

PREGNANT NOT POWERLESS!

Stay **energised**, **strong** & keeping **moving** through your pregnancy.

Hello, I'm Rosie.

I'm the founder of Mamawell - the community & workouts designed to take you through pregnancy, postpartum & beyond.

Mamawell workouts focus on how to move in the most beneficial way through

pregnancy - enabling you to feel confident and empowered. The things you can add and optimise safely to make you feel your best. Keeping strong & fit is so beneficial through pregnancy* and beyond, both mental

and physical. Reasons to prioritise exercise during pregnancy include: reducing the risk of gestational diabetes, increasing energy, better sleep, keeping blood pressure level, improving mood, reducing risk of constipation, reducing risk of back pain. Exercise can also help reduce the risk

> speed up recovery times post-birth. I've put together some of my top tips for you to save and come back to. You have a FREE week trial of all my workouts, so be sure to check out www.mamawell.org to access this today!

> of complications during pregnancy and childbirth, plus it can help

THE ABDOMINALS There are several layers of abdominal muscle that provide postural support, and

*in a 'normal' uncomplicated pregnancy. All information here for guidance only.

Seek advice from a medical professional where needed



allow for all types of movement. The abdominal muscles connect to the pelvis and back, and they work in conjunction. Being able to activate your abdomen optimally

will likely help support the baby bump more effectively, reducing weight on the pelvis, possibly reducing the risk of lower back pain and keeping posture better aligned. The deep abdominal muscles provide support all around the abdomen as well as activate during labour, so being aware of them is helpful. As the abdomen grows in pregnancy you'll notice you'll feel different in this area - maybe you'll be less able to activate these muscles. Try a few of these exercises and see what you notice. These can be done every day, or several times a week - as feels good for you. **ACTIVATION WITH BREATH** Positioned on all fours, hands under shoulders,

Full inhale and let the abdomen expand, don't

throughout the exercise.

knees under hips. Back is straight and still

push it outwards but feel it fill. Full exhale and at the end of this movement pull

the belly up and in towards the spine. Try and

feel the connection & hold this position for a

release an inhale again. Repeat up to 10 times.

count of 3-5 (whatever comfortable for you) then

ARM EXTENSION IN PLANK Full inhale as before. At the end of the exhale find

in front, parallel to the floor. Place back on the floor under the shoulder & stretch the other arm.



Do 4 in total, then relax the stomach. Engage and repeat, your choice of how many sets.

the connection in the abdomen. Holding this

engagement in the core, extend one arm straight

Take a plank position with the knees down. For more support of the abdomen & back, have the knees under the shoulders. If you're feeling strong

or for more of a challenge, place the knees further

Tap the right hand to left shoulder & place back

onto the floor. Try to do this with control, not too

quickly. Do 4 in a row & change sides.

back.

do!

SIDE PLANKS

Play around with no. of reps to suit your energy & strength - up to 10 on each side. Notice the abdomen naturally activates. Try to resist rocking to the side on each movement - notice when you

Planks with the knees down are a great way to keep the abdominals & back strong without putting too much pressure on that area. You'll still really feel the activation. Sit on your side, knees bent, weight supported on

your elbow. On the exhale, push the hips up to a

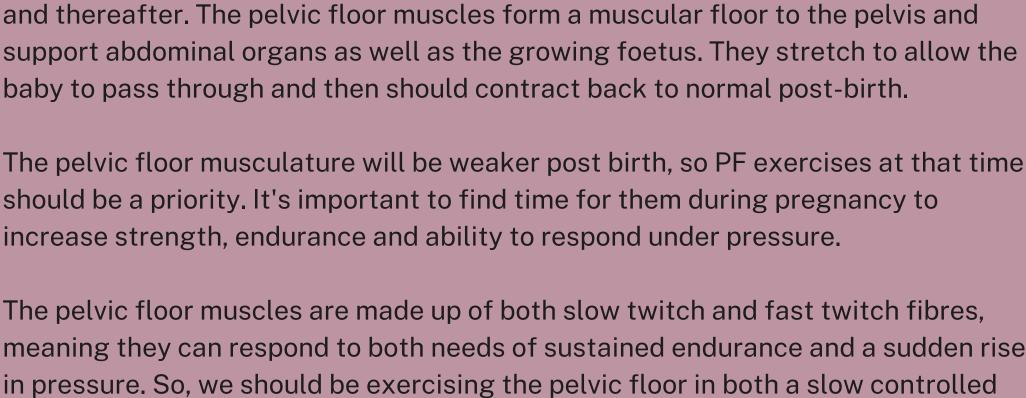
plank position and hold there for up to a count of 10 - build up to this. Try and engage the core a bit in this position - imagine gently pulling the stomach in. For a challenge, try a 'thread the needle'. Bring the

stretched arm across the body and tuck it in, or

gently tap the floor, and then stretch again. Try

THE PELVIC FLOOR

the thread, inhale on the stretch.



These moves can be done in two ways: • Slowly: as described above. Hold the contraction for a slow count of 5, then release. Build up to around 10 at this speed.

• Quickly: Contract (pull up) your front and/or back passages and then pulse them for

Don't forget to breathe deeply at the start & end of these contractions. It's important to

fully relax the muscle in between contractions - but don't press it 'down', just notice it

soften. If you have pelvic girdle pain or are having issues with continence during your

pregnancy, it's advised to seek guidance from a pelvic health physiotherapist.

Then, inhale deeply and as you exhale, imagine drawing up through your anus and

holding there. Don't tighten your buttocks or tense any part of your body. Let the pelvic

incorporating the front section of your pelvic floor, the contraction is a bit like when you

floor relax gently and then inhale to start the process again. After a few cycles, start

CARDIO, IMPACT & RESISTANCE

Cardio exercise is generally fine to do throughout

lifting weights as you have an altered centre of

seek guidance from an experienced pregnancy

gravity with the bump growing. It's a good idea to

stick with movements that you're familiar with, or

a count of 10. Relax, then repeat another 5 times.

pregnancy & provides great positive endorphins. Be mindful of energy levels and adjust the intensity as necessary. Always take a break if you feel lightheaded, and drink plenty of water throughout all workouts. Having a baby requires strength, so resistance

It's important to keep breathing throughout all movements, as all oxygen taken in will also go to the baby. A good indicator of intensity is the 'talk test' – always being able to hold a conversation even if a bit out of breath. You should never be on the floor gasping for breath.

signals. Be aware of over-stretching or loading up the body with too much weight during pregnancy as relaxin will be present in the joints. This hormone is produced to relax the ligaments and soften the area around the pelvis to facilitate childbirth. It will be present in the whole body, so you may find you are more flexible & unstable. Be particularly careful with shoulder, hip, knee & ankle joints.

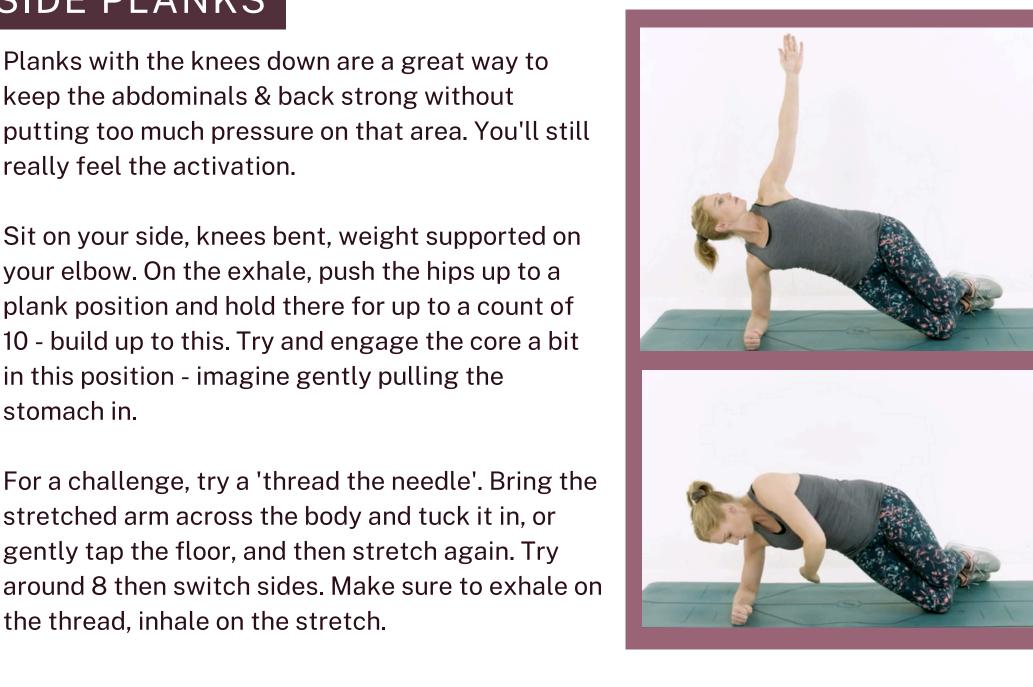


LOOKING TO KEEP MOVING WITH CONFIDENCE? Mamawell is your complete body & mind toolkit for pregnancy! It includes workouts, Pilates, Yoga, physio-

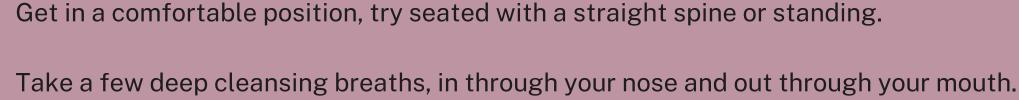
led sessions, breathwork and minfulness. Rather than being prescriptive on exercises for each week, it allows for the fact we are all different. In the varied on-demand

Start your FREE trial now and work confidently though your pregnancy and beyond with us.

To join today, head to WWW.MAMAWELL.ORG. and then







try and stop yourself urinating.

way, and faster sharper contractions and release.

training is great to incorporate. Avoid straining and holding the breath, and be mindful of form when

specific instructor.

Don't underestimate rest days & notice when certain movements might start to feel less good on your body. During pregnancy your body will quite often tell

you when it's time to change something, so watch for

full length workouts & classes, you'll learn how to adapt your workout to your changing body.

