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PERINATAL FITNESS

TRAINING PROGRAM

First trimester

week 8

gentle start

WHAT MATTERS MOST FOR YOU NOW

Keep moving and build a steady habit

3

TIMES A WEEK

35-45

MINUTES PER SESSION

4

WEEKS IN THE PROGRAM



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+ What we do

- Calm movement 2 times a week, 20–30 minutes
- Diaphragmatic breathing and Kegels daily
- Walking at a comfortable pace – the best activity
- Gentle mobility for the spine and joints
- Stretching the neck and shoulders – to release tension
- Swimming, if there is no nausea and no contraindications
- Listen to your body: if you have energy, train; if not, rest

– What we avoid

- High-intensity load and HIIT
- Jumping, running, impact sports
- Crunches and ab exercises
- Breath-holding (the Valsalva maneuver)
- Overheating – a sauna, a steam room, hot yoga
- Strength records and training to failure



STOP AND SEE A DOCTOR

- ◆ Bloody discharge or spotting
- ◆ Pulling pain in the lower belly or lower back
- ◆ Dizziness, nausea getting worse with movement
- ◆ A temperature above 38°C
- ◆ Sudden weakness, shortness of breath out of proportion to the load



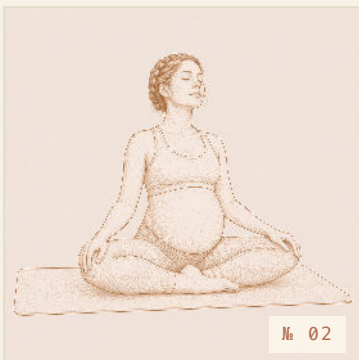


Diaphragmatic breathing

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.



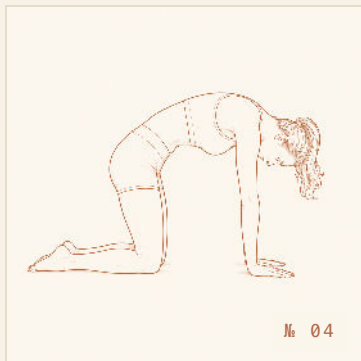
Reverse Kegel

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.





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.



Gentle wall squats

2 × 10

- 1** The back pressed to the wall, feet hip-width apart
- 2** Slowly lower to a comfortable level, no deeper than thighs parallel
- 3** Hold for 2 sec and rise

A slow tempo. If the lower belly pulls – we stop.



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.





Marching in place

3 × 30 sec

- 1** Standing tall, hands on the hips or free at your sides
- 2** Lift the knees one at a time to a comfortable height
- 3** A calm tempo, even breathing

If you feel dizzy or nauseous – pause, sit down.



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.



Child's pose

2 × 1–2 min

- 1** Sitting on the heels, knees spread wide
- 2** The torso leans forward, the forehead on the mat, arms extended
- 3** Calm breathing, the shoulders relaxed

A resting pose. Suitable with nausea – the chest is not compressed, the head is below the pelvis.





Seated neck stretch

2 × 30 sec per side

- 1 Sitting tall on a chair, one hand on the thigh
- 2 With the other hand, gently tilt the head toward the opposite shoulder
- 3 The shoulder you are stretching away from does not lift

Stretch without pain. Sharp movements carry a risk of dizziness.



Calf raises

3 × 15

- 1 Standing tall, a hand on the back of a chair for balance
- 2 Slowly rise onto the toes, hold for 2 sec
- 3 Lower smoothly

Prevents swelling and improves venous return. Good in the first trimester.

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

Mobility and breathing

25 min

- Warm-up – breathing · 5 min
- Cat-cow · Hip opener
- Neck stretch · Child's pose

See

Cat-cow

Hip opener

Seated neck stretch

Child's pose

THU

Gentle strength

25 min

- Marching in place · 3 min
- Gentle wall squats · Knee push-ups
- Calf raises

See

Gentle wall squats

Knee push-ups

Calf raises

Marching in place

DAILY

Kegels and breathing

10 min

- Diaphragmatic breathing · 5 min
- Kegels + reverse Kegel
- Walking 20–30 min as you feel

See

Diaphragmatic breathing

Kegels

Reverse Kegel

AS ABLE

Swimming

20–30 min

- If there is no nausea and your doctor allows it
- A calm tempo, no records
- A pool with warm water, no overheating

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 – from 1,600 ₺.

TG CHANNEL

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This plan is a general recommendation for the "First trimester" phase. Your individual particulars may call for adjustments. Before starting any program, agree the load with your doctor. This plan is not a medical prescription and does not replace an in-person consultation with a specialist.