitions or take more/longer rest breaks in classes – please do! Our classes are designed so that everyone can move at a pace that works for them – keep listening to your body and do what feels good.

7. STAY COOL AND HYDRATED

In pregnancy, it's common to run hotter and be more susceptible to dehydration. Our studios are always temperature controlled, but if you feel uncomfortably warm, please rest and let your Trainer know. Make sure you stay well hydrated before, during and after your class.

8. BE GUIDED BY HOW YOU FEEL... AND NOTIFY YOUR TRAINER IF ANYTHING CHANGES

Every pregnancy is unique. You might find some movements feel good, and others less so, and what feels comfortable for you will likely change over the months. There might also be some conditions (like pelvic girdle pain) which don't bother you while doing a particular movement but may be aggravated afterwards. Our Trainers are always here to provide support and options, and will be guided by you and how you are feeling. Take the time to check in with yourself throughout the class, let your Trainer know how you are feeling, and if you need another option.

9. BOOK INTO APPROPRIATE CLASSES

Availability and guidance for pregnancy appropriate classes varies between studios, so reach out directly to understand your options. Please note that Advanced classes are not suitable during pregnancy.



10. SYMPTOMS THAT WARRANT SEEING A HEALTHCARE PROVIDER

At KX Pilates, our Trainers can support and guide you to move safely throughout pregnancy and during the postnatal period. However, our classes are for supporting general fitness classes, not rehabilitation.

There are some symptoms which are outside the scope of a Pilates trainer and are best addressed by a healthcare provider. This is not an exhaustive list, but a quick reference guide to keep in mind for when to seek further support:

If you are experiencing: - Vaginal bleeding/fluid leaking - Dizziness or fainting - Severe/persistent headaches or visual disturbances - Decreased/altered movements of your baby - Severe back/pelvic/abdominal pain - Chest pain/heart palpitations - Sudden swelling in hands, face, feet - Painful abdominal contractions - Shortness of breath	Stop class and seek prompt medical advice from your pregnancy care provider
If you are experiencing: - Ongoing pelvic pain/pressure - Urinary/bowel incontinence - Pain during core engagement - Diastasis recti (separation of abdominal muscles) - Difficulty engaging/relaxing pelvic floor - Symptoms of prolapse (vaginal heaviness/bulging) - Prolonged (>6 weeks) or unusual postpartum bleeding - Fear/emotional distress about movement	See a GP/women's health physiotherapist for support

REFERENCES

<https://www.health.gov.au/topics/physical-activity-and-exercise/pregnancy?language=en>

<https://ranzcog.edu.au/wp-content/uploads/Exercise-During-Pregnancy-Guidance.pdf>

<https://www.health.gov.au/resources/publications/physical-activity-during-pregnancy-guidelines-brochure?language=en>