

1.) Resistance

Frequency: 3-5 times a week

Intensity: light to moderate, 70% of 1RM

Time: 30-60 minutes

Type: upper/lower split intervals with 2-3 minutes rest period between sets

First Trimester Resistance Exercises			
Muscle Group	Exercise	Reps	Sets
Back	Lat Pull Down	10-12	2-3
Shoulder	Shoulder Press	10-12	2-3
Quadriceps	Lunge	10-12	2-3
Biceps	Bicep Curl	10-12	2-3
Triceps	Triceps Extension	10-12	2-3
Calf	Calf Raises	10-12	2-3
Core	Crunches	10-12	2-3
Core	Plank	Timed for 45 secs	2-3
Core	Side Bridge	Timed for 45 secs	2-3

Second and Third Trimesters Resistance Exercises			
Muscle Group	Exercise	Reps	Sets
Back	Seated Row	10-12	1-3
Shoulder	Lateral Raise	10-12	1-3
Quadriceps	Squat	10-12	1-3
Biceps	Bicep Curl	10-12	1-3
Triceps	Triceps Kickback	10-12	1-3
Calf	Calf Raises	10-12	1-3
Core	Plank	Timed for 45 secs	1-3
Core	Side Bridge	Timed for 45 secs	1-3

2.) Cardiorespiratory

Frequency: 120-150 minutes/week

Intensity: light to moderate, 50-65%HR

Time: 15-30 minutes

Type: continuous

Cardiorespiratory Exercises	
Type	Intensity
Walking	Light-moderate
Jogging	Light-moderate
Swimming	Moderate-Vigorous
Biking	Light-moderate
Step Aerobics	Moderate
Dancing	Light-moderate
Hiking	Light-moderate
Water Aerobics (Aquafit)	Moderate

3.) Flexibility

Frequency: 6-7 days a week

Intensity: light to moderate

Time: 15-30 minutes

Type: continuous

Flexibility Exercises			
Target Area	Exercise	Time	Sets
Hamstrings, Calves, Back	Downward Dog	5 seconds	3
Groin, Hips	Butterfly	30 seconds	1-2
Triceps	Tricep Stretch	15 seconds per arm	3
Abdominals, Back	Pelvic Tilt	5 seconds	3
Shoulder	Shoulder Stretch	15 seconds per arm	1-2
Calf	Calf Stretch	15 seconds per leg	1-2
Quadriceps	Runners Stretch	15 seconds per leg	1-2