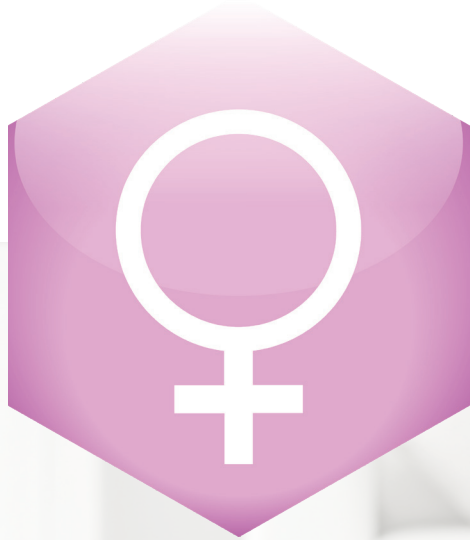


EXERCISE GUIDE

HEALTHY MOTHER, HEALTHY BABY



**WHOLE BODY EXERCISE PROGRAM
FOR YOU AND YOUR BABY.**





Exercise Guide

Designed by Dr. Seth Kelson

Exercise may seem like just another chore to do. However, light exercise can provide some much-needed relief and support during your pregnancy!

Each exercise included in this program has a specific purpose, whether

- easing chronic pain and discomfort,
- supporting expected weight gain, or
- improving your overall health.

Just as the recipe guide complements your lifestyle, these exercises are designed to fit easily into your everyday routine.

This exercise program is divided into four categories: stabilization, lower body, upper body, and cardio. These programs will help build strength, reduce pain, reduce risk of injury, pelvic stability, and improve balance and coordination. Each category gives your body the needed physical support during each trimester. These exercises should take about 45 minutes each day, with two rest days at the end of the week.

As with everything you do during pregnancy, perform these exercises under the direction of a physician or physical therapist. Every woman is different and thus will have different limits while pregnant. If any of these exercises feel too strenuous, stop immediately. The safety of you and your baby is our main concern, so do not push your body past its limits. If you cannot complete the set associated with your trimester, select one of the alternative sets included in each exercise. Pick the alternative the best suits your capabilities.

Monday Stabilization Program Lower Body 15 Minutes of Cardio	Tuesday Stabilization Program Upper Body 15 Minutes of Cardio	Wednesday 45 Minutes of Cardio	Thursday Stabilization Program Lower Body 15 Minutes of Cardio
Friday Stabilization Program Upper Body 15 Minutes of Cardio	Saturday Rest Day	Sunday Rest Day	

Stabilization
 Lower Body
 Upper Body
 Cardio

Stabilization Program

Focus Areas: quadriceps, gluteal muscles, hamstrings, inner/outer thigh, and opposing stabilization muscles.

<p>Straight Leg Raises</p>	<ol style="list-style-type: none"> 1. Lie on your back. Bend your left knee to a 90° angle (as if you were sitting on a chair) with your right knee. 2. While maintaining a Quad Set (tightening your quad muscle), lift your right leg off the ground as far as is comfortable. 3. Return your extended leg to starting position, and repeat exercise with your opposite leg. Repeat exercise as long as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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<p>Knee Over Leg Raises</p>	<ol style="list-style-type: none"> 1. Lie on your left side with your left leg against a flat surface. 2. Bend right knee over left leg and place it in front of you with your foot flat on the ground. 3. Lift your extended left leg off of the flat surface (under your right leg) about 6 inches. 4. Return your leg to the flat surface. Keep muscles tight through the entire motion. 5. Rotate sides, and repeat exercise with your opposite leg. Repeat exercise as long as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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Stabilization Program Continued

<p>Body Bridges</p>	<ol style="list-style-type: none"> 1. Lie on your back on a firm, flat surface. Bend your knees so your feet are firmly planted on the ground. 2. Keeping your feet and shoulder blades firmly planted, lift your lower back off the flat surface. 3. Maintain this position as long as indicated in the levels of exercises or as your fitness level allows. 4. Return to starting position, and repeat exercise as long as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 30 seconds</p> <p>Alt. 2 — 2 sets of 30 seconds</p> <p>Trimester 1 — 1 set of 1 minute</p> <p>Trimester 2 — 2 sets of 1 minute</p> <p>Trimester 3 — 2 sets of 1 minute</p>
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<p>Body Bridges with Pillow or Ball</p>	<ol style="list-style-type: none"> 1. Lie on your back on a firm, flat surface. Bend your knees so your feet are firmly planted the ground. 2. Place a pillow or ball between your knees. 3. Keeping your feet and shoulder blades firmly planted, lift your lower back off the flat surface. 4. As you maintain this position, squeeze the pillow or ball with your knees. 5. Maintain this position as long as indicated in the levels of exercises or as your fitness level allows. 6. Return to starting position, and repeat exercise as long as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 30 seconds</p> <p>Alt. 2 — 2 sets of 30 seconds</p> <p>Trimester 1 — 1 set of 1 minute</p> <p>Trimester 2 — 2 sets of 1 minute</p> <p>Trimester 3 — 2 sets of 1 minute</p>
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Stabilization Program Continued

Body Bridges with Band

1. Lie on back on a firm, flat surface. Bend knees so feet are firmly planted the ground.
2. Wrap looped resistance band around knees.
3. Keeping feet and shoulder blades firmly planted, lift your lower back off the flat surface.
4. As you maintain this position, pull your knees apart, stretching the band.
5. Maintain position as long as indicated in the levels of exercises or as fitness level allows.
6. Return to starting position, and repeat exercise as long as indicated in the levels of exercises or as your fitness level allows.

Levels of Exercises

- Alt. 1 — 1 set of 30 seconds
- Alt. 2 — 2 sets of 30 seconds
- Trimester 1 — 1 set of 1 minute
- Trimester 2 — 2 sets of 1 minute
- Trimester 3 — 2 sets of 1 minute



Body Bridge Marching

1. Lie on your back on a firm, flat surface. Bend knees so feet are firmly planted the ground.
2. Wrap looped resistance band around knees.
3. Keeping feet and shoulder blades firmly planted, lift your lower back off the flat surface.
4. As you maintain this position, alternate lifting one foot off the ground at a time, stretching the band.
5. Alternate this resisted marching as long as indicated in the levels of exercises.
6. Return to the starting position, and repeat exercise as long as indicated in the levels of exercises or as your fitness level allows.

Levels of Exercises

- Alt. 1 — 1 set of 30 seconds
- Alt. 2 — 2 sets of 30 seconds
- Trimester 1 — 1 set of 1 minute
- Trimester 2 — 2 sets of 1 minute
- Trimester 3 — 2 sets of 1 minute



Stabilization Program Continued

<p>Body Bridge Alternating Kicks</p>	<ol style="list-style-type: none"> 1. Lie on back on a firm, flat surface. Bend knees so feet are firmly planted the ground. 2. Wrap looped resistance band around knees. 3. Keeping feet and shoulder blades firmly planted, lift your lower back off the flat surface. 4. As you maintain position, pull knees apart, alternating straightening one knee at a time. 5. Maintain position as long as indicated in the levels of exercises or as fitness level allows. 6. Return to starting position and repeat exercise as long as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 30 seconds</p> <p>Alt. 2 — 2 sets of 30 seconds</p> <p>Trimester 1 — 1 set of 1 minute</p> <p>Trimester 2 — 2 sets of 1 minute</p> <p>Trimester 3 — 2 sets of 1 minute</p>
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<p>Side Leg Raises</p>	<ol style="list-style-type: none"> 1. Lie on your left side with your left leg on top. 2. Keeping your left leg straight, lift it up and away from your right leg about 6 inches. 3. Return your leg to the starting position, tightening muscle through the entire motion. 4. Rotate and switch sides, and repeat exercise with opposite leg. Repeat exercise as long as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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Stabilization Program Continued

Wall Squat Pillow or Ball Squeeze

1. Stand with back against a wall with feet about a foot in front of you.
2. Position a firm pillow or ball between knees.
3. Bend knees until they are at about a 90° angle. Make sure knees DO NOT go past your toes. This increases the pressure on knees. Make sure toes and knees are facing the same direction as your movements. Distribute weight evenly between your legs.
4. As you maintain position, squeeze pillow or ball with knees.
5. Maintain position as long as indicated in the levels of exercises or as fitness level allows.
6. Return to starting position, and repeat exercise as indicated or as fitness level allows.

Levels of Exercises

- Alt. 1 — 1 set of 30 seconds
- Alt. 2 — 2 sets of 30 seconds
- Trimester 1 — 1 set of 1 minute
- Trimester 2 — 2 sets of 1 minute
- Trimester 3 — 2 sets of 1 minute



Wall Squat Band Spread

1. Stand with back against a wall with your feet about a foot in front of you.
2. Wrap looped resistance band around knees.
3. Bend knees until they are at about a 90° angle. Make sure knees DO NOT go past toes. This increases the pressure on knees. Make sure your toes and knees are facing the same direction as your movements. Distribute weight evenly between legs.
4. As you maintain this position, pull knees apart, stretching the band.
5. Maintain this position as long as indicated or as fitness level allows.
6. Return to starting position, and repeat exercise as indicated or fitness level allows.

Levels of Exercises

- Alt. 1 — 1 set of 30 seconds
- Alt. 2 — 2 sets of 30 seconds
- Trimester 1 — 1 set of 1 minute
- Trimester 2 — 2 sets of 1 minute
- Trimester 3 — 2 sets of 1 minute



Upper Body Program

Focus Areas: back, arms, shoulders, chest, and opposing stabilization muscles.

Low Shoulder Rotations	<ol style="list-style-type: none">1. Tie a knot in a resistance band or cord, and secure between door and door hinges. Shut the door.2. Position yourself facing a wall while holding a resistance cord in both hands.3. Maintain elbow position close to sides.4. Spread and lift hands away from your side.5. Return hands to starting position, and repeat exercise as long as indicated in the levels of exercises or as your fitness level allows.	Levels of Exercises Alt. 1 — 1 set of 20 reps Alt. 2 — 1 set of 30 reps Trimester 1 — 2 sets of 20 reps Trimester 2 — 2 sets of 30 reps Trimester 3 — 2 sets of 30 reps
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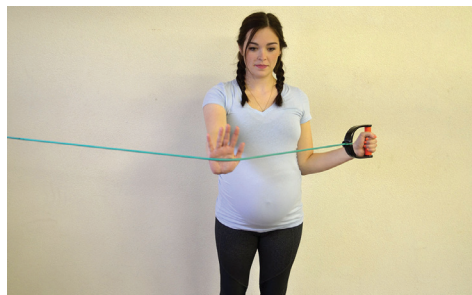
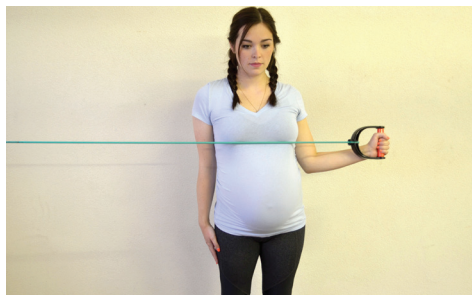
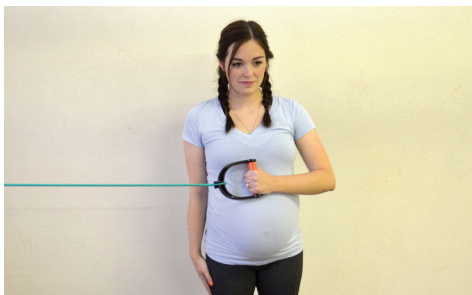


High Shoulder Rotations	<ol style="list-style-type: none">1. Tie a knot in a resistance band or cord, and secure between door and door hinges. Shut the door. <p>Position yourself facing a wall while holding a resistance cord in both hands.</p> <ol style="list-style-type: none">2. Maintain elbow position away from sides. Elbows should be level with shoulders.3. Raise hands, holding elbows in place.4. Return hands to starting position, and repeat exercise as long as indicated in the levels of exercises or as your fitness level allows.	Levels of Exercises Alt. 1 — 1 set of 20 reps Alt. 2 — 1 set of 30 reps Trimester 1 — 2 sets of 20 reps Trimester 2 — 2 sets of 30 reps Trimester 3 — 2 sets of 30 reps
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Upper Body Program Continued

<p>Horizontal Pull/Forward Press Combo</p>	<ol style="list-style-type: none"> 1. Shut band in door at the level of your elbow. 2. Position right side of body perpendicular to resistance band. Hold resistance band in left hand, right arm should be closer to the door. 3. Bring left arm out and away from body, extend left arm out to side. 4. Maintain this position. 5. With right arm, press band straight out in front of you. 6. Rotate, and repeat exercise with opposite arm. Repeat exercise as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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<p>Horizontal Pull/Vertical Push Combo</p>	<ol style="list-style-type: none"> 1. Wrap band around door hinge above shoulders. 2. Position yourself facing resistance band and hold a resistance band in both hands with arms extended. 3. Pull arms toward body, elbows should be out and away from body and in line with shoulders. 4. While maintaining position, rotate hands up toward head. Make sure to keep arms level with shoulders. 5. Extend elbows, pressing hands overhead. 6. Return hands to starting position, and repeat exercise as indicated or as fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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Upper Body Program Continued

Barrel Hug	<ol style="list-style-type: none">1. Wrap band around door hinge above shoulders.2. Position yourself facing away from resistance band, and hold band in both hands.3. Hold arms out to your sides with elbows in line with shoulders and hands.4. Extend arms, and pull hands together when fully straightened. This will feel like you're wrapping your arms around a large barrel.5. Reverse motion back to starting position, and repeat exercise as indicated in the levels of exercises or as your fitness level allows.	Levels of Exercises Alt. 1 — 1 set of 20 reps Alt. 2 — 1 set of 30 reps Trimester 1 — 2 sets of 20 reps Trimester 2 — 2 sets of 30 reps Trimester 3 — 2 sets of 30 reps
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Lower Body Program

Focus Areas: inner/outer thighs, gluteal muscles, hamstrings, quadriceps, and opposing stabilization muscles.

<p>Leg Clamshells</p>	<ol style="list-style-type: none"> 1. Lay on your left side with your knees bent. Wrap a resistance band around your knees. 2. Keeping your heels together and knees bent, raise your top knee up and away from the knee on the flat surface. This will stretch the band. 3. Return knees together. 4. Rotate sides, and repeat exercise with other leg as many times as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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<p>Front Lunge</p>	<ol style="list-style-type: none"> 1. Stand with feet about a shoulder width apart. 2. Place one leg about 18 inches in front of you, maintaining a shoulder width stance. 3. Bending knees, lower body in a controlled manner. 4. Make sure your knees DO NOT go past your toes. This increases the pressure on knees. Make sure your toes and knees are facing the same direction as your movements. Distribute your weight evenly between your legs. 5. Slowly lift your body back up. 6. Alternate legs, and repeat exercise as indicated or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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Lower Body Program Continued

<p>45° Lunge</p>	<ol style="list-style-type: none"> 1. Stand with feet about a shoulder width apart. 2. Place one leg about 18 inches in front of you and 45° to the side. 3. Bending knees, lower body in a controlled manner. 4. Make sure knees DO NOT go past your toes. This increases the pressure on your knees. Make sure toes and knees are facing the same direction as your movements. Distribute your weight evenly between your legs. 5. Slowly lift your body back up. 6. Alternate legs, and repeat exercise as indicated or as fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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<p>Side Lunge</p>	<ol style="list-style-type: none"> 1. Stand with your feet wider than shoulder width apart (about 6in. farther for each foot). 2. Start bending the knee on your left leg as you begin shifting weight onto that side. 3. Make sure knees DO NOT go past your toes. This increases the pressure on your knees. Make sure toes and knees are facing the same direction as your movements. Distribute weight evenly between legs. 4. Slowly lift your body back up. 5. Alternate legs, and repeat exercise as many times as indicated or as fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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Lower Body Program Continued

<p>Walking Lunges</p>	<ol style="list-style-type: none"> 1. Stand with feet about a shoulder width apart. 2. Place one leg about 18 inches in front of you, maintaining a shoulder width stance. 3. Bending knees, lower body in controlled manner. 4. Make sure knees DO NOT go past toes. This increases pressure on knees. Make sure toes and knees face same direction as movements. Distribute weight evenly between legs. 5. Slowly lift your body back up. 6. Take a step forward so your other leg is now about 18 inches in front of you. 7. Alternate legs, and repeat exercise as many times as indicated in the levels of exercises or as your fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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<p>Standing Squat</p>	<ol style="list-style-type: none"> 1. Begin with your feet about shoulder width apart, with posture upright and straight. 2. Slowly bend knees and hips, moving into a squat position. 3. Make sure knees DO NOT go past your toes. This increases the pressure on knees. Make sure toes and knees are facing the same direction as your movements. Distribute weight evenly between legs. 4. Bend so knees are at a 90° angle with chest up. This should feel similar to sitting in a chair. 5. Make sure to maintain good posture which is to have head, shoulders, and chest upright. 6. Return to the starting position, and repeat exercise as indicated or as fitness level allows. 	<p>Levels of Exercises</p> <p>Alt. 1 — 1 set of 20 reps</p> <p>Alt. 2 — 1 set of 30 reps</p> <p>Trimester 1 — 2 sets of 20 reps</p> <p>Trimester 2 — 2 sets of 30 reps</p> <p>Trimester 3 — 2 sets of 30 reps</p>
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