



# 6 EXERCISES TO PREPARE YOU FOR CHILDBIRTH



# Bringing a child into this world can be very exciting!

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But it's going to be a workout for your body. And just as you would train for a sporting event, you have to prepare your body for labor.

It's important to do whether you are planning on having a vaginal or C-section delivery.

## Let's go over some important exercises that will help you prepare for childbirth!

When preparing your pelvic floor for the birth, KEGELS are NOT the answer.

Stretching and exercises can help relax the pelvic floor for an easier birth and improve blood circulation which is great for healing.

These can also help with cramping and back pain.



Disclaimer: Please consult a medical provider and get clearance to exercise before engaging in any form of physical activity or exercise. This program provides exercises that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercise and contact your health care provider. This guide is not intended to be taken as or in replacement for medical advice, diagnosis, or treatment.

## Swiss Ball Downward Dog

Downward dog and inversions are great for the baby to adjust their position.

Bend at your hips to place your hands on the exercise ball. Keep a slight bend in your knees as you roll the ball away from your feet and stretch out in front of you. Your hands and head will be below your hips in a supported downward dog.



## Yoga Block Cat Cow

Cat/Cow helps stretch the back and abdomen which helps reduce back pain.

Start on your hands and knees with a yoga block under one knee. Alternate sinking your stomach down and rounding your back. Stay within a pain free range. It's ok to wiggle your tailbone side to side to find tightness in the movement.



## Swiss Ball Wide Hip Rockbacks

Hip Rockbacks are great to opening up the lower pelvis to allow for an easier delivery.

Come into a kneeling position with upper body supported on an exercise ball. Move feet wider than your hips. Shift weight back into your hips as you roll the ball with your body. No need to sit all the way down. Repeat back and forth.



## Swiss Ball Half Kneel Deep Lunge

Lunges are great for asymmetrically stretching the pelvis and relaxing the pelvic floor and hip muscles.

Come into a 1/2 kneeling position and forearms supported on an exercise ball. Shift your weight forward and roll with the ball to come into a deeper kneeling lunge. Repeat back and forth.



## Swiss Ball Hip Circles

Moving the pelvis in different positions is great for finding tightness in the muscles.

Begin sitting on an exercise ball with your hands on your hips. Slowly rotate your hips in a circle, first clockwise, then counterclockwise. Make sure to maintain your balance. Try to keep the movement focused to your hips.



## Yoga Block Deep Squats

Deep squats help relax the pelvic floor muscles.

Bend your knees and hips as you lower down to sit on a yoga block or step. Hold this position as you breathe into the stretch. Explore the movement to find any tightness by wiggling your knees to move them back and forth.



# You've Got This, Mama!

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I hope you've found this guide to be helpful for improving tension of your pelvic floor and the birth of your child!

If you aren't sure how to modify these exercises specifically for your body, schedule a 1:1 CONSULTATION and we can work together to get you on the right path.

## Looking for More?

Head over to my website for my other great programs and FREE resources to help you during your pregnancy and postpartum seasons!

Stay Strong. Stay Flexible.  
-Jessica





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