

# SB FITNESS



## PRENATAL GUIDE

# DISCLAIMER

- Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE ALWAYS consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition, and/or if you are pregnant, nursing, or elderly.
- By performing any of the exercises in this program, you assume ALL risks of injury from doing so. SB Fitness is NOT responsible or liable for any injury or loss you may sustain by participating in this exercise program.
- ALWAYS warm up before beginning any workout and NEVER exercise beyond the level at which you feel comfortable.
- PLEASE stop exercising immediately if you experience pain, soreness, fatigue, shortness of breath, dizziness, lightheadedness, blurred vision, headache, nausea, sickness, illness, dehydration, excessive sweating, or any other discomfort. If any of these symptoms persists after you stop exercising, please seek medical help immediately.
- This exercise program and the class tutorials and instructions provided in this program are NOT intended, and should NOT be used, as a substitute for professional medical advice, diagnosis or treatment.
- SB Fitness makes NO representation or warranty, whether express or implied, with respect to the safety, usefulness, or the result of this exercise program.

# Congratulations!



Congratulations! If you're reading this you are probably pregnant! Your body is doing amazing things, but it is about to go through the stresses of pregnancy and parenthood.

Let's get this out of the way: Should you workout while you are pregnant?

YES!!!! Pregnancy used to be considered a "condition," where you needed to take it easy and remain inactive. Thankfully recent research has studied the benefit of activity while pregnant and researchers call exercise critical to mom and baby.

I am trained in a Performance Training Approach, which believes that the pregnancy journey is a marathon, and you can/should train for it. We train for specific stresses pregnancy puts on the body like, losing your center of gravity, nausea, weight gain, and even labor itself.

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# Benefits of exercise while PREGNANT

Minimizes excessive weight gain, gestational diabetes, and hypertension

Facilitates shorter, easier labor

Expedites postpartum recovery

Improves placental function and baby's health at birth

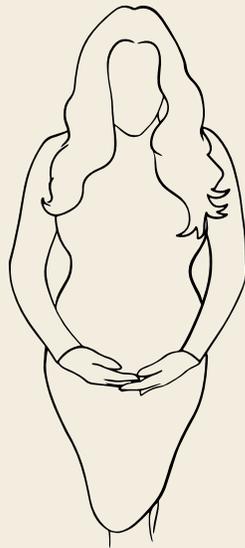
Improves baby's ability to manage stresses of labor and improves cardiovascular health of baby

# Your trimesters broken down



First

Foundational movements that we will build on the rest of your pregnancy



Second

Up the intensity and start training your heart rate for labor



Third

Birth prep - mentally and physically working on mobility + pelvic floor for labor

# Training in your first trimester

During your first trimester we will be building strength in your body, specifically in your core, pelvic floor, and lower back.

Neutral alignment - pregnancy tends to pull your center of balance (think about when a pregnant woman's belly juts out, her lower back arches, and she walks with a "waddle") Its natural! But it does cause back pain - so we work on posture exercises to pull your hips back under your shoulders as much as possible

Core activation - We'll use breathwork and pelvic floor exercises to strengthen your core, which will help for an easier labor, reduce injuries, increase balance, and recover quicker

Foundational exercises and Parenthood ADL's (activities of daily living) - in these few weeks of the beginning of your pregnancy we will master movements in daily life, like a squat, hinge, push, and pull. We use all of these movements as parents (and not as parents)

Example: using a lunging pattern, we will practice getting up off the floor without using your hands. Imagine you are feeding your baby with both hands sitting down and need to stand up - will you have the strength to stand up on your own?

# Training in your second trimester

Here comes the fun part. Your second trimester is usually the best and easiest one. Hopefully any nausea you had has subsided and you have more energy. We will take advantage of this energy and increase the intensity of your workouts!

You have probably heard of HIIT training - High Intensity Interval Training, which is when you do an intense exercise for a short period of time to get your heart rate up, and then rest for a period of time to bring it back down, and repeat. Sounds a bit like labor and delivery right? You have an intense contraction + push for a short period of time, and then a moment of rest. The cool thing is that we can actually train for labor! We'll use something called LIIT (Labor Intensity Interval Training) and our work to rest ratios will mimic labor.

# Training in your third trimester

At around 7 months we'll begin your birth prep stage. At this point your energy is probably coming down and you are getting mentally prepared for your baby. These sessions are focused on pelvic floor preparation to reduce recovery time after labor, mobility work to practice different pushing positions available to you, energy management to help you get through labor, and even education on your birth plan if you need the help

# First trimester sample workout

## **Step 1:** core activation

- 360 breathing
- 10 (each side) bird dog
- Pelvic tilts

## **Step 2:** dynamic warm up

- foam rolling
- incline treadmill walk

## **Step 3:** strength training - repeat 3x

- 10 squats
- 10 EL reverse lunges
- 10 EL step ups
- 10 push ups
- 15 reverse flys
- 10 assisted pull ups

## **Step 4:** stretch/cool down

# second trimester sample workout

## Step 1: dynamic warm up

- foam rolling
- incline treadmill walk

## Step 2: strength training - repeat 3x

- 10 squats + OH press
- 10 deadlifts
- 10 EL step ups
- 10 bird dog
- 15 reverse flys
- 10 assisted pull ups

## Step 3: LIIT

- 45 seconds of dumbbell walking lunges
- 15 seconds rest in a deep squat hold

## Step 4: stretch/cool down

# third trimester sample workout

## Step 1: dynamic warm up

- foam rolling
- incline treadmill walk

## Step 2: strength training - repeat 3x

- 20 side plank leg lifts
- 20 tabletop booty lift
- 15 plie squat pulses
- 10 tricep push ups
- 15 reverse flys
- 10 assisted pull ups

## Step 3: LIIT

- 40 seconds of dumbbell walking lunges
- 20 seconds rest in a deep squat hold

## Step 4: stretch/cool down



# YOUR BIRTH PLAN

When you give birth you have the right to have a written plan of your wants/wishes before, during, and after labor. I recommend going over this plan with your partner and doctor and expect that your doctor and hospital follow the plan unless your delivery becomes dangerous. Hospitals are well oiled machines, and try to get things moving as quickly as possible. You should consider having somebody, like a partner, parent, or doula advocating for you.



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# YOUR BIRTH PLAN

Some popular wishes moms put into their birth plans:

- Immediate skin to skin contact (dont let the nurses take the baby right away)
- Dont clean the baby for 24+ hours
- Certain positions you would like to try to give birth in (the U.S is the only country that promotes giving birth on your back!)
- Music in the delivery room
- Wearing your own clothing
- Baby evaluation while on mom's chest



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I don't want to overwhelm you with postpartum training, so that will be a separate guide.

However, I am going to include some postpartum services, products, tips, and tricks that I have spent abundant time researching

# POSTPARTUM

Tamari Jacob/ @onewiththepump - lactation support

Anja cord blood banking - Anja collects your placenta and umbilical cord which are rich in stem cells. They freeze and store the cord and placenta for you for a monthly fee should you or your child ever need them for medical reasons in the future

Belli Bind- supportive postpartum wrap\*

\*if you are interested in looking into postpartum wraps, I recommend working with a professional because you do not want these to be too tight and the goal is not a "flat tummy"

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