



Things to Consider When Pregnant

We all know pregnancy changes our appearance externally, but there is a lot more happening than meets the eye..

- *Relaxin*
- *Rectus Diastasis*
- *Blood Volume*

Good Practice Includes:

- *Hydration*
- *Keeping heart rate below 140*
- *Listening to your body*
- *Taking breaks - don't push yourself*

Please consult with your provider before taking Lagree while pregnant and always keep your Pit Crew in the loop.

Ask Questions!

Please never hesitate to reach out to us with questions or concerns.

We feel strongly about keeping all of our clients safe at Peach, and are here to support you on this journey during such a sacred and life-alternating time.

DISCLAIMER: Please note our instructors are not medical professionals—always consult your doctor before starting or modifying any exercise routine during pregnancy.

CONTACT US

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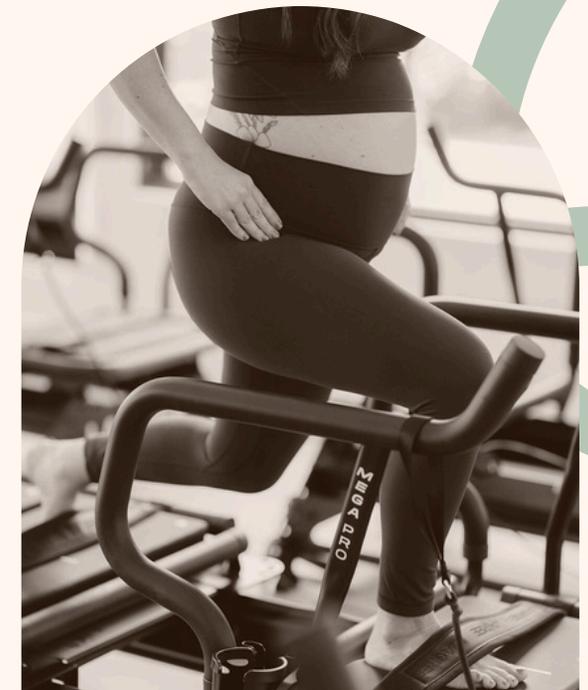
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peach Lagree's

Antenatal & Postpartum Workshop

*Safely & effectively
incorporating movement
through pregnancy &
beyond*



Lagree Specific Guidelines

Source: Lagree Academy

During Pregnancy

- Always use the stability stick
- Front of machine ONLY from 2nd trimester on
- No prone positions after 12 weeks
- No supine positions after mid-second trimester (16-20 weeks)



Postpartum

- Must be cleared by physician (6-12 weeks)
- Start off front of machine, and use extra springs to support core
- Be cautious of inner thigh work
- Consider hip thrusts instead of bungee moves

Movements that need Modifications

Core & Upper Body

Core (2-3W Springs) - Good Core Movements

- Wheelbarrow/Saw/1 Knee Wheel for obliques
- Spoon - prep/march
- Tabletop positions - bird dog
- Side Plank
- Scrambled Eggs - without straps
- Static Oblique Moves

Core moves contraindicated

- Torso Twist
- Oblique Crunch
- Twister/French twist
- All Twisted & Crunching Core/Oblique Moves
- Supine and prone positions

Upper Body Work

- No tailbone moves/do seated instead
- Instead of kneeling/sit down on heels
- No chest opener after 18 weeks - loss of balance - consider table top 1 arm work

Legs

Legs should always be done at the front, facing forward -

Light legs add 2-3 white springs for additional support

Heavy legs - reduce spring load

- Elevator
- Single Leg Squat
- Inner Thighs/Outer Thighs
- Squats - light/heavy
- Bungee Kicks
- Floor Lunges
- Well Lunge
- Leg Press
- Runner's Lunge, Sidekicks, Shotgun, Donkey Kick - with caution
- Side-Lying Legs

No leg work at the back of the machine or in reverse - loss of balance makes this moves risky

