

Christie's prenatal workout This progressive workout, designed by Rampone's trainer Mike Stehle, co-owner of The Training Room in Avon, N.J., with *Fit Pregnancy* fitness editor Teri Hanson, is safe for all fitness levels and trimesters. Each move improves balance, stamina and posture while strengthening your body. Remember: Get your doctor's approval before starting this or any workout during your pregnancy, and stop if you feel ill in any way. [\[click to print moves\]](#)



1 REACH AND SQUAT Holding a broomstick, stand with your feet wider than hip-width apart, toes forward. Keep your shoulders back and down and your abdominals pulled in. Inhale, then exhale as you bend your knees into a squat and raise the broomstick overhead. Sit back into your heels, keeping the natural arch in your lower back, and squeeze your buttocks [\[shown\]](#). Lower your arms, stand upright and repeat for 10-15 reps.

BENEFITS Strengthens legs, buttocks, core. Improves balance and posture, keeping your body in an upright position to avoid low back issues.





2 ASSISTED SPLIT LUNGE Stand next to a sturdy-backed chair and hold onto it with your right hand. Hold a 3-pound dumbbell in your left hand. Stagger your feet into a split lunge by stepping your right leg to the front and your left leg to the back. Inhale, then exhale as you bend both knees to 90 degrees. At the same time, bend your left elbow, curling the dumbbell to your shoulder [shown]. Lower the dumbbell and stand upright. Do 10-15 reps, then switch sides.

BENEFITS Strengthens legs, buttocks, core and biceps, improves balance and coordination.



PREVIOUS MOVE



NEXT MOVE



3 MONSTER WALK Tie a flat band around your shins. Stand with your feet wider than hip-width apart, keeping tension on the band. Keep your shoulders back and your abs pulled in. Bend your knees into a semi-squat and slowly take 5 large steps forward **[shown]**. Then slowly take 5 large steps back. To progress, add 5 more reps each direction.

BENEFITS Strengthens legs, buttocks and core, improves stamina and coordination.



PREVIOUS MOVE



NEXT MOVE



4 SIDE STEPS Tie a flat band around your shins. Stand with your feet hip-width apart, keeping light tension on the band. Keep your shoulders back and your abs pulled in. Bend your knees slightly into a semi-squat position and take 5 large steps to the left **[shown]**, then take 5 large steps to the right. To progress, add 5 more reps each direction.

BENEFITS Strengthens legs, buttocks and core, improves stamina and coordination



PREVIOUS MOVE



NEXT MOVE



5 STANDING ROW Wrap the band around a sturdy object (such as a post or a tall bedpost) at shoulder height and hold the two ends in your hands. Stand with your feet wider than hip-width apart, your shoulders back and down, hands gently holding the band. Bend your legs (don't go deeper than a 90-degree angle) and squat down, pressing into your heels and reaching your arms forward **[A]**. Straighten your legs and bend your elbows, pulling your arms in so that your elbows pass your torso **[B]**. Squeeze your upper back and keep your abs tight. Repeat for 10-15 reps.

BENEFITS Strengthens legs, buttocks, upper back and arms as well as the entire core. Improves balance and posture, keeping your body in an upright position to avoid low back issues.



PREVIOUS MOVE



NEXT MOVE



6 STANDING PUSH-UPS Face a sturdy table pushed against the wall with your feet hip-width apart. Lift your heels and place your hands shoulder-width apart on the table so that your hands are directly under your shoulders and your eyes are focused straight ahead. Keep your body in a straight line, draw your abs in and squeeze your buttocks and legs **[A]**. Inhale and lower your chest toward the counter, without arching your low back excessively **[B]**. Exhale and push away from the table; repeat for 10-15 reps.

BENEFITS Strengthens chest, shoulders, arms, upper back and core, improves balance.



PREVIOUS MOVE



NEXT MOVE



7 ALTERNATING VERTICAL LIFT Holding 3-to 5-pound dumbbells, stand tall with your feet wider than hip-width apart, toes straight ahead. Arms straight at your sides, palms in, abs tight and knees slightly bent **[A]**. Inhale, then exhale as you slowly bend your right arm and press it overhead **[B]**. Slowly lower the weight back to starting position and repeat with your left arm. Repeat for 5-8 reps on each side.

BENEFITS Strengthens arms, shoulders, upper back and core, increases stamina and endurance.



PREVIOUS MOVE



NEXT MOVE



8 SEE-SAW PRESS Holding 3- to 5-pound dumbbells, stand tall with your feet wider than hip-width apart, toes straight ahead. With bent elbows, bring the weights to shoulder height, palms in, abs tight and knees slightly bent. Inhale, then exhale as you slowly press your right arm overhead, keeping your elbow slightly bent **[A]**. Slowly lower the weight back to your shoulder, making sure to squeeze your upper back and shoulder as you lower it, actively pulling the arm back down. Repeat with your left arm **[B]**. Repeat for 5-8 reps on each side.

BENEFITS Strengthens arms, shoulders, upper back and core. Improves balance and upper-body strength.



PREVIOUS MOVE



COMPLETE