

PREGNANCY STRETCHES

☐ Four Point Stretch

- In a four-point kneeling, draw your belly button in and contract the lower abdominal muscles.
- Slowly raise your arm and hold for five seconds when it is in line with the rest of your body. Repeat on the other arm.
- Repeat on each arm 10 times.



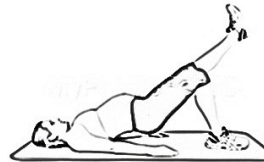
☐ Superman Stretch

- In a four-point kneeling, draw your belly button in and contract the lower abdominal muscles.
- Keep your back straight, and slowly raise one arm and extend the opposite leg behind you. Hold for five seconds.
- Keeping your back straight, repeat on the alternate arm and leg.
- Repeat each set 10 times.



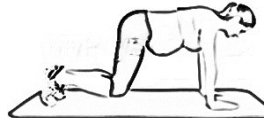
☐ Single Leg Raise

- Bend one knee so your foot is close to your buttocks. Keep your knees level and push through your heel to lift the pelvis.
- Make sure your shoulders, hips & knees are aligned and that the pelvis is not sagging on the non-weight bearing side.
- Hold for 10 seconds, rest then repeat 10 times.



☐ Prone Knee Hover

- In a four-point kneeling, draw your belly button in and contract the lower abdominal muscles.
- Lift just the knees off the floor by an inch, keeping your back straight and hold for five to ten seconds.
- Repeat 10 times.



☐ Plank

- With your elbows and toes supporting your body off floor tighten your trunk muscles to stiffen the spine.
- Keep your back straight and draw your belly button in. Don't allow the pelvis to sag down and keep the buttocks clenched.
- Hold for five to ten seconds. Repeat five times.



☐ Double Leg Bridge

- Lying on the bed or floor with your knees bent and arms at your sides, draw your belly button in towards your back.
- Tighten the lower abdominals while breathing in.
- Raise your hips off the floor until your knees, hips and shoulders are in a straight line. Hold for five to ten seconds.
- Exhale and return to starting position.
- Repeat 10 times.

