

Date:

Weekly Planner

Pregnancy Stretches Workshop

EXERCISE	REPS	MON	TUE	WED	THUR	FRI	SAT	SUN
LOWER BODY								
Knee Rocking								
Side-Lay Twist								
Piriformis Stretch								
Hamstring Stretch								
Calf Stretch								
Quadriceps Stretch								
Cat / Cow Pose								
Modified Child's Pose								

- Frequency of stretch exercises: 5 - 7x per week
- Do not push into pain

Date:

Weekly Planner

Pregnancy Stretches Workshop

EXERCISE	REPS	MON	TUE	WED	THUR	FRI	SAT	SUN
UPPER BODY								
Curl Down								
Hands Behind Back								
Overhead Stretch								
Lateral Stretch								
Bow & Arrow								
Seated Twist								

- Frequency of stretch exercises: 5 - 7x per week
- Do not push into pain