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How to Use This Program
Disclaimer: Always work with your health care provider and/or pelvic floor physiotherapist to choose the right exercises for you. Progress/modify the programs as needed.
Prenatal: Complete each resistance training program once per week, with the addition of cardiovascular training and mobility work; work with health care team to modify as needed.
Postnatal: Complete the postpartum exercise program 1-3 times per week along with other rehab exercises from health care team. Modify as needed. Include walking and yoga.
In each program, the number represents the circuit, the letter represents the exercise. Complete the recommended amount of sets per circuit, taking rest as needed or upon completion of the circuit, before beginning the next one.
Example: 1a-1b,-1c 1=circuit 1, a-b-c are the exercises in that circuit. Sets: 3 means complete 3 sets before moving on to the next circuit.
Acronyms: KB=kettlebell, SA=single arm, SL=single leg, OH=overhead, BOR=bent over row
Warm Up
30 sec of each:
Standing Hip Circles
<u>Walking Lunges with reach</u>
<u>Bird Dog</u>
<u>Air Squats</u>
<u>Shoulder Band Warm Up</u>
<u>Cat Cow</u>
Optional Foam Rolling
Cool Down
<i>Cool down 3-5 minutes with walking follow by full body stretching.</i>
Optional Foam Rolling
Yoga on YouTube

[Prenatal Yoga List-Sarah Beth Yoga](#)

Postnatal Yoga List-Sarah Beth Yoga

Equipment Needed

Dumbbells: light, medium and heavier weight if possible

[Mini Bands](#)

[Resistance Bands](#)

Sturdy Chair or Bench

Dowel

Optional Cable Machines

Pregnancy Full Body 1 Workout Plan

	Exercise	Sets	Reps	Notes
1a	SA Chest Press with Cable	3	10-15 per side	
	OR Band Option			
1b	Surrender Squat	3	10/10	option to use dumbbells or body weight
1c	Inverted Row (bar or TRX)	3	10-15	
2a	KB Deadlift	3	10-15	
2b	Cable Lat Pull Down	3	10-15	
	OR Band Option			
2c	Split Squat	3	10-15 per side	option to add weight
3a	1/2 Kneeling SA OH Press	3	10/10	
3b	Wide Legged Glute Bridge (band)	3	20-30	feet slightly wider than mat on the floor
3c	Bicep Curls, eccentric focus	3	10-15	3 counts to lower, 1 count to raise
Burnout				

4a	Lateral Band Walk	5	15/15	
4b	Farmers Carry	5	60 seconds	
	Cool down and finish with legs up the wall.			choose a variation, hold for a few minutes

Pregnancy Full Body Workout Plan 2

	Exercise	Sets	Reps	Notes
1a	Goblet Squat	3	10-15	
1b	Incline Push Up	3	10-20	can also use barbell in rack, adjusted to the height you need
1c	SL Hip Thrust	3	10-15 per side	
	OR Hip Thrust if more comfortable		20-30	
2a	Cable Face Pulls	3	15-20	
	OR Band Option			
2b	Reverse Lunge to Knee Raise	3	10/10	option of bodyweight or dumbbells
2c	Anterior to Lateral Raise Sliders	3	10/10	
3a	Kickstand KB Deadlift	3	10/10	more weight focused on front foot, kickstand leg for some support
3b	Alternating BOR with KB	3	20 alternating	option to place kettlebell on stacked weight plates vs floor
3c	Side Lunge with Push Off	3	10/10	option to balance on one leg in between lunges or tap foot on ground for
Burnout				

4a	Tricep Dips	5	10	choose a variation
4b	1/2 Kneeling Pallof Press	5	10/10	loop band around a stable structure- begin far enough away from anchor point that you can feel constant tension on the band
	Cool down and finish with legs up the wall.			choose a variation, hold for a few minutes

6 Weeks to 3 Months Postpartum

	Exercise	Sets	Reps	Notes
	Core Engagement			
1a	Diaphragm-belly-pelvic floor breathing for connection and relaxation	1	10	use this breathing strategy and engage core during exercises (and in life!)- exhale on exertion of exercise/lift
1b	Supine Leg Raise	2-3	10/10	choose a variation based on recovery and core engagement
1c	Bird Dog	2-3	10/10	choose a variation based on recovery and core engagement
1d	Lateral Band Walk	2-3	20-30 total	
2a	Banded Air Squat	2-3	15-20	progress to holding a
2b	Lat Pull Down Cable OR Band Option	2-3	15/15	
2c	Reverse Lunge to Single Leg Balance	2-3	10/10	progress to holding a
2d	Band SA Chest Press	2-3	10-15 per side	
3a	Banded Face Pulls	2-3	15	

3b	Lateral Step Up on Stair or Bench	2-3	10/10	progress to holding dumbbells or KBs
3c	TRX Reverse Flies	2-3	15	
	OR Band Option			
3d	Banded Hip Thruster with	2-3	15-20	pause 3-5 counts at the top of each
Burnout				
4a	Pallof Press	2	10/10	begin with original pallof press, try different variations below
	Single Arm Pallof Press			do inside and outside arm each set
	Up/Down Pallof Press			
4b	Side Plank from Knees with Leg Lift	2	10/10	can also hold side plank from knees statically with no leg raise
4c	Single Leg Hip Truster	2	10/10	
	Cool down and finish with legs up the wall.			choose a variation, hold for a few minutes

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