

36 Exercises to Stay Strong, Fit, and Healthy During Your Third Trimester

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Congratulations, mama! You're in the home stretch of your pregnancy, and your body is going through some amazing changes. But just because you're pregnant doesn't mean you have to give up on your fitness routine. In fact, staying active during pregnancy has been shown to have a number of benefits, including:



Mama's Gone Fit 3rd Trimester Pregnancy Workouts: 36 Exercises to Stay Strong, Fit, and Healthy During your 3rd Trimester

by Kathleen Porter

★★★★★ 5 out of 5

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- Reduced risk of pregnancy complications, such as gestational diabetes and preeclampsia
- Shorter labor and delivery
- Easier recovery after childbirth

- Improved mood and energy levels
- Better sleep
- Stronger muscles and joints
- Increased flexibility
- Improved balance
- Reduced swelling
- Relief from back pain

Of course, it's important to talk to your doctor before starting any new exercise program during pregnancy. But once you're cleared for exercise, there are a variety of exercises that you can do to stay fit and healthy during your third trimester.

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Here are 36 exercises that are safe for pregnant women in the third trimester:

1. **Walking:** Walking is a great low-impact exercise that you can do almost anywhere. It's easy on your joints, and it's a great way to get some fresh air and sunshine.
2. **Swimming:** Swimming is another great low-impact exercise that is safe for pregnant women. It's a great way to cool off on a hot day, and it's also a great way to get a full-body workout.
3. **Stationary cycling:** Stationary cycling is a great way to get a cardio workout without putting any strain on your joints. It's also a great way

to strengthen your legs and glutes.

4. **Elliptical training:** Elliptical training is similar to stationary cycling, but it's a bit more low-impact. It's a great way to get a cardio workout without putting any strain on your joints.
5. **Yoga:** Yoga is a great way to improve your flexibility, balance, and strength. There are many different types of yoga, so you can find a class that is right for you.
6. **Pilates:** Pilates is another great way to improve your flexibility, balance, and strength. It's also a great way to strengthen your core muscles.
7. **Strength training:** Strength training can help you build muscle strength and improve your balance. It's important to choose exercises that are safe for pregnant women, and to start slowly and gradually increase the weight as you get stronger.
8. **Pelvic tilts:** Pelvic tilts are a great way to strengthen your pelvic floor muscles. These muscles support your uterus, bladder, and rectum, and they can be weakened by pregnancy and childbirth.
9. **Kegels:** Kegels are another great way to strengthen your pelvic floor muscles. To do a Kegel, simply contract your pelvic floor muscles for 5 seconds, then relax for 5 seconds. Repeat this 10-15 times, several times a day.
10. **Cat-cow pose:** The cat-cow pose is a great way to stretch your back and relieve back pain. To do this pose, start on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Inhale and arch your back, lifting your head and tailbone. Exhale and round your back, tucking your chin to your chest.

11. **Child's pose:** Child's pose is a great way to stretch your hips, back, and shoulders. To do this pose, kneel on the floor with your knees hip-width apart and your toes pointed. Sit back on your heels and fold forward, resting your forehead on the floor. Relax your arms by your sides.
12. **Cobra pose:** The cobra pose is a great way to strengthen your back and shoulders. To do this pose, lie on your stomach with your legs together and your arms by your sides. Press your palms into the floor and lift your upper body, keeping your hips and legs on the ground.
13. **Downward-facing dog:** Downward-facing dog is a great way to stretch your hamstrings, calves, and shoulders. To do this pose, start on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Tuck your toes under and lift your hips up and back, forming an inverted V-shape with your body.
14. **Plank:** The plank is a great way to strengthen your core muscles. To do this pose, start on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Step your feet back and straighten your legs, forming a straight line from your head to your heels. Hold this position for as long as you can.
15. **Side plank:** The side plank is a great way to strengthen your obliques and core muscles. To do this pose, lie on your side with your legs together and your feet stacked on top of each other. Press your bottom arm into the floor and lift your hips up, forming a straight line from your head to your heels. Hold this position for as long as you can.
16. **Squats:** Squats are a great way to strengthen your legs and glutes. To do a squat, stand with your feet shoulder-width apart and your toes turned out slightly. Lower your body down by bending your knees and

hips, as if you're sitting back into a chair. Keep your chest up and your knees behind your toes. Return to the starting position and repeat.

17. **Lunges:** Lunges are a great way to strengthen your legs and improve your balance. To do a lunge, step forward with your right foot and bend your knee so that your thigh is parallel to the floor. Keep your left leg straight and your left heel on the ground. Push off with your right foot and return to the starting position. Repeat on the other side.
18. **Push-ups:** Push-ups are a great way to strengthen your chest, shoulders, and triceps. To do a push-up, start on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Step your feet back and straighten your legs, forming a straight line from your head to your heels. Lower your chest down to the floor by bending your elbows, then push back up to the starting position.
19. **Pull-ups:** Pull-ups are a great way to strengthen your back, shoulders, and biceps. To do a pull-up, grab a pull-up bar with your hands shoulder-width apart and your palms facing forward. Hang from the bar with your arms fully extended. Pull yourself up until your chin is above the bar, then lower yourself back down to the starting position.
20. **Rowing:** Rowing is a great way to strengthen your back, shoulders, and arms. To do a row, sit on a rowing machine with your feet flat on the floor and your knees slightly bent. Grip the handles with your hands shoulder-width apart and your palms facing toward you. Pull the handles toward your chest, then extend your arms back to the starting position.
21. **Cycling:** Cycling is a great way to get a cardio workout and strengthen your legs. To cycle, sit on a stationary bike with your feet on the

pedals. Start pedaling at a slow pace, and gradually increase the speed and resistance as you get stronger.

22. **Dancing:** Dancing is a great way to get a cardio workout and have some fun. Put on some music and dance around your living room, or take a dance class. Dance boosts creativity if you do it often.
23. **Jumping jacks:** Jumping jacks are a great way to get a cardio workout and improve your coordination. To do a jumping jack, stand with your feet together and your arms at your sides. Jump up and spread your feet apart while simultaneously raising your arms overhead. Jump back to the starting position and repeat.
24. **Burpees:** Burpees are a great way to get a full-body workout. To do a burpee, start standing with your feet shoulder-width apart. Lower your body down into a squat, then place your hands on the floor in front of you. Jump your feet back into a plank position, then lower your chest down to the floor. Push back up to the plank position, then jump your feet forward to return to the squat position. Stand up and repeat.

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Tips for exercising during the third trimester

- Listen to your body and don't push yourself too hard. If you experience any pain, stop exercising and talk to your doctor.
- Stay hydrated by drinking plenty of water before, during, and after your workout.
- Wear comfortable, supportive clothing and shoes.
- Warm up before your workout and cool down afterwards.

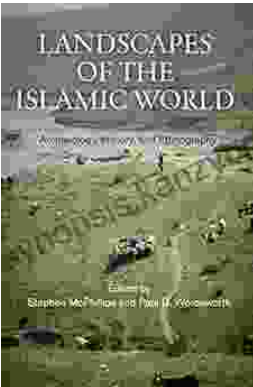


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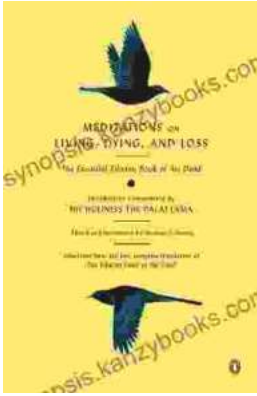
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