

# FITNESS FOR MUMS TO BE

## - YOUR GUIDE TO EXERCISING THROUGHOUT PREGNANCY -

Exercising during pregnancy has many benefits for both you and your baby. Maintaining a good level of fitness will set you up for an easier, shorter labor with better recovery and fewer chances of complications. On the other hand, neglecting exercise and gaining too much weight during pregnancy can place extra stress on the joints and contribute to an increase of lower back pain. Benefits also include delivering a child who is calm, self-quieting, and better able to cope with the stresses of labor. However there are some exercises and positions you should avoid, and certain modifications to your favorite Les Mills workouts that will keep you and your baby safe.



### DO WORK YOUR CORE

Working your core in EXERCISE should be safe in the first and second trimester and has been shown to minimize disruption of the abdominal wall during pregnancy, but there are a few adjustments you should make when you can. There are some great options to work your abs in BODYATTACK, such as lifting your knees up to your elbows (ensuring you keep the chest lifted) or rolling over to do hover or plank. If you're given no longer comfortable to lie flat on your back.

### DO

#### WEIGHTS - BUT MAKE SOME ADJUSTMENTS

As Les Mills BODYPUMP uses lighter weights and a reduced range of motion compared to other resistance training programs, it's a great option for maintaining your strength during pregnancy. When you're in BODYPUMP, turn your bench into an incline bench when it's no longer comfortable to lie flat on your back. You can ask your instructor to show you how to do this.

### DO

Reduce the height of your risers in BODYSTEP and take the low-impact workout. Your joints are less stable due to support by ensuring your foot is always planted and high-impact exercise is slightly wider base of support.



### DO

Reduce intensity when you, and your doctor, think you should.

### DO

Take the low-impact options in BODYATTACK.



### DO

Let your caregiver know what you're doing in the gym throughout your pregnancy.



### DO

DRINK PLENTY OF WATER



### DO

Listen to your instructor. In the third trimester, listen to pregnancy options when needed.



## NO-NO'S

We DON'T recommend attending Les Mills BODYCOMBAT and LES MILLS GRIT to the release of hormones such as oestrogen and prolactin and intense exercise is generally not appropriate during pregnancy.

DON'T do exercises that position you on your back after the first trimester. This position hinders blood flow to and from the heart.

DON'T do any exercises that may cause loss of balance.

DON'T do any exercise that may cause trauma to the abdominal area so now's the time to give up your kickboxing, at least until the baby's born.

DON'T exercise in high heat environments. class, preferably with layers that can be removed.

DON'T stand stationary or motionless for long periods, as this can cause changes in blood pressure.



Listen to your body and please STOP what you are doing if you ever feel dizzy or uncomfortable. Clothing for pregnancy is generally the time for maintenance, not saving for new fitness gear.

Remember, staying active during your pregnancy will set you up for a faster recovery after labor and a stronger body prepared for the stresses of labor.

# Les Mills Pregnancy Guide Body Combat

**Xiaolong Qi**

A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the Xiaolong Qi text.

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