

Pregnancy Exercises

- 1. Side Stretch:** In a sitting position, raise one arm above your head and gently lean towards the opposite side. Hold stretch for 20 seconds, and repeat on both sides 3 times
- 2. Wall Forward Bend:** From the standing position slowly walk your hands down the wall until you feel a gentle pull in the back of your legs, hold position for 20 seconds and slowly return to standing position.
- 3. Sitting Forward Bend:** As described in 2A except this time you are seated. Again hold position for 20 seconds
- 4. Cat Back Arches:** Assume position on hands and knees with toes also contacting the floor. In this position, gently draw your belly button towards the ceiling, breathe normally and maintain a proper lower back and neck arch, hold position for 10 seconds, repeat 3 times
- 5. Hamstrings & Calves:** While sitting on the floor, bend one leg so that it rests on the inside of the opposite leg that is straightened along the floor. Gently reach towards the straightened legs toes and hold position for 20 seconds (4B), repeat both sides

