



## *Duchess inspired workout*



*\*Check with your doctor before beginning any exercise program*

### *Cat Cow: Arch Your Middle(ton) I know this one is cheesy, I just had to try it.*

This exercise is great for stretching your back while also strengthening your deep core muscles. These muscles are needed for helping to support the growing weight of your baby as well as can help you push your baby out when the time comes.



1. On your hands & knees exhale as you slowly round your back pressing it up towards the ceiling.

2. Inhale as you slowly move your back into an arch. Think

about doing a gentle kegel while giving your baby a hug.

3. Continue doing a gentle kegel & hugging your baby as you move pressing your back towards the ceiling.

4. Do 10 of these at a time and feel free to do them throughout your day as they will feel amazing into your 3rd trimester.



### *Slow, Deep, Lunge pulses: A Duchess has to keep her rear in tip top shape too!*



This exercise is great to strengthen your booty plus stretches your front hips, which can become very tight during pregnancy. You can also reach your hands up by your ears without any weights (the weights are optional but great for a little extra shoulder work)

1. Standing in a comfortable lunge position, bend your knees to lower as low as you can without going into your knee.

2. Stay within the lower 50% of your range & do very slow reps, exhale as you press your back knee towards the ground. Inhale as you use your front leg to press you up with. Be sure to engage & squeeze your front leg glute.
3. Do 6-12 reps on one leg then switch to the other leg.



### *Yoga Flow: Combining down dog, modified push-up, & up stretch.*



This combo can feel so great during pregnancy. Keep your range small if you need to.

1. Begin in a down dog, pike position. Soften your knees so you can better allow your low back to stretch.
2. As you begin to move forward towards a modified push-up, bring your knees to the ground for more support of your low back & to avoid unnecessary stress on your abs. Tuck your hips & gently drop your shoulders back so you are in a modified plank position. With your elbows out 45 degrees slowly lower down into a modified push-up, leading by lowering with your arms first, not your low back.
3. As you push up out of your push-up (ha!) drop your shoulders down out of your ears a bit more, hug your baby even tight & move into the up stretch. Only lift your chest as far as it feels good for your body. If it doesn't feel good for you then move right back into the down dog/pike stretch.
4. Repeat another 2-4 times.



*Pigeon: Can you say hello hips & hip flexors during pregnancy!*



This stretch is amazing to help you open those tight hips both the front & back/sides of your hips.

1. In pigeon stretch lift your chest up & hold for 10-30 seconds.
2. Then fold your body forward or at least let your neck relax forward & practice breathing into your back. If you're in 3<sup>rd</sup> trimester your range forward will be small due to your growing cute belly bump.

Need another round or 2? Repeat this Duchess inspired workout again!

Enjoy

*~Erica*