



Anastasia Nikolskaya

PERINATAL FITNESS

TRAINING PROGRAM

Second trimester

week 20

adapted for symphysitis

WHAT MATTERS MOST FOR YOU NOW

Prepare for birth

3

TIMES A WEEK

35-45

MINUTES PER SESSION

4

WEEKS IN THE PROGRAM



channel

@fit_beremennost

the trainer's tips
and new posts

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your phone

+ What we do

- Squats with the feet close together, no plié
- Gentle dumbbell rows to the waist, seated or bent over
- Resistance-band row to the waist, seated
- Side plank on the knee
- Cat-cow on all fours
- Diaphragmatic breathing + Kegels daily
- Swimming 2 times a week
- A pillow held between the knees while lying down

- What we avoid

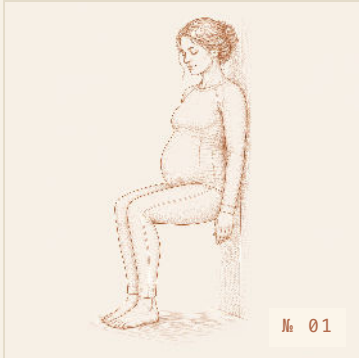
- Deadlifts and any weighted hip-hinge while standing
- Plié squats and lunges – any kind
- Single-leg exercises
- Leg openings while lying down or seated
- Exercises on your back after 20 weeks (only briefly; with dizziness, nausea or shortness of breath – switch immediately to the left side or semi-seated)
- Crunches and the classic plank
- Jumping, impact load



STOP AND SEE A DOCTOR

- ◆ Pubic pain getting worse after the session
- ◆ Bloody discharge or pulling pain in the lower belly
- ◆ A feeling of heaviness in the perineum
- ◆ A sudden headache or dizziness





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.

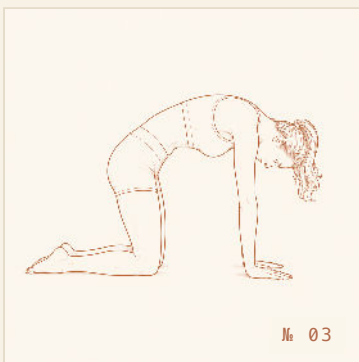


Glute bridge with a pillow

3 × 15

- 1 On your back, a pillow between the knees
- 2 Exhale – lift the pelvis, squeezing the pillow
- 3 Inhale – lower smoothly

The pelvis no higher than the shoulders. The glutes lead the movement, not the lower back.



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.



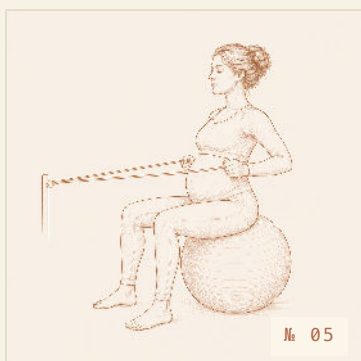


Side plank

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.



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.



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.





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.



Thread the needle

2 × 8 each side

- 1** On all fours, palms under the shoulders
- 2** Slide one arm under the body along the mat, the palm gliding
- 3** Inhale – return, repeat with the other arm

The pelvis does not rotate. The movement is only in the thoracic spine.



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.





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.

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: with symphysitis this can be a normal reaction that needs adjusting.



MON

Lower body

40 min

- Warm-up – breathing + joint mobility · 7 min
- Wall squats · Glute bridge · Cat-cow
- Stretching the thighs and lower back

See

Wall squats

Glute bridge with a pillow

Cat-cow

WED

Upper body

35 min

- Warm-up · 5 min
- Resistance-band row · Knee push-ups
- Thread the needle · Mobility

See

Resistance-band row to the waist

Knee push-ups

Thread the needle

FRI

Functional

40 min

- Walking · 15 min
- Side plank · Bird-dog
- Kegel set · 10 min

See

Side plank

Bird-dog

Kegels

DAILY

Breathing and walking

10 min

- Diaphragmatic breathing · 5 min
- Kegels + reverse Kegel
- Walking at a comfortable pace

See

Diaphragmatic breathing

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 – from 1,600 ₺.

TG CHANNEL

@fit_beremennost

DIRECT ON TG

@Anastassia_Nikolsk
aya

WHATSAPP

+7 927 01 01 378

WEBSITE

anastasia-
nikolskaya.ru

This plan is a general recommendation for the "Second trimester" phase, adjusted for symphysitis. 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.