



Pregnancy Workout 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>Week 1</p> <p>DVD: Suzanne Bowen's Slim & Toned Prenatal Barre Workout</p>	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ Cardio Sculpt ◻ Slim Upper Body and Core 	<ul style="list-style-type: none"> ◻ Cardio Sculpt ◻ Lean Lower Body 	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ Cardio Sculpt ◻ Slim Upper Body and Core 	<ul style="list-style-type: none"> ◻ Cardio Sculpt ◻ Lean Lower Body
<p>Week 2</p> <p>DVD: Fit + Sleek Prenatal Physique with Leah Sarago</p>	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ Warm Up ◻ Upper Body Cardio Sculpt ◻ Upper Body Mat Work ◻ Prenatal Core Workout 	<ul style="list-style-type: none"> ◻ Warm Up ◻ Lower Body Sculpt ◻ Lower Body Barre Workout ◻ Prenatal Core Workout 	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ Warm Up ◻ Upper Body Cardio Sculpt ◻ Upper Body Mat Work ◻ Prenatal Core Workout 	<ul style="list-style-type: none"> ◻ Warm Up ◻ Lower Body Sculpt ◻ Lower Body Barre Workout ◻ Prenatal Core Workout
<p>Week 3</p> <p>DVD: Suzanne Bowen's BarreAmped Sleek & Toned Prenatal Workout</p>	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ Warm Up ◻ Cardio Tone ◻ Light Weight Work ◻ Mat Work 	<ul style="list-style-type: none"> ◻ Warm Up ◻ Cardio Tone ◻ Thigh Work ◻ Seat Work 	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ Warm Up ◻ Cardio Tone ◻ Light Weight Work ◻ Mat Work 	<ul style="list-style-type: none"> ◻ Warm Up ◻ Cardio Tone ◻ Thigh Work ◻ Seat Work
<p>Week 4</p> <p>DVD: Prenatal Sculpt by Erica Ziel</p>	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ Prenatal Cardio Workout ◻ Prenatal Arm Sculpting Workout 	<ul style="list-style-type: none"> ◻ Prenatal Cardio Workout ◻ Bump & Beyond Booty Sculpting Workout 	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ Prenatal Cardio Workout ◻ Prenatal Arm Sculpting Workout 	<ul style="list-style-type: none"> ◻ Prenatal Cardio Workout ◻ Bump & Beyond Booty Sculpting Workout
<p>Week 5</p> <p>DVDs: 10-Minute Solution Prenatal Pilates AND Suzanne Bowen's Long & Lean Prenatal Workout</p>	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ 10-Min Standing Pilates ◻ 10-Min Total Body Pilates ◻ 10-Min Standing Pilates ◻ 10-Min Total Body Pilates 	<ul style="list-style-type: none"> ◻ Long & Lean Standing ◻ Long & Lean Mat 	<ul style="list-style-type: none"> ◻ Walk 45 minutes 	<ul style="list-style-type: none"> ◻ 10-Min Standing Pilates ◻ 10-Min Total Body Pilates ◻ 10-Min Standing Pilates ◻ 10-Min Total Body Pilates 	<ul style="list-style-type: none"> ◻ Long & Lean Standing ◻ Long & Lean Mat