



# Pregnancy Stretches

1 Sets / 10 Rep / 1s hold



## 1. "Cat and Camel"

Start on your hands and knees, with your hands under your shoulders, and knees under your hips. As you inhale, your stomach slowly drops down, lifting your head up and pushing your tailbone out. Hold this position. Next, as you exhale, arch your back up by tucking your head and tail bone in, and pulling your belly button in towards your spine. Hold this position, and then repeat.

1 Sets / 10 Rep / 1s hold



## 2. "Windshield Wipers"

Sit on a mat with your knees bent to 90 degrees, your hands flat behind you with your fingers facing away from you. In this neutral position, inhale and as you exhale, let both knees drop to the left side until you reach a comfortable stretching position. Pause here and inhale, and as you exhale, push your left knee into your right knee to bring your knees back up to a neutral position. Inhale in the neutral position. Exhale and let both knees drop towards your right side. Repeat back and forth slowly.

3 Sets / 1 Rep / 5s hold



## 3. "Child's pose"

Kneel down in front of a stability ball. Place your hands onto the side of a stability ball and turn both knees out slightly to the side to allow space for your pregnancy bump. Take the ball to one side. Slowly sit your buttocks back onto your heels or as far as you can go comfortably, while at the same time stretch your arms out as far as you can go. Hold this position, and then repeat on the other side.

3 Sets / 1 Rep / 15s hold



## 4. "Butterfly"

Lie on your back, keeping your feet flat on the floor. From this position open your hips, dropping both knees out to the side and bring the soles of your feet together.

As you exhale and very gradually push both knees down towards the edge of the mat. Hold this position.

Once you have finished the stretch, push your feet away until your legs are straight. At the end of the motion, curl your toes towards your head and stretch your calves. Relax and return to the neutral position.