

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 of support by ensuring your foot is always planted and high intensity 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 class, discuss with 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 high intensity 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

Chao Zhang



Les Mills Pregnancy Guide Body Combat:

Comfort ,1922 *Spanish-English* Mariano Velázquez de la Cadena,1900 **The Lancet** ,1911 *Time Out Film Guide* John Pym,1997 Now in its fifth edition the popular Time Out Film Guide updated annually covers more than 11 000 films from every area of world cinema Better international coverage and honest lively criticism make this one of the most comprehensive film guides anywhere New for this edition are awards listings for the Berlin Venice and Cannes film festivals as well as Oscar winners since 1927 Line drawings **A new pronouncing dictionary of the Spanish and English languages: Spanish-English** Mariano Velázquez de la Cadena,1900 **A pronouncing dictionary of the Spanish and English languages. revised and enlarged by E. Gray and J. L. Iribas** Mariano Velazquez de la Cadena,1900 **A Pronouncing Dictionary of the Spanish and English Languages: Composed from the Spanish Dictionaries of the Spanish Academy, Terreros, and Salvá** Mariano Velázquez de la Cadena,1900 **Video Source Book** ,2008 *The Advocate* ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **Halliwell's Film, Video & DVD Guide** ,2005 *The Athenaeum* ,1854 **New York Magazine** ,1985-06-17 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *British Books in Print* ,1986 **Catalog of Reprints in Series** Robert Merritt Orton,1956 **"The" Illustrated London News** ,1843 *Catalog of Reprints in Series* ,1955 **Sight and Sound** ,1963 *Forthcoming Books* Rose Arny,2003 **The Descendents [sic] of Ira Call: Ira Call families** ,1973 *Book Review Index* ,1985 Every 3rd issue is a quarterly cumulation

The book delves into Les Mills Pregnancy Guide Body Combat. Les Mills Pregnancy Guide Body Combat is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Les Mills Pregnancy Guide Body Combat, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Les Mills Pregnancy Guide Body Combat
- Chapter 2: Essential Elements of Les Mills Pregnancy Guide Body Combat
- Chapter 3: Les Mills Pregnancy Guide Body Combat in Everyday Life
- Chapter 4: Les Mills Pregnancy Guide Body Combat in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Les Mills Pregnancy Guide Body Combat. The first chapter will explore what Les Mills Pregnancy Guide Body Combat is, why Les Mills Pregnancy Guide Body Combat is vital, and how to effectively learn about Les Mills Pregnancy Guide Body Combat.
3. In chapter 2, this book will delve into the foundational concepts of Les Mills Pregnancy Guide Body Combat. The second chapter will elucidate the essential principles that need to be understood to grasp Les Mills Pregnancy Guide Body Combat in its entirety.
4. In chapter 3, this book will examine the practical applications of Les Mills Pregnancy Guide Body Combat in daily life. This chapter will showcase real-world examples of how Les Mills Pregnancy Guide Body Combat can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Les Mills Pregnancy Guide Body Combat in specific contexts. This chapter will explore how Les Mills Pregnancy Guide Body Combat is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Les Mills Pregnancy Guide Body Combat. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Les Mills Pregnancy Guide Body Combat.

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Les Mills Pregnancy Guide Body Combat Introduction

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