

# Exercises During Pregnancy

Repeat all exercises 4 to 6 times.

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1

## 4-Point Kneeling

*Strengthens and tones the abdominal muscles.*



1. Kneel on all fours. Position your hips directly over your knees and position your shoulders directly over your hands. Your back should be straight.
2. Inhale deeply. Then exhale. As you exhale, pull your abdominal muscles in. This is called engaging your abdominal muscles.
3. Do not hold your breath. Keep your back straight.

2

## Seated Leg Raises

*Strengthens abdominal muscles and helps with balance and stability.*



1. Sit on a chair, keeping your back in a neutral position. Your feet should be flat on the floor, about as wide as your hips.
2. Engage your abdominal muscles. Keep your arms and tailbone relaxed. Do not hold your breath.
3. Raise your left foot off the ground by extending your knee. At the same time, raise your right arm. Hold for a few seconds.
4. Repeat with your right leg and left arm.

## 3

## Seated Overhead Triceps Extension

*Stretches and strengthens the triceps (upper arm muscle) and chest muscles. Also works abdominal and hip muscles.*

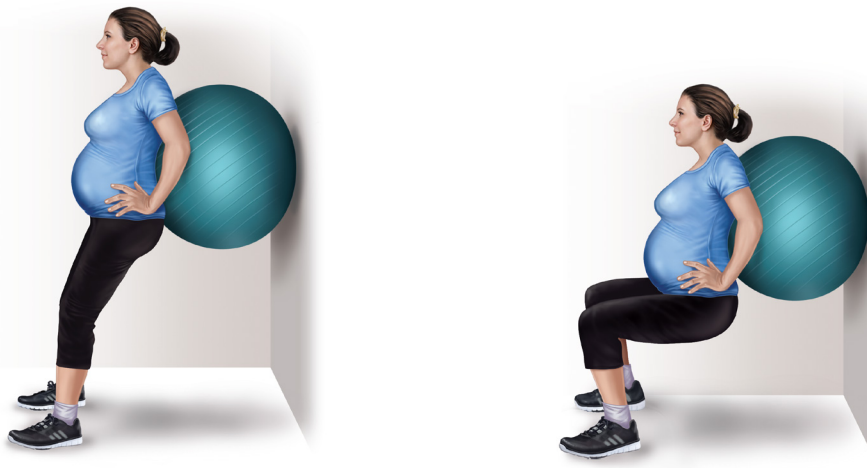


1. While seated, keep your back straight and your feet flat on the floor.
2. Hold a resistance band in your right hand and raise your arm, then bend it at the elbow. Reach your left hand behind your back and hold the other end of the resistance band at the back of your waist.
3. With your elbow close to your head, raise and lower your right arm by bending your elbow. Keep the other end of the resistance band anchored behind your waist.
4. Repeat with the opposite side.

## 4

## Ball Wall Squat

*Stretches the muscles of the legs and buttocks. If you have any knee pain, do not do this exercise. If you can, work up to repeating this exercise 10 to 12 times.*

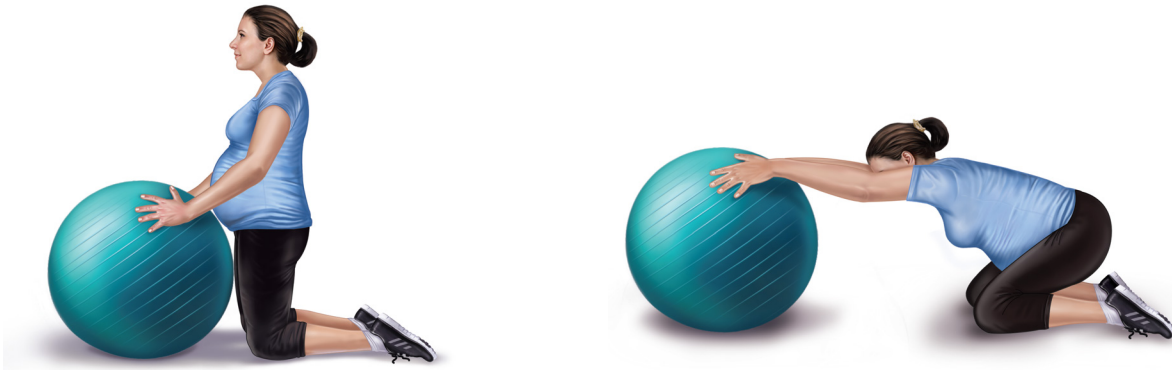


1. Place exercise ball against wall. Stand and firmly press the ball into the wall using your lower back.
2. Distribute your weight between both feet. With a slow, controlled movement, squat down while firmly pressing against the ball. Do not let your knees collapse inward. Keep your feet flat. Maintain an open chest and avoid rounding your shoulders. Start with squatting halfway if you cannot squat all the way down.

## 5

### Ball Shoulder Stretch

*Stretches the upper back, arms, and shoulders.*



1. Kneel on the floor with the exercise ball in front of you. Put your hands on either side of the ball.
2. Move your buttocks back toward your hips while rolling the ball in front of you. Keep your eyes on the floor. Do not arch your neck. Go only as far as comfortable to feel a gentle stretch. Hold for a few seconds.

## 6

### Seated Side Stretch

*Eases tension on the sides of your body and stretches your hip muscles.*



1. Sit up tall on a chair, keeping your back in a neutral position and your abdominals pulled in. Your feet should be flat on the floor, about as wide as your hips. Put your left hand on your right knee.
2. Raise your right arm and bend it toward your left side until you feel a gentle stretch. Breathe normally. Do not hunch down or round your shoulders. Hold for a few seconds.
3. Repeat with the opposite side.

## 7

## Kneeling Heel Touch

*Tones muscles of the upper back, lower back, and abdomen.*



1. Kneel on an exercise mat.
2. Using a slow, controlled movement, rotate your torso to the right. Bring your right hand back and touch your left heel. Extend your left arm above your head for balance.
3. Repeat with the opposite side.

## 8

## Standing Back Bend

*Helps counteract the forward bending that happens during pregnancy as your uterus grows.*



1. Stand with your palms on the back of each hip.
2. Slowly bend back about 15 to 20 degrees. Hold for 20 seconds.

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