

bumpercise

Exercise in Pregnancy

Class Structure and Content

Exercises to strengthen and tone muscles – *(included in all classes)*

A selection of standing and mat-based exercises to strengthen specific muscles that are important during pregnancy and when caring for a new baby:

- Muscles weakened and stretched in pregnancy
- Muscles needed to lift, carry and care for baby
- Muscles that support weak and vulnerable joints, eg pelvis, knees.

Exercises will therefore focus on pelvic floor, deep tummy muscles, bottom, middle and upper back, arms and thighs.

Cardiovascular workout – *(included in some classes)*

A fun and gentle workout to music, consisting of low impact easy-to-follow steps. This will burn calories, help to improve cardiovascular fitness and circulation and increase energy levels, without stressing the pelvic floor or joints. Correct posture and joint alignment is explained and reminded throughout the workout.

Stretches – *(included in both classes)*

Mostly mat-based, a selection of stretches to maintain flexibility and release muscle tension, with a particular focus on muscles that become short and tight during pregnancy (chest, back, neck, hamstrings, hip flexors) as well as other muscles worked during the class.

Relaxation – *(included in some classes)*

A few moments to relax, rest and unwind at the end of the class.