

Pregnancy Exercise Video Links

10 minute workout suitable for all trimesters

2-5 lb weights optional

<https://www.youtube.com/watch?v=8qvopY5HddU>

Short pilates video for any trimester during pregnancy

https://www.youtube.com/watch?v=38QKU7P_yxs

20 minute short full body workout for the 2nd trimester

2-5lb weights optional

<https://www.youtube.com/watch?v=btVp5F7HOfo>

BodyFit by Amy Prenatal Exercise YouTube Videos:

20 minute Prenatal Cardio Kickboxing workout suitable for any trimester

<https://www.youtube.com/watch?v=nALDaHkgQbM>

20 minute Prenatal Cardio Workout Suitable for any trimester

<https://www.youtube.com/watch?v=khIJsJKuGKc>

30 minute Prenatal Strength Workout Suitable for any trimester

5 lb weights required

<https://www.youtube.com/watch?v=gNGOGWnvMqQ>

10 minute third trimester workout

<https://www.youtube.com/watch?v=luqlbeWgvJY>

