

MY GOAL IS TO EMPOWER AND HELP WOMEN TO LIVE A FITTER AND HEALTHIER LIFESTYLE



NATHALIA MELO **FIT**

FREE

FULL BODY PREGNANCY WORKOUT

AND 10 DON'TS OF PREGNANCY

Nathalia Melo

XOXO



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A pregnant woman with long dark hair, smiling, wearing a blue sports bra and blue shorts, holding dumbbells in both hands. She is standing against a light-colored brick wall. The word "INTRODUCTION" is overlaid in large white capital letters across the middle of the image.

INTRODUCTION



Hello! My name is Nathalia Melo, and I'm a wife, a mom of two beautiful babies, and an ante- and postnatal trainer.

I started training at a very young age, and I've always been passionate about everything related to staying fit and healthy. For most of my life, I thought I had a good grip on my training regimen...until I found out I was pregnant.

At that point, when I realized I had to learn how to train during that new stage of my life, I began to feel overwhelmed. Like most moms in their first pregnancy, I was confused about what was and wasn't safe to do. To move forward, I decided to further my training education and get certified in ante- and postnatal training, diving into countless articles, books, and research papers about training and nutrition during and after pregnancy. This helped me better understand what was going on with my body, and what kind of adjustments I'd have to make to safely maintain my active lifestyle.

Our bodies undergo a series of changes when we're expecting, so it's crucial that we adjust our exercise routines to suit these physical and hormonal changes. The Full Body Pregnancy Workout routine you'll see in this book is very similar to what I did in both my pregnancies, taking into account all of the evidence-based do's and don'ts of pregnancy training. During my pregnancies, I adapted my training to suit that stage of my life by using several tools, and now I want to share that knowledge with you.


My goal is to empower and help women to live a fitter and healthier lifestyle in ALL stages of their life, but especially during and after pregnancy!

But that's not all...

Thought the FREE Full Body Pregnancy Workout AND 10 Don'ts of Pregnancy were all the freebies you were getting? Nope! Come join our FREE Facebook community, [Fit Moms & Healthy Bumps](#). Here, you'll find your daily dose of motivation and inspiration, whether you're pregnant, planning on becoming pregnant, or you've got a baby at home. With helpful tips and encouragement from a welcoming group that understands where you are in life, you'll find new ways to work toward your fitness goals while expecting, or with a little (or littles) already at home.

[Click HERE to join.](#)

Nathalia
XOXO



FULL BODY PREGNANCY WORKOUT



Full Body Pregnancy Workout

Notes about this plan:

-The following plan is to be performed three times a week with a 5 minutes warm up before starting the weights each day.

- Every 2 exercises that are together are to be done back to back as a superset. For example:

EXERCISES	SETS	REPS
Cable Reverse Lunges	3	12
Dumbbell Lateral Raises	3	12

Do 12 reps of the cable reverse lunge and then 12 reps of the dumbbell lateral raise, and then rest. Rest for as long as you need to feel like you can start the next set.

FULL BODY PREGNANCY WORKOUT

EXERCISES	SETS	REPS
Dumbbell Squats	3	12
Bent over Dumbbell Row	3	12
Suspension Training Single Leg Deadlift	3	12 (Each side)
Suspension Training Chest Press	3	12
Cable Reverse Lunges	3	12
Dumbbell Lateral Raises	3	12
Kneeling Alternating Arm/Leg Lift	3	10 (Each side)

Full Body Pregnancy Workout

Disclaimer:

1-Do **NOT** attempt any of the exercises in this program without your doctor's approval first. It is your responsibility to seek confirmation from your doctor that this exercise program is suitable for you.

2-The information provided in this Ebook is intended to be used for informational purposes only. Any exercise we suggest may not be suited for your individual needs and our suggestions cannot and do not replace independent qualified medical advice.

3-You should always seek medical advice before starting a new fitness program.

4-Stop exercising immediately and call your doctor if you do not feel well and/or experience any of these:

- Vaginal bleeding
- Dizziness
- Amniotic fluid leakage
- Headache
- Dyspnea (difficulty breathing) prior to exertion
- Chest pain
- Muscle weakness
- Calf pain or swelling
- Decreased fetal movement



A pregnant woman with long dark hair, wearing a blue camouflage sports bra and matching shorts, is smiling and holding a black kettlebell over her right shoulder. She is standing against a light-colored brick wall. The text "10 EXERCISES TO AVOID DURING PREGNANCY" is overlaid on the image in white and pink capital letters.

10 EXERCISES TO AVOID DURING PREGNANCY



10 Exercises to Avoid During Pregnancy

Exercise is important during pregnancy. It keeps your body fit and strong and can make the later months, when you feel like you're carrying a bowling ball in your belly, easier! However, while you can, and should, continue exercising during pregnancy, there are some types of exercise you should avoid. Some are due to new physical barriers — you can't do supermans with a big belly, for example! — while others are for less obvious reasons such as preventing damage due to loos-ened joints and ligaments.

Read on to find out what to stay away from and why.

1. Crunches

The ubiquitous abs exercise, crunches, are usually a staple of many workout routines. However, when pregnant, your abs need extra care. Due to your growing uterus, the muscles in your abdo-men begin to separate along the middle. All pregnant women experience this, a condition called di-astasis recti. The problem, however, is when it doesn't go away after birth.

Diastasis recti in the postpartum period causes your belly to bulge a little, making you continue to look a few months pregnant even after birth. This is because the separated abdominal muscles are no longer keeping your organs back as well as they used to. Fixing it requires either a very disci-plined exercise regimen which works on slowly bringing the abs back together to close the gap, or surgery to put them back together. The degree to which diastasis recti happens varies from woman to woman, but you can make it worse by using your abdominal muscles in ways that widen the gap by putting pressure on the abdominal muscles. That's where crunches come in. So can other abs exercises such as sit-ups. Crunches and sit ups should also be avoided because they involve lying on your back, which is dangerous for the reasons discussed below.

2. Lying on your back

Have you ever been woken up at night, out of breath, because you accidentally rolled onto your back? While on your back, the weight of your baby, growing uterus, placenta, and amniotic fluid puts pressure on your vena cava. This is a major vein that carries blood from the lower half of your body back to your heart. This is called Supine Hypotensive Syndrome. This can leave you nauseat-ed or dizzy and short of breath. Because of this, any exercise that involves periods of lying on your back should be avoided, especially in the 2nd and 3rd trimesters.

10 Exercises to Avoid During Pregnancy

3. Jumping

Skipping, hopping, and jumping during pregnancy will do a number on your pelvic floor. This important group of muscles is shaped like a sling and spans from your pubic bone to your tailbone, holding up your uterus, bowels, and bladder. Your pelvic floor is currently more lax due to a hormone called relaxin which, as its name suggests, helps relax your joints, ligaments, and muscles in preparation for childbirth. A weakened pelvic floor can lead to bladder issues such as a sense of urgency every time you need to go or stress incontinence. In more extreme cases, it can lead to prolapse of any of the organs it normally holds up. So take care of your pelvic floor. Many things, including the weight of the uterus as it grows, can place stress on the pelvic floor and weaken it. Jumping-type exercises can increase the pressure on the already-weakened pelvic floor.

4. Isometrics

Isometric exercises involve strengthening muscles by remaining in static positions. A popular example would be the plank. Isometric exercises are generally safe for pregnant women as long as they don't violate any of the other rules mentioned here, however, there is one exception. If you have high blood pressure, stay away from this type of exercise, as studies have shown that isometric exercise can increase blood pressure.

Women with high blood pressure during pregnancy may develop preeclampsia, a dangerous condition that can lead to eclampsia and can only go away by delivery of the baby. Your doctor can tell you whether your blood pressure is a concern.

5. Laying on your belly

Any exercise that involves lying on your belly, such as supermans or prone leg extensions, are off limits during pregnancy. This is obvious once your belly gets bigger in the latter half of your pregnancy, but even before your belly starts looking bigger, laying on it, especially on a hard floor or flat exercise mat, will put pressure on your uterus. This is especially true in the 12th week of pregnancy and beyond, when your uterus grows up and out of your pelvis. Your baby is well-protected by amniotic fluid, however, and you will likely feel discomfort yourself well before you could cause any harm to your baby.

10 Exercises to Avoid During Pregnancy

6. Using a wide stance

Exercises that involve placing your legs widely apart in either direction, such as sumo squats, sumo deadlifts, and lateral lunges, can cause pain in your pelvis if you have symphysis pubis dysfunction (SPD). SPD is a painful condition involving the very front of the pubic bone, an area called the symphysis pubis. Not everyone knows this, but your pelvis is not solid bone all the way through. At the part commonly referred to as the pubic bone, there is a cartilaginous joint called the symphy-sis pubis. This joint sometimes becomes unstable during pregnancy. It is unclear exactly what causes it, but some scientists believe it may be caused by an overabundance of the hormone relaxin during early pregnancy. Women experiencing this condition should avoid anything that further separates the symphysis pubis... and even if you don't have it, take it easy while doing exercises of this type to be safe.

7. Exercising in heat

There are some purported benefits of exercising in heat...that is, when you're not pregnant. When pregnant, training or going for a jog on a very hot day or doing specific exercise practices that utilize high heat, such as bikram yoga and hot Pilates, can cause your body to overheat causing some very serious issues. Overheating during the first trimester could lead to neural tube defects while in the later trimesters it can lead to dehydration and dizziness for you. Dehydration during the later months can lead to contractions.

8. HIIT training

HIIT, or High Intensity Interval Training requires periods of exercising as intensely as you can, followed by periods of rest, and you're expected to maintain the intensity level throughout. HIIT can be a great way to burn fat and increase endurance. During pregnancy, however, this type of training can be very taxing on the body.

In the past it was thought that your heart rate going above 140 bpm was unsafe during pregnancy, but recently experts have realized that the heart rate rule is not one-size-fits-all. There are now two recommendations for exercise during pregnancy. The first is called the talk test. You should be able to have a conversation while exercising. The other test is the perceived exertion level scale. This scale is a self-assessment tool that helps you determine the amount of exertion you're putting forth based on several factors including breathing rate, amount of sweating, muscle fatigue, and heart rate. It is now recommended that pregnant women use these two rather than go by heart rate.

10 Exercises to Avoid During Pregnancy

It is then, easy to say that the levels of intense exercise required during HIIT would certainly not pass the talk test and would not follow the recommended intensity level on the perceived exertion level scale, so it's safe to say HIIT workouts are not ideal during pregnancy.

9. Contact sports

Contact sports are to be avoided during pregnancy as well. These include hockey, football, and lacrosse. Even a friendly backyard game of touch football could lead to a fall or to someone inadvertently ramming into your belly. Your baby is generally well protected inside of you, but an errant knee or elbow or a full body slam to your belly may cause harm to your unborn baby, whether you're in the beginning stages or end of your pregnancy.

10. Exercises that increase risk of falls

Any exercise that alters your center of gravity may expose you to the risk of falling. This is all the more important considering your center of gravity is changing constantly due to your uterus getting bigger and bigger! It's easy to forget and lose your balance, since your body's muscle memory is used to your pre-pregnancy self. So games such as tennis or volleyball, which involve quickly leaning forward to prevent the ball from reaching the ground, are to be avoided, as are one-legged yoga poses and stretches that make you feel destabilized.

Of course your personal restrictions could be more than listed above due to conditions including, but not limited to: incompetent cervix, gestational diabetes, carrying multiples, or placenta previa, as well as health conditions you already had coming into the pregnancy. Be sure to check with your doctor about the advisability of exercise in such cases.

After all of these don'ts, here are some dos. Do warm up before exercising, and set aside some time for cooling down afterwards, too. This is important for anyone, but especially more so for pregnant women. Drink plenty of water before, during, and after your workout, even if it's just a power walk. Finally, listen to your body. It will tell you when you're overdoing it. Now is not the time to be pushing yourself to your limits or to be working on building muscle! Stay safe, and have fun whether you're maintaining your already-active lifestyle or embarking on the start of one!



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