Home exercises during pregnancy

- You can perform these movements throughout pregnancy.
- Stop exercising if you feel contractions or experience any other discomfort.
- Perform each exercise for at least one minute.
- If you have time, repeat the exercises by performing each movement for about 30 seconds during the second round.

Warm-up

1. Flexion and extension of the spine

Maintain a neutral spine as you hinge forward from the hips with a slight knee flexion. Then return to an upright position by rounding the spine. Perform the movement slowly and with controlled pacing.

2. Hip swing

Shift your pelvis laterally from side to side while maintaining a stable upper body. Perform eight repetitions at a slow, controlled pace.
Repeat the same movement for eight repetitions at a faster tempo.
Continue by alternating the tempo: eight slow repetitions followed by eight fast ones.

3. Step touch

Step to the side and bring your other foot next to it, alternating sides. Simultaneously, rotate the shoulder on the same side as the stepping leg. Maintain smooth, controlled movement throughout.

4. Mambo steps

Step forward with your right foot, then step back.
Allow the pelvis to sway laterally in coordination with the steps.
Switch the leading leg every four repetitions, for example.
Let your hands move in sync with the steps.

Muscle strength

5. Back muscles

Get into an all-fours position. Extend one arm and the opposite leg at a slow, controlled pace.
Move the arm and leg laterally to the side over a count of four, then return to the starting position over another count of four. Switch the side.

6. Obliques

Lie on your side, lift your legs straight up, and then lower them back down. Repeat the same movement on the other side.

7. Thigh muscles

Keep your spine extended and tilt the upper body slightly forward. Perform squats at a steady pace, moving up and down smoothly. Vary the tempo: take three counts to lower into the squat, then return to standing in one count. Reverse the tempo: squat with one count and rise with three.

8. Chest muscles

Stand facing the wall and perform push-ups while keeping your body straight.

Stretching

Hold each stretch for 30 seconds.

9. Chest muscles

Press your right hand against a surface (e.g., a wall) while rotating your upper body to the left.
Keep your pelvis stable. You may feel the stretch in your right chest muscle.
Repeat the stretch on the left side.

10. Hip flexors

Sit on the left edge of the chair.
Move your left leg over the edge and behind, and push your pelvis gently forward. You may feel the stretch in the left groin area.
Repeat the stretch on the right side.

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