



Anastasia Nikolskaya

PERINATAL FITNESS

TRAINING PROGRAM

# Third trimester

*week 32*

birth preparation

WHAT MATTERS MOST FOR YOU NOW

*Gently prepare the pelvis and breathing 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  
↑ tap to open on  
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## + What we do

- Gentle "cat-cow" on all fours
- Rocking on an exercise ball daily
- Wall half-squats, short holds
- Hip opening – half-lotus, "figure 4"
- Diaphragmatic breathing + Kegels + reverse Kegels
- Walking 30 minutes a day at a comfortable pace
- Swimming, if there are no contraindications

## – What we avoid

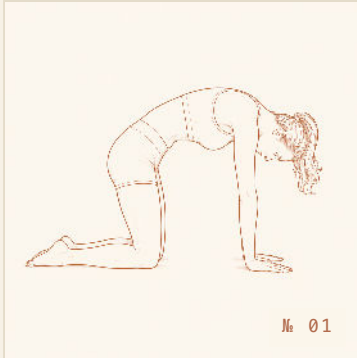
- Lying on your back longer than 5 minutes
- Crunches, the classic plank
- Jumping, running, impact load
- Raising the arms overhead with weight
- A quick change of position – a risk of dizziness
- Breath-holding (the Valsalva maneuver)



### STOP AND SEE A DOCTOR

- ◆ Regular contractions, more than 4 an hour
- ◆ Leaking amniotic fluid
- ◆ Bright-red bloody discharge
- ◆ Less or no fetal movement
- ◆ Shortness of breath at rest, chest pain





## 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.*



## Rocking on an exercise ball

**daily · 10 min**

- 1** Sitting on the exercise ball, feet on the floor, shoulder-width apart
- 2** Rock gently back and forth and in circles
- 3** Breathing free, the shoulders down

*If it feels unsteady – have a wall or a chair nearby for support.*



## Wall half-squat

**3 × 20–30 sec**

- 1** The back pressed to the wall, feet hip-width apart
- 2** Sit into a half-squat (the angle at the knees is not sharp)
- 3** Hold at a comfortable level

*Do not lower below your comfort level. The knees do not go past the toes.*





## Deep squat with support

**3 × 8**

- 1 Holding a chair or the wall, feet wider than the shoulders
- 2 Slowly lower into a comfortable squat, the torso upright
- 3 A deep inhale into the perineum, exhale – rise

*Only if there is no symphysitis. If the pubic area hurts – skip it.*



## Side stretch on the exercise ball

**2 × 6 per side**

- 1 Sitting on the exercise ball, one hand resting on the thigh
- 2 Raise the opposite arm and lean to the side
- 3 Hold on the inhale, return on the exhale

*No sharp leans. The pelvis stays level.*



## Pelvic floor lying on your side

**2 × 5 min**

- 1 On your side, a pillow between the knees, a palm on the belly
- 2 Inhale – the belly expands, the perineum relaxes
- 3 Exhale – a gentle squeeze of the pelvic floor

*The main thing is relaxation. Without an over-strong squeeze.*





## 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.*



## Hug the exercise ball

**2 × 2 min**

- 1** On your knees, the exercise ball in front of you
- 2** Wrap your arms around the ball, the torso relaxed over the top
- 3** Breathing free, the weight on the ball

*A resting pose. If your head spins – sit down.*



## Figure 4 lying down

**2 × 30 sec per side**

- 1** Lying on your back with the head end raised, one leg bent
- 2** Place the ankle of the other leg on the thigh of the bent leg
- 3** Gently draw the thigh toward you, a stretch in the glute

*No longer than 5 minutes on your back. If you go numb – switch to your side right away.*



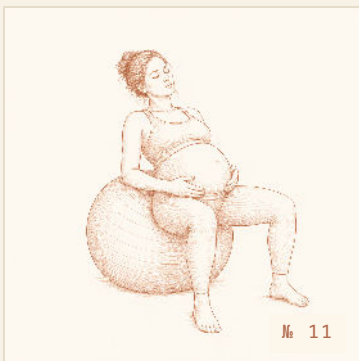


## Standing march

*3 × 20 steps*

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

*With dizziness or pubic pain – stop.*



## Breathing for birth

*daily · 5 min*

- 1 Semi-seated on the exercise ball or with support, eyes closed
- 2 A slow inhale through the nose into the belly – 4 counts
- 3 A long exhale through the mouth past relaxed lips – 6–8 counts

*The key practice. It trains breathing through contractions.*

### 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****Pelvis preparation***40 min*

- Warm-up – rocking on the ball · 7 min
- Cat-cow · Hip opener · Figure 4
- Hug the exercise ball · 2 min

See

*Cat-cow**Hip opener**Figure 4 lying down***WED****Strength + mobility***35 min*

- Warm-up · 5 min
- Wall half-squat · Deep squat
- Side stretch · Standing march

See

*Wall half-squat**Deep squat with support**Side stretch on the exercise ball***FRI****Pelvic floor***30 min*

- Walking · 10 min
- Pelvic floor on your side · 5 min
- Breathing for birth · 5 min

See

*Pelvic floor lying on your side**Breathing for birth***DAILY****Breathing and walking***15 min*

- Breathing for birth · 5 min
- Rocking on the exercise ball · 5 min
- Walking at a comfortable pace · 5 min

See

*Rocking on an exercise ball**Breathing for birth*

## 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\_Nikolskaya

WHATSAPP

+7 927 01 01 378

WEBSITE

anastasia-nikolskaya.ru

*This plan is a general recommendation for the "Third 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.*