

GLOWBODYPT

Prenatal Workout Program

Follow this schedule closely to gain strength, minimize excess weight-gain, tone your pelvic floor, prevent making Diastasis Recti unnecessarily worse, improve your mood, reduce common pregnancy pains, and look your best as you grow your healthy baby. This plan is for motivated women who are willing to sweat, while being safe for each trimester of pregnancy.

MUST READ
BEFORE STARTING

1. Before starting any workout program during pregnancy, get approval from your doctor. Exercise is very healthy for most babies and for most moms during pregnancy, however there are some circumstances in which your doctor may have you refrain from exercise, such as incompetent cervix or cerclage, carrying multiple babies, high risk for premature labor, ruptured membranes, history of miscarriages, pregnancy-induced hypertension, heart or lung problems, placenta previa past 26 weeks, or persistent bleeding.

2. Warning signs to be aware of: If you experience dizziness, headache, chest pain, unusual weakness, calf pain, alarming calf/ankle swelling, contractions, low stomach pain, groin pain, amniotic fluid leakage, or vaginal bleeding, stop exercising and call your doctor. If you experience joint pain of any type, that is your body telling you to lay off. Knee, hip, groin, pelvic, back, feet, and wrist pain are all common during pregnancy due to relaxin hormone and your body changing shape to accommodate baby's growth. Eliminate--or modify--any exercise that hurts. Only you know your body best, and your health and your baby's health are top priority.

3.  **Indicates that you jog or walk** (Tuesdays & Thursdays), that's why **there isn't a follow-along workout video on these days.** If you have access to aerobic machines or a pool for lap swimming, feel free to follow the same time interval efforts provided.

4. On an aerobic difficulty scale of 1-10, you should never exceed effort level 7. "Hard" or "Brisk" indicates a 6-7 effort. You should be able to say a complete sentence at this effort. These brisk intervals trigger metabolic spikes to burn more calories and increase your aerobic capacity. Your fitness capacity during pregnancy can improve your baby's brain development, heart health, lung capacity, and reduce the risk of childhood obesity and childhood asthma.



SUPER MOTIVATING!

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Prenatal Workout Program

MUST READ
BEFORE STARTING

5. Warm ups and cool downs are NOT included in most of the prenatal workouts. I don't always warm up or cool down, but there are days when you can tell your body will benefit from it. Good news: Once you are postpartum and following the **12 Week Post Pregnancy Plan**, you will have targeted warmups and specific cool down stretches beautifully included in your full-length workouts which average 28 minutes (we always aim to stick to a half an hour postpartum with a baby at home).

Optional Warm Ups or Cool Downs:

- [5 Minute Warm Up Follow-Along Routine](#)
- [Prenatal Foam Rolling](#)
- [Best Back & Hip Stretches](#)
- [Top 10 Prenatal Stretches Routine](#)
- [Pregnancy Stretching Exercises to Prepare for Labor & Birth](#)



6. Avoid exercising in the heat or at altitude. Overheating or dehydration can put your baby at risk and cause premature labor.

7. Start exactly where you are in your pregnancy. For example: If you are 22 weeks along, you'll start at Week 22. Each week is deliberately designed for your week of pregnancy. If you are less than 8 weeks pregnant, stick to your normal pre-pregnancy routine as much as possible, with max intensity now being a 7 on an effort scale of 1-10. Think "keep it boring" for weeks 3-7 of pregnancy.

8. The Prenatal Workout Program ends at Week 32 on purpose. At this point, you should not be on a regimented schedule. Be increasingly in-tune with what your body tells you feels good, and rest without guilt when you are fatigued or tired. Continue exercising 4-5 days per week along the pattern you have learned. You can do any 3rd trimester workout at this point! In addition to the strength and mobility workouts you still feel up to doing, you should also be walking. Aim to walk 20-60 minutes a few days per week to encourage your baby to get into, and stay in, a head-down position. Swimming or kickboard kicking in the water also encourages baby to get into the ideal back-against-your-belly position for vaginal delivery.

Prenatal Weeks 8-12

Clickable calendar (except for Tuesdays and Thursdays which are walks/jogs). If you ever can't get outside to walk/jog, use the alternate cardio video at the bottom.

8

MON	TUES	WED	THU	FRI	SAT	SUN
☐ 1 st Trimester 25 Min Cardio 	 30-60 min walk or jog steady state cardio  <i>Running Pregnant</i>	☐ Prenatal Posture ☐ Prenatal Obliques  <i>Morning Sickness Smoothie</i>	 WU: Jog (or walk) 5 minutes. [Run (or speed walk) for 2 min/Walk easy 1 min] x 10		☐ Couch Challenge (Super Leg & Thigh Toning) ☐ Best Pregnancy Stretching	

9

☐ 20 Min No Repeats Strength ☐ Prenatal Obliques	 30 min with 30- second bursts of speed at the top of each 5 min (5-5:30 is brisk, 10-10:30 is brisk..etc.)	☐ Ultimate Shoulders & Back ☐ 5 Minute Full Body  <i>How I Eat</i>	 30-60 min walk or jog steady state cardio		☐ Squat Jump Challenge ☐ 8 Minute Pregnancy Abs	
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10

☐ 1 st Trimester 25 Min Cardio ☐ Muffin Top	 30 min jog or walk; finish with 90 (total) deliberate and controlled walking lunges	☐ Prenatal Lean Arms ☐ Back Fat Isolation  <i>Favorite Pregnancy Smoothie</i>	 WU: Jog (or walk) 5 minutes. [Run (or speed walk) for 2 min/Walk easy 1 min] x 10		☐ Prenatal Warm Up ☐ 1000 Lunge Challenge	
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11

☐ Best Pregnancy Stretching ☐ 10 Min Inner Thighs	 30 min with 30- second bursts of speed at the top of each 5 min (5-5:30 is brisk, 10-10:30 is brisk..etc.)	☐ 20 Min No Repeats Strength  <i>What to Eat During Pregnancy</i>	 30-60 min walk or jog steady state cardio		☐ Prenatal Posture ☐ 8 Minute Pregnancy Abs	
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12

☐ 1 st Trimester 25 Min Cardio ☐ Calf Shredder	 30 min jog or walk; finish with 90 (total) deliberate and controlled walking lunges	☐ Prenatal Lean Arms ☐ Prenatal Kettlebell: Full Body	 WU: Jog (or walk) 10 minutes. [Run (or speed walk) for 1 min/Walk easy 1 min] x 10		☐ Couch Challenge ☐ Pelvic Floor  <i>Christian Moms: Don't neglect these 4 things</i>	
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Prenatal Weeks 13-17

Clickable calendar (except for Tuesdays and Thursdays which are walks/jogs). If you ever can't get outside to walk/jog, use the alternate cardio video at the bottom.

13
14
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16
17

MON	TUES	WED	THU	FRI	SAT	SUN
20 Min No Repeats Strength Calf Shredder	25 min jog or walk; finish with 80 (total) deliberate and controlled walking lunges	12 Minute Upper Body Blast Back Fat Isolation Top 10 Stretches	WU: Jog (or walk) 10 minutes. [Run (or speed walk) for 1 min/Walk easy 1 min] x 10	X	Challenging Chair Pilates Step Workout (chair or bench) Mom Productivity	X
Prenatal Kettlebell Best Pregnancy Stretching	WU: 5 min easy [2:00 min moderate/30 sec quick] x 8 CD: 5 min easy	30 Minute Shoulder Challenge	Jog (or briskly walk) 30 min on hilly route. Jog downhill and flats; power walk up any hills	X	Best 30 Min Glutes and Legs Running Pregnant	X
Prenatal Warm Up 1000 Lunge Challenge	30-50 min walk or jog steady state cardio	Prenatal Posture 8 Min Pregnancy Abs	WU: Jog (or walk) 10 minutes. [Run (or speed walk) for 1 min/Walk easy 1 min] x 10	X	Intense Dumbbell Pelvic Floor Snacks	X
Pilates X Strength Best Pregnancy Stretching	25 min jog or walk; finish with 80 (total) deliberate and controlled walking lunges	Upper Body Tabata Get Rid of Bra Bulge Love Handles	Jog (or briskly walk) 30 min on hilly route. Jog downhill and flats; power walk up any hills	X	20 Min No Repeats Strength Calf Shredder	X
Best 30 Min Glutes and Legs	30-45 min walk or jog steady state cardio	Intense Dumbbell 9 Minute Prenatal Arms 5 Minute Obliques	WU: Jog (or walk) 10 minutes. [Run (or speed walk) for 1 min/Walk easy 1 min] x 10	X	Prenatal METCON Diastasis Recti During Pregnancy	X

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Alternate Cardio Video if you cannot walk/jog through week 16
Alternate Cardio Video if you cannot walk/jog week 17 onward

Prenatal Weeks 18-22

Clickable calendar (except for Tuesdays and Thursdays which are walks/jogs). If you ever can't get outside to walk/jog, use the alternate cardio video at the bottom.

18

19

20

21

22

MON	TUES	WED	THU	FRI	SAT	SUN
No Equipment Cardio Low Impact Legs & Booty	25 min jog or walk; finish with 70 (total) deliberate and controlled walking lunges	9 Minute Prenatal Arms Get Rid of Bra Bulge 5 Minute Obliques	32 min cardio: [2:00 Walk Easy/2:00 Jog or Brisk Walk] x 8	X	Saddlebags Isolation Hips & Back Release	X
Pilates X Strength 8 Minute Pregnancy Abs	30-45 min walk or jog steady state cardio	30 Minute Shoulder Challenge	Jog (or briskly walk) 30 min on hilly route. Jog downhill and flats; power walk up any hills	X	Challenging Chair Pilates Pelvic Floor	X
Best 30 Min Glutes and Legs	25 min jog or walk; finish with 70 (total) deliberate and controlled walking lunges	Pulse & Sculpt Shoulders Back Fat Isolation Get Rid of Bra Bulge	32 min cardio: [2:00 Walk Easy/2:00 Jog or Brisk Walk] x 8	X	Best Prenatal Pilates What to Eat During Pregnancy	X
Full Body Resistance Band Bump & Booty 8 Min Inner Thigh Tabata	30-45 min walk or jog steady state cardio	20 Min No Repeats Strength Calf Shredder	Negative split: Walk 20 min out. Try to get back home in 19:00 (39 min total walk)	X	Prenatal METCON Favorite Pregnancy Smoothie	X
No Equipment Cardio Pelvic Floor	25 min jog or walk; finish with 70 (total) deliberate and controlled walking lunges	Best Prenatal Strength Mom Productivity	32 min cardio: [2:00 Walk Easy/2:00 Jog or Brisk Walk] x 8	X	Best 30 Min Glutes and Legs	X



Prenatal Weeks 23-27

Clickable calendar (except for Tuesdays and Thursdays which are walks/jogs). If you ever can't get outside to walk/jog, use the alternate cardio video at the bottom.

23
24
25
26
27

MON	TUES	WED	THU	FRI	SAT	SUN
5 Minute Prenatal Warm Up 1000 Lunge Challenge	🏃🏃 30-50 min jog or walk 👁👁 Macros 👁👁 Intuitive Eating	Prenatal Posture Top 10 Stretches	🏃🏃 32 min cardio: [3:00 Walk Easy/1:00 Jog or Brisk Walk] x 8	X	SPD (Symphysis Pubis Dysfunction) Workout	X
20 Min No Repeats Strength Pelvic Floor	🏃🏃 [10 min cardio + 15 x air squats + 20 x walking lunges] x 3 CD: 5 min Easy	Get Rid of Bra Bulge Best Prenatal Pilates	🏃 Negative split: Walk 20 min out. Try to get back home in 19:00 (39 min total walk)	X	Prenatal METCON 👁👁 Christian Moms: Don't neglect these 4 things	X
Pilates X Strength Hip & Back Release	🏃🏃 30-50 min jog or walk 👁👁 Positions for Labor	Upper Body Tabata 5 Minute Obliques Fat Burn HIIT	🏃🏃 32 min cardio: [3:00 Walk Easy/1:00 Jog or Brisk Walk] x 8	X	Best 30 Min Glutes and Legs 👁👁 12 Week Post Pregnancy Plan Trailer	X
Prenatal METCON 👁👁 CHRISTIAN: Don't Waste Another Year of Your Life	🏃🏃 25 min jog or walk; finish with 60 (total) deliberate and controlled walking lunges.	30 Minute Shoulder Challenge 👁👁 Mom of 5!!!	🏃 Negative split: Walk 20 min out. Try to get back home in 19:00 (39 min total walk)	X	20 Min No Repeats Strength Foam Rolling	X
Intense Dumbbell Pelvic Floor 👁👁 Gut Health	🏃🏃 45 min steady state cardio 👁👁 What No One Tells You 3rd Tri	Pulse & Sculpt Shoulders Pulse & Sculpt Booty Back Fat Isolation	🏃 Walk 25 min with 30 second bursts of speed at the top of each 5 minutes	X	Pilates X Strength 8 Min Preg Abs 👁👁 Must Know - BF While Exercising	X



Prenatal Weeks 28-32

Clickable calendar (except for Tuesdays and Thursdays which are walks). If you ever can't get outside to walk, use the alternate cardio video at the bottom.

28

MON	TUES	WED	THU	FRI	SAT	SUN
☐ Fat Burn HIIT ☐ Open Your Pelvis 	 30 min total cardio: [4:00 easy/1:00 quick)] x 5 - CD: 5 min EZ	☐ Best Prenatal Strength 👁️ <i>BIBLE: Buckle Up, Ladies (This will Stick With You)</i>	 WU: 10 min EZ. [3 EZ/3 brisk, 2 EZ/2 brisk, 1 EZ/1 brisk] - CD: 10 min EZ.	X	☐ SPD Workout ☐ Pregnancy Stretching for Birth	X

29

☐ Pelvic Floor ☐ Pulse & Sculpt Booty ☐ Best 30 Min Glutes and Legs	 35-45 min moderate-easy cardio	☐ Bra Bulge ☐ Love Handles ☐ Back Fat Isolation	 Negative split: Walk 20 min out. Try to get back home in 19:00 (39 min total walk)	X	☐ Open Your Pelvis ☐ 8 Minute Pregnancy Abs	X
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30

☐ Prenatal METCON 👁️ <i>My Birth Story #4</i>	 35 min total cardio: [4:00 easy/1:00 quick)] x 6 - CD: 5 min EZ	☐ 30 Minute Shoulder Challenge ☐ Hip & Back Release 👁️ <i>41 Weeks Pregnant</i>	 WU: 10 min EZ. [3 EZ/3 brisk, 2 EZ/2 brisk, 1 EZ/1 brisk] - CD: 10 min EZ.	X	☐ Pregnancy Stretching for Birth 👁️ <i>12 Week Post Pregnancy Plan Trailer</i>	X
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31

☐ Pilates X Strength ☐ Pelvic Floor 👁️ <i>1 Week Baby #3</i>	 35-45 min moderate-easy cardio 👁️ <i>1 Week Baby #4</i>	☐ Best Prenatal Strength 👁️ <i>Positions for Labor</i>	 35 min total cardio: [4:00 easy /1:00 brisk walk] x 6 - CD: 5 min EZ.	X	☐ Best Prenatal Pilates ☐ 8 Minute Pregnancy Abs	X
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32

☐ SPD Workout ☐ Open Your Pelvis	 45-60 min easy cardio	☐ 9 Minute Prenatal Arms ☐ Pulse & Sculpt Shoulders	 30 min moderate cardio; walk hilly route if possible. 👁️ <i>6 Weeks Baby #4</i>	X	☐ Best 30 Min Glutes and Legs 👁️ <i>Mom of 5!!!</i>	X
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What should I do after 32 Weeks?

Congratulations! You are in the final stretch where your baby will do the most growing in size. No one should follow a strict workout schedule past 32 weeks, but you should stay active. You are safe to continue doing any of the 3rd trimester workouts. At this point in pregnancy, walking becomes my preferred form of exercise because it offers gentle cardio and helps baby get into the perfect head-down position for delivery. To help with vaginal deliveries, I also walk intermittently during labor with someone by my side for assistance during contractions. Swimming or kickboard kicking at the pool is the other healthiest form of cardio during 3rd trimester because it is low impact and also encourages your baby to get into the optimal position for delivery.

Again, you can use any of the workouts listed for 27 weeks onward all the way until delivery, but these are my favorites to stay in shape and prepare for labor:



- Open Your Pelvis
- 30 Min Prenatal Glutes and Legs
- Prenatal METCON
- Prepare for Labor Stretching
- The Best Pelvic Floor
- Full Body Strength
- Pilates X Strength
- Prenatal Pilates
- 3rd Trimester Safe Cardio at Home
- Symphysis Pubis Dysfunction Workout (Good for Pelvic Girdle Pain too)

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No One "Bounces Back" Immediately Postpartum



No matter what exercises you do during pregnancy, no stomach "bounces back" after growing and delivering a baby.

[See and hear](#) how my body was doing at 2 days postpartum with my 5th – the intent is that this normalizes the postpartum season.

As soon as you get the [12 Week Post Pregnancy Plan](#), open it up and watch the WATCH FIRST video (right at the beginning). This will give you laser-focused clarity so that you enhance your recovery in the early weeks postpartum, make accelerated progress once you're on the plan, and maximize your body's results.

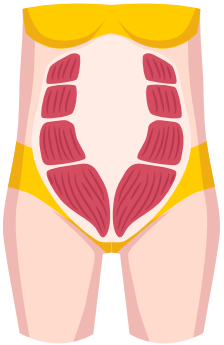
The anatomy of Diastasis Recti ➡

Structured exercise programming on the [12 Week Post Pregnancy Plan](#) will close down your gap with workouts that progressively get harder every 2 weeks to zip up your abs, giving you a flatter and tighter midsection. This training is extremely helpful for both c-section recoveries and vaginal recoveries.

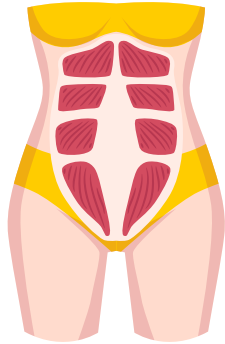


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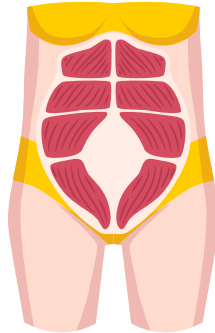
I Know Exactly How to Help You



**Diastasis Recti
Above the Naval**



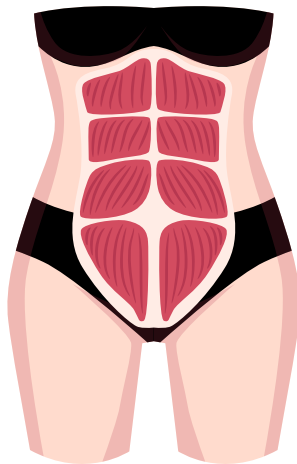
**Diastasis Recti
At the Naval**



**Diastasis Recti
Below the Naval**



**Stress
Incontinence**

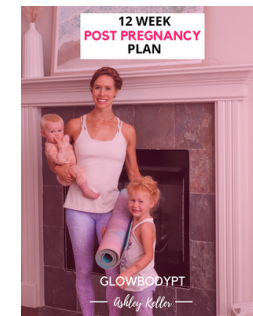


**Heal Your Postpartum Stomach and
Restore a Pelvic Floor You Can Count On
As a Mother. The 12 Week Post Pregnancy
Plan Removes All of the Guess Work so
You Can Get the Fastest Results.**

Doing the wrong exercises postpartum can prolong your recovery by causing pelvic organ prolapse, urine leaks (incontinence), making C-section recovery worse, and making your ab gap (Diastasis Recti) wider.

Over 60% of women have Diastasis Recti after pregnancy. Unaddressed Diastasis Recti will appear as a frustrating belly pooch and wider waist, no matter how much fat you lose.

Postpartum recovery isn't stressful anymore when you know every detail of your fitness is figured out for you.



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Join thousands of mothers who have come before you.

12 Week Post Pregnancy Plan

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12 Week Post Pregnancy Plan

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12 Week Post Pregnancy Plan

BUY HERE

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The food, the workouts, the wisdom

If you enjoyed the Free Prenatal Program, you will LOVE what the 12 Week Post Pregnancy Plan does for your postpartum body, and how *fast* it works. Get results in 12 weeks that most women never get as a mother. Tighten your waist, flatten your stomach, stop pee leaks, accelerate fat loss, increase your energy and feel confident in your body again.

100% breastfeeding supportive. 100% helpful for c-sections. You'll be coached through everything so there is zero wasted time or guesswork. Each workout will make you feel equipped and encouraged in your motherhood and in your marriage. Keep the plan for 10 years. I'm so excited for you!

12 WEEK POST PREGNANCY PLAN TIME!

SCOOBY-DO! SUPREMACY

Ingredients:

- 2 sweet potatoes, sliced (skin on)
- 1 15 oz can (425g) refried beans
- 1 15 oz can (425g) black beans
- 1/2 cup (125g) salsa
- 1/2 cup (125g) sour cream
- 1/2 cup (125g) cheese
- 1/2 cup (125g) guacamole
- 1/2 cup (125g) jalapeños
- 1/2 cup (125g) onions
- 1/2 cup (125g) tomatoes
- 1/2 cup (125g) cilantro
- 1/2 cup (125g) lime juice
- 1/2 cup (125g) salt and pepper

WEEKS 1-4
Phase 1: Metabolism Wake Up

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA PANTS	LEAN GREEN BEAN SMOOTHIE	LEAN GREEN BEAN SMOOTHIE	LEAN GREEN BEAN SMOOTHIE	LEAN GREEN BEAN SMOOTHIE	LEAN GREEN BEAN SMOOTHIE
YOGA PANTS	LEAN GREEN BEAN SMOOTHIE	LEAN GREEN BEAN SMOOTHIE	LEAN GREEN BEAN SMOOTHIE	LEAN GREEN BEAN SMOOTHIE	LEAN GREEN BEAN SMOOTHIE
GLUTE SCULPT	ARM ENJOY	GLUTE SCULPT	ARM ENJOY	GLUTE SCULPT	ARM ENJOY
STROLLER FIT 1	STROLLER FIT 1	STROLLER FIT 1	STROLLER FIT 1	STROLLER FIT 1	STROLLER FIT 1
STROLLER FIT 2	STROLLER FIT 2	STROLLER FIT 2	STROLLER FIT 2	STROLLER FIT 2	STROLLER FIT 2

BONUS CARDIO 2 (Harder)

Warm up: 30 seconds each

- Step ups -> Step ups -> Back straddle
- Step ups -> Frankenstein -> Tiny walking lunges forward and back

Main: 10 SEC WORK + 10 SEC ACTIVE RECOVERY

- Round 1: Knee drive + front kick, Curtsy lunge w/ punch & shuffle, Squat w/ explosive arch tap, Isometric lunge w/ sprint
- Round 2: Diagonal knee drive + side kick, Curtsy lunge w/ punch & shuffle, Squat w/ explosive arch tap, Isometric lunge w/ sprint
- Round 3: Knee drive + kick comb, Curtsy lunge w/ punch, Squat w/ explosive arch, Isometric lunge w/ sprint (optional jump switch)

Cool Down: Standing TFL + Forward lunge w/ spinal twist

12 WEEK POST PREGNANCY PLAN

SUPERMOM STRONG
Phase 3: Tone Up

MOM COOKBOOK

CLICK HERE