



# Beginner's Pregnancy Calendar

Follow this 5-week workout rotation throughout your pregnancy to stay fit, feel awesome, and look fabulous!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Week 1</b></p> <p>DVD: Suzanne Bowen's Slim &amp; Toned Prenatal Barre Workout</p>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Cardio Sculpt</li> </ul>	<ul style="list-style-type: none"> <li>Lean Lower Body</li> </ul>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Slim Upper Body and Core</li> </ul>	<ul style="list-style-type: none"> <li>Lean Lower Body</li> </ul>
<p><b>Week 2</b></p> <p>DVD: Fit + Sleek Prenatal Physique with Leah Sarago</p>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up</li> <li>Upper Body Cardio Sculpt</li> <li>Prenatal Core Workout</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up</li> <li>Lower Body Sculpt</li> <li>Prenatal Core Workout</li> </ul>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up</li> <li>Upper Body Mat Work</li> <li>Prenatal Core Workout</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up</li> <li>Lower Body Barre Workout</li> <li>Prenatal Core Workout</li> </ul>
<p><b>Week 3</b></p> <p>DVD: Suzanne Bowen's BarreAmped Sleek &amp; Toned Prenatal Workout</p>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up</li> <li>Cardio Tone</li> <li>Mat Work</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up</li> <li>Thigh Work</li> <li>Seat Work</li> </ul>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up</li> <li>Light Weight Work</li> <li>Mat Work</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up</li> <li>Thigh Work</li> <li>Seat Work</li> </ul>
<p><b>Week 4</b></p> <p>DVD: Prenatal Sculpt by Erica Ziel</p>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Bump &amp; Beyond Booty Sculpting Workout</li> </ul>	<ul style="list-style-type: none"> <li>Prenatal Cardio Workout</li> </ul>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Prenatal Arm Sculpting Workout</li> </ul>	<ul style="list-style-type: none"> <li>Bump &amp; Beyond Booty Sculpting Workout</li> </ul>
<p><b>Week 5</b></p> <p>DVDs: 10-Minute Solution Prenatal Pilates AND Suzanne Bowen's Long &amp; Lean Prenatal Workout</p>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>10-Min Standing Pilates</li> <li>10-Min Total Body Pilates</li> </ul>	<ul style="list-style-type: none"> <li>Long &amp; Lean Standing</li> </ul>	<ul style="list-style-type: none"> <li>Walk 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>10-Min Standing Pilates</li> <li>10-Min Total Body Pilates</li> </ul>	<ul style="list-style-type: none"> <li>Long &amp; Lean Mat</li> </ul>