

TIPS FOR EXERCISE DURING PREGNANCY

Maintain Alignment During Kegels

1. Ribs are stacked above the hips to allow the diaphragm and pelvic floor to work together as a team
2. Shoulders are retracted and depressed; avoid allowing the shoulders to roll forward or shrug up to the ears
3. Knees are slightly bent and never locked out
4. Chest is up in front, not pointed downward to the floor or up to the ceiling
5. Pelvis remains neutral



Coordinate Breathing with Movement

1. In neutral alignment, inhale through and breath through the ribs
2. On the inhale, open and relax the pelvic floor
3. Blowing through a straw, gently Kegel on the exertion part of the exercise



How to Modify Exercise During Pregnancy & Stay Challenged

1. Decrease the weight used in each lift
2. Increase repetitions
3. Speed up or slow down the tempo

