



## Fit Mom Foundations Prenatal Prehab/Warmup (Weeks 1-4)

Daily Exercise	Week 1	Week 2	Week 3	Week 4
1. <a href="#">Supine Kegel Breath</a>	1x10 1x daily	1x10 1x daily	1x10 1x daily	1x10 1x daily
2. <a href="#">Band Assisted Hamstring Stretch</a>	1x10/side 1x daily	1x10/side 1x daily	1x10/side 1x daily	1x10/side 1x daily
3. <a href="#">Glute Bridge</a>	1x15 1x daily	1x15 1x daily	1x15 1x daily	1x15 1x daily
4. <a href="#">Heel Slides</a>	1x8/side 1x daily	1x8/side 1x daily	1x8/side 1x daily	1x8/side 1x daily
5. <a href="#">Clamshells</a>	1x15/side 1x daily	1x15/side 1x daily	1x15/side 1x daily	1x15/side 1x daily
6. <a href="#">Bodyweight Squat</a>	1x15 1x daily	1x15 1x daily	1x15 1x daily	1x15 1x daily
7. <a href="#">Split Squat</a>	1x10/side 1x daily	1x10/side 1x daily	1x10/side 1x daily	1x10/side 1x daily
8. <a href="#">Band Pull Apart</a>	1x15 1x daily	1x15 1x daily	1x15 1x daily	1x15 1x daily

## Notes

### Getting Started

**If you are new to working out:** Start by doing the Prehab/Warmup exercises for 2-4 weeks before adding in your workouts. Once you have done your Prehab/Warmup exercises for at least 2 weeks, you can add in your workouts. Do your workouts 2x/week and your Prehab/Warmup exercises everyday. On days that you also do your workout, use your Prehab/Warmup exercises as a warmup.

**If you have been working out:** Start doing your Prehab/Warmup exercises + your workouts 2-4x/wk. Do your Prehab/Warmup exercises everyday and use them as a warmup on the days that you also do a workout. You can use your Prehab/Warmup exercises as “fillers” for days when you just can’t get into the gym, but still want good movement and a great sweat.