

WORKOUT #1

Foam Roll

Stretch

Circuit 1

Band abduction/adduction (knees push out) 2 x 10

Split Squat 3 x 8

Anti-Rotation (hold band or cable even with chest and either hold for 3 x 15 seconds or 3 x 12 pushing hands straight out)

Do 1 set of each and then repeat the circuit

Wind bike fast for 20 seconds. Rest until you feel comfortable to go again. Do this two times total.

*If you have a heart rate monitor: (I used my apple watch) normally wait until heart rate is under 120 but in third trimester under 110 or 100 may feel better! *Also, figure out what your max heart rate is here (you can ask your doc) and don't exceed it.*