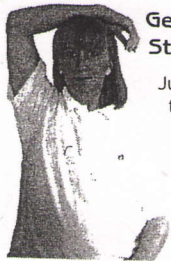


BEGIN HERE and work clockwise if doing whole series



### Gentle Neck Stretch

Just rest hand on top of head



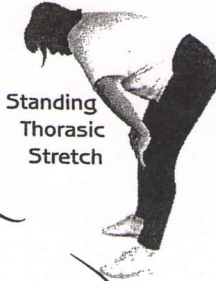
### Standing Abdominal Contractions

Do pelvic floor muscle squeezes as often as possible (10 times a day at least). Have a reminder e.g. every time you stop at a red traffic light.



### Standing Abdominal Contractions

Pretend you have been punched in the stomach



### Standing Thoracic Stretch

# Pregnancy Exercise Chart

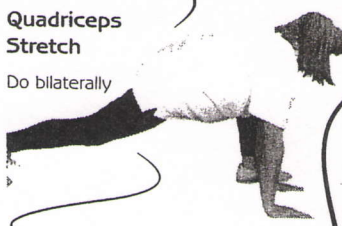
## General Rules to Remember

- If you have a poor obstetric history or any ante-natal complications consult your obstetrician/midwife prior to commencing the exercise program.
- Warm up 10 minutes pre exercise.
- Cool down 10 minutes post exercise.
- Do not lie flat on your back whilst exercising after 12 weeks/3 months gestation.
- Eat some carbohydrates 1-2 hours pre exercise - bananas are good for quick energy post exercise.
- Drink water pre/during/post exercise.
- Listen to your body i.e. stop/rest if you need to or if anything is uncomfortable or painful.
- Avoid high impact repetitive exercises as these increase stress on pelvic floor muscles.
- Avoid ballistic uncontrolled swinging movements because you have increased joint laxity.
- Dress appropriately - increase support for breasts but avoid overheating and wear good shoes.
- Talk test - you should be able to talk whilst exercising.
- Don't commence any vigorous sports you have not routinely done pre-pregnancy.
- If any of the following occurs whilst exercising - stop and consult your obstetrician/midwife:
  - pain uterine/abdominal/pelvic
  - dizziness or visual disturbance
  - any per vaginal bleeding or amniotic fluid leakage
  - any shortness of breath - unable to do talk test
  - any palpitations or excessively fast heart rate.
- Exercise in a well ventilated room.
- no saunas or overheated pools/spas.
- With weights - take care not to increase intraabdominal pressure.
- Avoid head down/inverted positions - this increases indigestion.
- Rectus abdominis muscle diastasis/separation - if there is a gap of greater than two fingers width vertically in the midline of your abdominal wall - only perform pelvic exercises and not abdominal ones.
- Other good activities include walking, cycling (road or exercise bike), swimming and water aerobics.



### Squatting

Practice squatting regularly if you plan to use this in labour



### Quadriceps Stretch

Do bilaterally



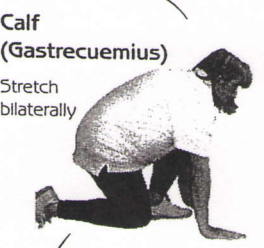
### Abductors Stretch

Do bilaterally



### Hamstrings Stretch

Do bilaterally



### Calf (Gastrocnemius)

Stretch bilaterally

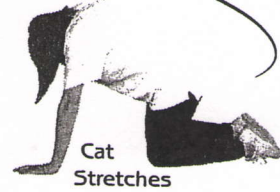
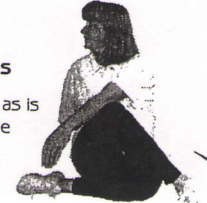


### Kneeling & Standing Stretches



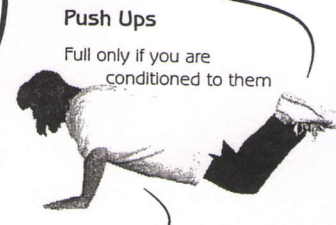
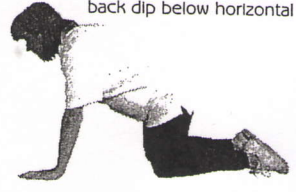
### Cobra Stretches

Just as far as is comfortable



### Cat Stretches

Take care not to let your back dip below horizontal

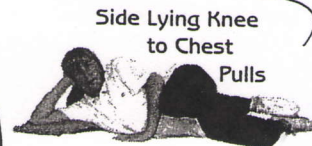


### Push Ups

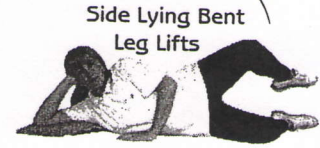
Full only if you are conditioned to them



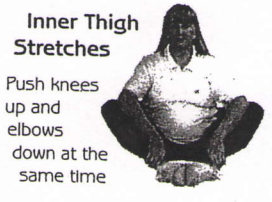
### Side Lying Straight Leg Lift



### Side Lying Knee to Chest Pulls



### Side Lying Bent Leg Lifts



### Inner Thigh Stretches

Push knees up and elbows down at the same time