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PERINATAL FITNESS

TRAINING PROGRAM

Before pregnancy

preparing for pregnancy

WHAT MATTERS MOST FOR YOU NOW

Build a healthy foundation for pregnancy and an easy recovery

3

TIMES A WEEK

35-45

MINUTES PER SESSION

4

WEEKS IN THE PROGRAM



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+ What we do

- Diaphragmatic breathing every day – the foundation for health before and during pregnancy
- Kegels and reverse Kegels – learning to feel the pelvic floor
- The core and back muscles – strengthening the deep muscles and teaching them to work together
- Leg exercises with a comfortable weight – strengthening the glutes and legs, taking extra load off the lower back
- Moderate-intensity cardio – walking, swimming, cycling. So that the heart and blood vessels can handle the growing load during pregnancy
- Stretching the thighs and lower back – releasing accumulated tension

– What we avoid

- Training to exhaustion and constant overload
- Strict diets at the same time as strength training
- Breath-holding under load without prior pelvic-floor work
- HIIT and impact running without prior preparation



STOP AND SEE A DOCTOR

- ◆ Cycle disruptions when the load regime changes
- ◆ Pain in the pelvic joints or the lower back during exercises
- ◆ A feeling of pressure in the perineum with jumping or running
- ◆ Urine leaking – resolve it before pregnancy, do not wait





Diaphragmatic breathing

daily · 5 min

- 1 Lying on your side, legs slightly bent, one hand on the ribs, the other on the belly
- 2 Breathe in through the nose – the belly and ribs expand, the chest stays still
- 3 A long exhale – the pelvic floor gently draws up (lightly, without effort)

Trains the connection between the diaphragm and the pelvic floor. This skill lowers intra-abdominal pressure – the foundation of safety for any load during pregnancy and after.



Kegels

3 × 10 daily

- 1 Lying down or seated, breathing freely, the glutes and abs relaxed
- 2 Slow: squeeze the pelvic floor muscles for 8–10 seconds, then fully relax
- 3 Fast: 10 short 1-second contractions

Being able to engage the pelvic floor quickly helps with coughing and sneezing. But the main thing is not to overtrain it: strength without elasticity is useless. Alternate with the reverse Kegel.



Reverse Kegel

daily · 5 min

- 1 Lying on your back, knees bent, feet on the floor
- 2 Inhale – gently open the pelvic floor down and out
- 3 Exhale – a neutral position, with no extra squeezing

Being able to relax the pelvic floor is more critical than being able to squeeze it hard. This lowers the risk of tearing in birth and helps you recover more easily after.



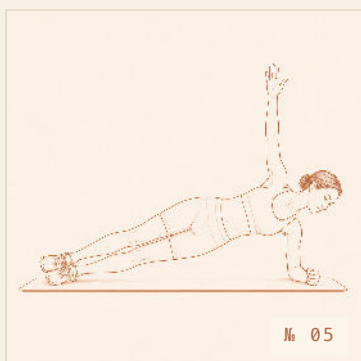


Glute bridge

3 × 15

- 1** Lying on your back, knees bent, feet hip-width apart. Press the lower back to the floor – tuck the pelvis
- 2** Exhale – lift the pelvis up, hold for 2 seconds
- 3** Inhale – lower the pelvis vertebra by vertebra. At the bottom – relax the lower back, return the pelvis to neutral

Strengthens the glutes and unloads the lower back. Do it on the exhale, without breath-holding.



Side plank

3 × 40 sec

- 1** Lying on your side, propped on the forearm, the elbow under the shoulder. The bottom leg can be bent slightly for stability
- 2** Lift the pelvis in line with the body
- 3** Breathe freely, with no holding. Hold the position, then gently lower the pelvis

Teaches stability of the shoulder girdle and the pelvis without axial load on the spine. Safe before and during pregnancy.



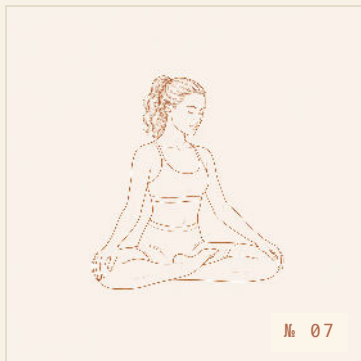
Cat-cow

2 × 10

- 1** On all fours, palms under the shoulders, knees under the hip joints. The back is neutral
- 2** Exhale – round the back, the head gently drops down, the pelvis tucks under
- 3** Inhale – make a slight arch in the thoracic spine, the head rises forward and up

Builds the skill of a neutral spine and teaches you to move the back without engaging the lower back. Safe before and during pregnancy.



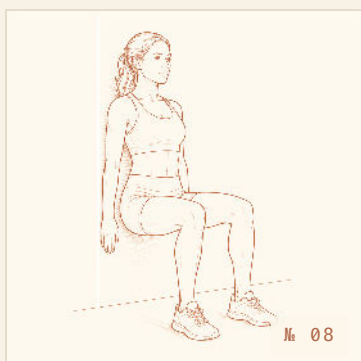


Hip opener

2 × 1 min

- 1** Sit on the floor cross-legged, hands on the knees. Feel that you are sitting on the two sitting bones at the bottom of the pelvis – to do this, roll the pelvis slightly forward
- 2** Tilt the torso slightly forward, keeping the lower back straight
- 3** Breathe calmly, with each exhale gently relaxing the inner thighs

Good hip mobility makes birth easier – it is worth building up in advance.

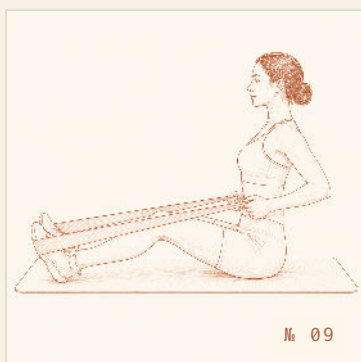


Wall squats

3 × 15

- 1** Stand with your back to the wall, press the lower back in, feet hip-width apart
- 2** Slowly lower down to a 90° angle at the knee, the back sliding along the wall. The knees do not go past the toes
- 3** On the exhale, rise up, the glutes leading the movement

The basic skill of squatting with a straight back and on the exhale – this way intra-abdominal pressure does not harm the pelvic floor. This pattern will save your back during pregnancy.



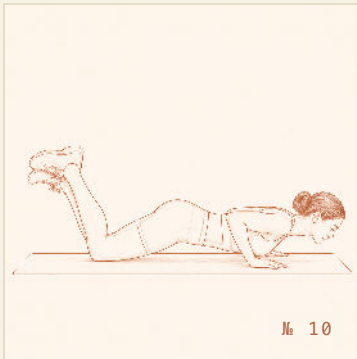
Resistance-band row to the waist

3 × 15

- 1** Seated, the band anchored at chest level, arms extended forward
- 2** Exhale – pull the band to the waist (the lower belly), driving the elbows straight back. Squeeze the shoulder blades, lower the shoulders
- 3** Inhale – return to the starting position under control, stretching the back muscles

A healthy, strong back now = less lower-back pain during pregnancy. We work on the exhale, with no jerking.



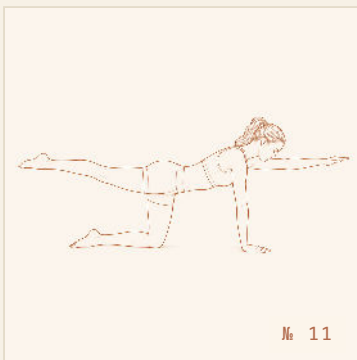


Knee push-ups

3 × 10–12

- 1 Get on all fours, palms under the shoulders, knees on the floor. The back straight from the knees to the crown of the head
- 2 Exhale – bend the elbows, lower the chest toward the floor. The elbows track along the body
- 3 Inhale – push off the floor and return to the starting position

Strengthens the chest muscles and triceps – it will help you hold your posture as the belly grows and carry your baby in your arms. Keep the back straight, do not sag in the lower back.



Bird-dog

3 × 12 per side

- 1 Get on all fours, palms under the shoulders, knees under the hip joints. The back is neutral
- 2 Exhale – extend the opposite arm and leg, the back neither sagging nor rounding
- 3 Inhale – return to the starting position, switch sides

Teaches core stability without pressure on the spine. Trains the deep abdominal muscles and the pelvic floor to work together. Safe before and during pregnancy.

PELVIC FLOOR PRACTICE

The Kegel and reverse Kegel are not one-off exercises – they are a daily ritual. Do them in the morning before getting out of bed, lying in the same position as in the illustration. If you feel tension or discomfort while doing them, see a pelvic floor specialist: this may be an individual reaction that needs adjusting.



MON

Lower body + core

45 min

- Warm-up – breathing + cat-cow · 7 min
- Squats · Glute bridge · Bird-dog
- Side plank · Hip opener

See

Diaphragmatic breathing

Cat-cow

Wall squats

Glute bridge

Bird-dog

Side plank

Hip opener

WED

Upper body + posture

45 min

- Warm-up – breathing + cat-cow · 7 min
- Resistance-band row · Knee push-ups · Bird-dog
- Cat-cow · 5 min
- Breathing + Kegels + reverse Kegel · 10 min

See

Diaphragmatic breathing

Cat-cow

Resistance-band row to the waist

Knee push-ups

Bird-dog

Kegels

Reverse Kegel

FRI

Full strength session

45 min

- Warm-up – breathing + cat-cow · 7 min
- Squats · Glute bridge · Bird-dog
- Resistance-band row · Knee push-ups · Side plank
- Cat-cow · 5 min
- Breathing + Kegels + reverse Kegel · 10 min

See

Diaphragmatic breathing

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Resistance-band row to the waist

Knee push-ups

Side plank

Kegels

Reverse Kegel

DAILY

Walks + pelvic floor

30–40 min

- Light cardio or a walk at a comfortable pace · 20–30 min
- Diaphragmatic breathing · 5 min
- Kegels + reverse Kegel · 5 min

See

Diaphragmatic breathing

Kegels

Reverse Kegel

Helpful once you finish the program

The trainer's channel – so you do not miss new tips and do not have to come back here for the PDF. A one-on-one program will account for your own particulars and schedule. The first session