

BODYVIVE™ AND PREGNANCY

HOW TO MODIFY THIS CLASS DURING YOUR PREGNANCY

The American College of Obstetrics and Gynecology recommend that pregnant women keep exercising as long as their medical practitioner finds them to be healthy, and their pregnancy is progressing normally. Exercise is beneficial for healthy, pregnant women and being fit results in fewer medical problems and a healthier birth weight for the baby, providing you maintain good nutritional intake.

The college recommends aerobic exercise, low-weight resistance training, and maintaining flexibility. BODYVIVE™ is perfect with low impact cardio fitness, which ensures any joint discomfort is minimized, functional strength training and flexibility work.

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PREGNANCY GUIDE BODYVIVE™



MOVEMENT OPTIONS FOR CORE & RESTORE IN DETAIL

All of the following moves are suitable options during the Core & Restore section of a BODYVIVE™ class.

Our main focus is minimizing lying on the back from week 13 of pregnancy and avoiding it altogether in the third trimester.

BACK CARE OPTIONS



CAMEL

Place VIVE™ball between knees and bring toes together. Squeeze buttock muscles tight and use hands at the lower back for support.



WAITERS BOW

Place VIVE™ball between knees and bring toes together. Sit hips back a little and lean forward keeping length through your spine. The single arm option is easier or two arms with the VIVE™tube for more challenge.



CAT CURL

Place VIVE™ball between knees, line up hips above knees and shoulders above wrists. Lift and curve spine towards the ceiling, then release to a neutral spine.



BRIDGE

Lying on back feet in close to butt, lift hips squeezing buttock muscles.



SIDE LYING LEG EXTENSION

Lying on side with hips stacked one on top of the other; bottom leg is bent to help balance. Keeping the toes forward extend the top leg forward and back.

HORSE STANCE POINTER

On hands and knees, line up hips above knees and shoulders above wrists. Extend one arm and opposite leg away from each other out to the diagonal. Keep hips and shoulders level. Option to have hand on the floor or lifted. Bring the extended leg and arm in together under body, curving the spine towards the ceiling.



ABDOMINAL OPTIONS

SIDE PLANK

Lying in side place the VIVE™ball between your knees. Elbow is below the shoulder, lift hips up either supporting belly with free hand or extend to the ceiling.



HIP DROP

Place VIVE™ball between knees, hips slightly forward of knees and shoulders above wrists. Drop hips half way to one side then return and repeat other side.



HOVER

On elbows and knees, hips forward of knees and shoulders above elbows. Keep a long straight spine and hold.



ABDOMINAL TOE TAPS

(up to 6 months only)

Lying on back belly braced and back close to the floor. Lift one knee at a time up to the chest and return. Option to extend arms overhead while lifting the knee.



STRETCH OPTIONS

HAMSTRING STRETCH

Seated with legs extended and apart in front. Lean forward keeping a long spine till you feel hamstring stretch.



CHILDS POSE

Kneeling toes together and knees apart. Sink back onto heels and drape body forward hands on VIVE™ball to give lift and prevent belly dropping to the floor.



FAQ's

Q In the cardio section, how hard and how long can I workout?

A Exercise capacity becomes reduced because, during pregnancy even at rest, heart and lungs have to work harder. You can work out at a moderate pace, which feels "somewhat hard", for 30-45 minutes on most days. However, anyone new to exercise should build intensity and duration up gradually to a moderate level.

Q What safety aspects do I need to consider?

A There are a few simple safety points to working out during pregnancy:

1. Avoid overheating. Metabolism is raised when pregnant, so you already produce more heat, and exercise increases heat production further. Even though this has not been shown to be a problem for the baby we feel it's important to keep this controlled. So, wear clothing that allows heat to escape and exercise in a comfortable temperature. Another way we keep cool is through the evaporation of sweat. This is where hydration is important - if you get dehydrated you sweat less and can overheat more easily – so drink plenty!
2. Don't push flexibility later in pregnancy because ligaments get looser as the body produces the hormone Relaxin and starts to prepare for delivery.
3. Take a wider foot stance to maintain steady balance as this can be affected due to an altered centre of gravity.

Q What about abdominal exercises, should I keep doing them?

A Abdominal exercises may need to be altered especially in the last trimester. In the last three months it is best to avoid being on your back for extended periods of time, as the weight of the baby can restrict blood flow back to the heart and cause dizziness. Some women will feel more comfortable doing this from about week 13.

Q Should I eat differently during pregnancy?

A During pregnancy Carbohydrate requirements increase as it is the body's preferred fuel. It makes sense to increase carbohydrate intake and is a good idea to have some carbohydrate before and after exercise.

Q When can I start exercising again after I've had my baby?

A The good news is you can get back into exercise 2 weeks after having baby providing it was a normal delivery and all is healthy and normal. Focus on pelvic floor exercises and minimize bouncing moves for about 6 weeks.