



PRENATAL BASICS

BY SARAH ANN KELLY

Everything You Need to Know for Trimesters 1-3!



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When Excitement Meets Nausea.

Congratulations, you're pregnant!

Whether this is the best news of your life, or a total shock, pregnancy can be a lot to handle. Slowly your body becomes more sensitive to well, everything! Smells, bloating, nausea, extreme fatigue, swollen breasts, dizziness, cramping, you name it. The good news is, these are all signs of a healthy pregnancy.

Truthfully, you don't need to change much in the first trimester, but with all of these early symptoms, you might want to.

Here's what to change:

1- Scale back your fitness routine

Instead of pushing towards that goal 5k time, grunting through the final reps, and poising yourself for better handstands, it's time to focus on maintaining your fitness instead of improving it. You can still achieve strength gains, but you should avoid going above a 7 on a scale of 1-10, ten being the hardest workout you can imagine. If you can talk and breathe comfortably, keep going. If you're struggling, scale it back.

If you're highly competitive like I am, you may want to incorporate a prenatal mantra so you won't get frustrated.



2- Be Prepped for the Pukiness

Whoever came up with "morning sickness" was full of lies.

It can happen all day long (yay....) so make sure you have plenty of basic foods that don't trigger any symptoms. Morning sickness can often be triggered by hunger. If you can only hit the gym in the early morning or before dinner, make sure you have something in your stomach, in your gym bag, or eat a larger meal the night before.

3- Swap Out Your Stretches

Your body will start secreting relaxin, a new hormone to help your pelvic bones shift during labor. Early on, this hormone will also increase your flexibility and overall bendy-ness. However, although you may start to feel like superwoman in Yoga, this is something you won't want to indulge in. Overstretching can injure your joints and ligaments. Incorporate stretching work as you please, but avoid holding deep static stretches that are past what you can normally do.

4- Start wearing looser fitting clothes and more supportive undergarments

Your boobs may be swollen as your body is already preparing for breastfeeding. Running, jumping, and high impact exercises might be off the table for a bit, but supportive undergarments will help alleviate breast discomfort and back pain.

You may want looser clothes to prevent overheating. Make sure you drink a lot of water as well, to reduce swelling and regulate body temperature. (Pregnant women need at least 12 glasses regardless of activity.)

****If you are hoping to hide your pregnancy, it will help you to start doing this beforehand. Adopt new styles when you're trying, especially if you've been pregnant before. Our bellies tend to "pop" quicker with the second one!**



02



TRIMESTER
TWO

02



Congratulations, it's Coasting Time!

The second trimester is frequently called "the honeymoon trimester" because your hormones stabilize and you start to show. While your baby starts to grow, this is an ideal time to workout. You (hopefully) have less early pregnancy symptoms (nausea, headache, extreme fatigue, etc) so you can workout more effectively. Keep in mind that although you're "officially" in your second trimester around 14 weeks, symptoms may persist until 16 or 20. So, if you're still feeling sick this may still be temporary, stay positive.

Here's what to change:

1- Prepare your Pelvis

You may have already noticed your pelvis spreading. Your body is getting ready for baby's growth and for delivery. Squats, lunges, and glute bridges are some of the best exercises to train your pelvis. You will want to ensure that you're using proper form in so your hips stay in proper alignment and you don't get injured. Please visit my workouts page for videos and PDFs you can do at home or the gym.

<http://www.momtrainer.com/workouts>

2- Incorporate Pelvic Floor Work

(This doesn't mean just do Kegels!) I like to describe your pelvic floor (PF) like the hammock your baby hangs out in. A strong PF will help you labor and recover post-pregnancy. Breathing techniques and more information is available here:

MomTrainer.com/Blog.

3- Avoid Being on Your Back

Most exercises you can do on your back can be modified after the 20 week mark. (Or earlier, depending on your personal experience). Laying on our backs during pregnancy may put excess pressure on your Inferior Vena Cava, which is a major vein that carries blood to your heart. This can prevent the baby from getting blood and you from getting oxygen.

New research has demonstrated that your natural instincts will tell you when it's time to roll over. Many of my clients feel completely fine being on their backs for certain exercises, whereas some begin to experience dizziness, nausea, or heartburn symptoms.

Modify with an incline bench or wedge pillow, or skip exercises that make you feel uncomfortable.

4- Don't Go Too Deep

Avoid deep rotations, deep low lunges or floor squats. This is important because your new hormone, relaxin, will allow you to be more bendy and can cause excess stress on your joints and ligaments. Although it may feel comfortable increasing your range of motion from your pre-pregnancy days, it might feel worse with repetitive movements. Remember that your pelvis is spreading, and working out of proper alignment can result in permanent damage.

Although most pregnancy hormones will all but disappear after delivery, Relaxin can stay in your body for up to a year. Save the weighted Russian twists for the toddler days!

5- Balance, Baby, Balance

As your baby grows and your organs begin to shift, your center of gravity will too! Mimic some daily movements in the gym with lunges, functional rotation, and try standing on one leg.

Although some books recommend skipping balance work at the 20 week mark, I strongly believe it's essential to develop proprioception skills in order to prevent falls in your third trimester.



03



T R I M E S T E R
T H R E E

03



The Home Stretch!

You're so close! By this point you have (hopefully) stayed in great shape and are having a safe and complication-free pregnancy.

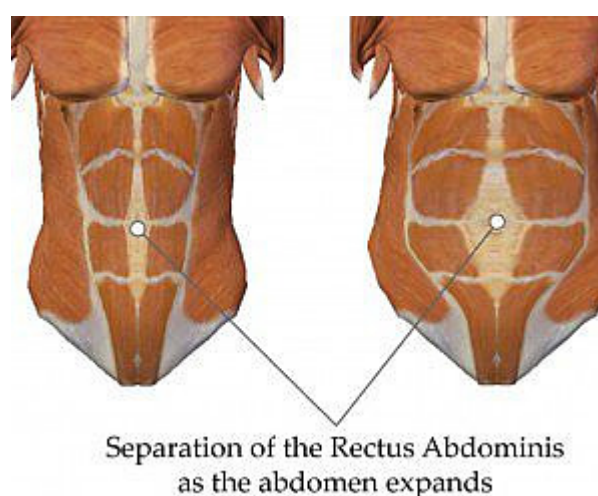
Most third-trimester grievances are size related. Just remember that every pregnancy is different, and just do what you can. This is not the time to compare yourself to the "Fitmoms" of instagram. Just like your first trimester, be very patient with your body. You're almost done!

Here's what to change:

1- Beware the split

"Diastasis recti", (also known as "abdominal split") is a result of the linea alba (connective tissue in the middle of your abdominal wall). You will be able to feel a small gap between your right and left rectus abdominis, and sometimes feel your uterus peeping out. I rarely check for DR during pregnancy unless it is extremely visible, the linea alba stretch is normal and the self-check may increase the spread even more.

Diastasis recti can cause back pain and may result in longer recovery postpartum, but is not painful, fatal, or harmful to the fetus. Please check out more information on DR here:



<http://www.momtrainer.com/single-post/2015/08/08/Lets-Talk-About-the-Split>

2- Rest Up

As your baby goes through the final development stages, you'll likely be tired! Make sure you are getting plenty of rest and water. If you feel too exhausted to exercise, don't push it.

3- Swap Out Certain Machines

Any equipment that has you in a "locked" position should be avoided. You want to be able to move freely and comfortably. Also, your belly might be in the way at this point. A pushup, for example, might not be in the cards. (Swap it for incline chest presses.) If you're using cables, avoid excess range of motion exercises, again, that's the relaxin talking. Stable joints are happy joints.

4- Build a Fortress of Equipment

Most of our clients are too tired to move, but still want to get the most out of their training. It is most effective and helpful at this point to have your weights, bands, water, medicine balls, etc, nearby so you don't have to move too much between sets.

5- Move Slowly and Frequently

When you're in these final weeks of pregnancy, the bloating, fatigue, and discomfort are real! By keeping in motion we can ease bloating and distribute blood flow to our muscles and organs. Wear comfortable shoes and try to move during your day as much as possible. Go at a slow pace and don't overdo it.



These are the basics, but YOU, my dear, are not.

You deserve extra attention and care from a certified and experienced professional who is here to listen and respond to your specific needs.

Trust me, I've been doing this for over 10 years, and I've gone through it myself. We absolutely need to take the best care of our bodies during this time, and that doesn't just mean resting. Pregnancy is an incredible strain on the body, as you've probably figured out by now. The idea that women are delicate flowers that can't be challenged or strengthened during pregnancy is outdated, untrue, and dangerous to our health. We need safe and effective workouts that will prevent us from common ailments, help us heal from birth injuries better, and to prepare us for motherhood.

I can't promise that you'll also have a 4-Push delivery that's Diastasis Recti-free, but I can tell you from both sides of my experience that staying at the top of your game throughout your pregnancy is going to make your pregnancy and postpartum recovery a heck of a lot better.

If you're ready to absolutely thrive during your pregnancy, I invite you to schedule a 20 minute consultation where you can ask me anything you like. I offer in-home training here in Denver, Colorado, and coach clients online from all over the globe. You can also check out my shop for programs you can follow along at home, too.

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To a happy, healthy, and strong Motherhood,

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