

STAY FIT WORKOUT

+ BABY ON BOARD

Eating for two - easy. Exercising for two - hard. Don't sweat (well actually, do...) Here's our expert-approved guide to staying physical when you're knocked up

BY TARA ALI WORKOUT BY EDWINA GRIFFIN PHOTOGRAPHS BY STEVE BACCON



> Between developing porno boobs and welling up at the sight of old ladies crossing the road, pregnancy can sure be a bumpy ride. "The fitter you are, the better you'll cope with the physical and emotional changes," says *bump* fitness expert Edwina Griffin, Sydney-based fitness trainer and managing director of realbodymanagement.com. Your baby also benefits when you workout: research from the University of Auckland, NZ, found that exercise makes your baby more likely to be born at a healthier weight and less prone to developing diabetes in later life. Griffin developed this total body workout to keep you fit over the next nine months. Get into it*.

*Remember: always check with your doctor or obstetrician before starting any exercise program.

1st TRIMESTER

Congratulations! You now have a constant workout buddy growing inside you. Here's how to stay strong together



THE RULES

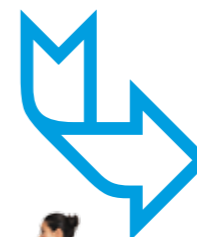
Gauge your own fitness level and don't push beyond that. Yes, there may be a woman at your gym pounding the treadmill at six months, but pregnancy isn't the time to get hardcore. "Your only aim is to maintain your fitness level for the next nine months," says Griffin. You can do most exercises this trimester, but watch out for overheating. If you're dehydrated, your baby will be too - sip water.

BEST ADVICE

If you're more tired than a toddler working nightshift, do a morning workout. Between breakfast and lunch your alertness peaks. "Brain chemicals like norepinephrine, glutamate and dopamine rise in the morning to promote awakeness," says Dr Chris Fahey from the Northwestern University Circadian Rhythms and Sleep Research Lab, US.

FOCUS ON...

Incidental exercise. See a set of stairs or a hill? Walk up 'em. "Take advantage of inclines - at work, in the park, you'll maintain fitness and muscle strength," says Griffin.



STRENGTH TRAINING 2-3 x WEEK

Take advantage of good balance and stability this trimester by working out on a fitball. "A ball uses your joint stabilising muscles and requires core strength to hold your position steady," says Griffin. Trust us, you'll appreciate a strong core when it comes to pushing time.



Fitball squat

Do 3 sets of 10 full range, 3 sets of 10 pulses
Stand back to the wall with the ball against your lower back and pelvis and legs around hip-width apart. Inhale and bend your knees down to a 90-degree angle with weight through your heels, knees pointing over 2nd big toe. Exhale, switch on pelvic floor and transverse abdominals as you straighten legs back to standing.

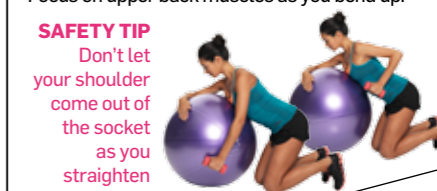
SAFETY TIP
Ensure the ball supports your pelvis throughout; don't let your knees move in front of your feet.



Supine tricep extensions

Do 2 sets 12 reps
Lie back on ball, with head and shoulders supported on the ball. Start with your arm vertical, inhale as you bend your elbow down to 90 degrees, exhale and straighten your arm at the elbow, holding the upper arm stable and squeezing the muscle at the back of your upper arm (triceps) as you straighten.

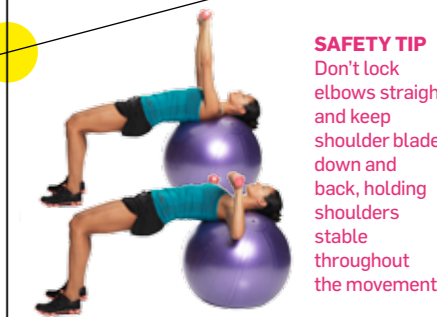
SAFETY TIP
Don't lock the elbow joint.



One arm row Do 2 sets of 12 reps

Use the fitball as support with your knee and arm leaning on the ball, one arm extended down straight. Draw bellybutton in and as you exhale, bend elbow up past your torso as you squeeze your shoulderblade down and back in a rowing motion. Focus on upper back muscles as you bend up.

SAFETY TIP
Don't let your shoulder come out of the socket as you straighten your arm down.



Fitball dumbbell bench press

Do 2 sets of 15 reps
Walk out on the fitball so that your shoulders and head are supported on the ball, using your abdominal muscles (bellybutton drawn in) and bum muscles to hold your spine in neutral. Hold dumbbells over your chest, then bend your elbows down to a 90-degree angle as you breathe in. Exhale and push dumbbells over chest.

SAFETY TIP
Don't lock elbows straight and keep shoulder blades down and back, holding shoulders stable throughout the movement.

HIGH-MEDIUM INTENSITY CARDIO PLAN

This plan gets your heart pumping but keeps your baby and your joints safe. Interval sprints mean cycling or swimming reasonably fast for a minute or a lap then recovering for 30 seconds before going again.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycling Interval session 45 mins 10 mins warm-up; 25 mins interval sprints; 10 mins cooldown.	Swimming Interval session 45 mins 10 mins warm-up; 25 mins interval laps; 10 mins cooldown.	Cycling Interval session 45 mins 10 mins warm-up; 25 mins interval sprints; 10 mins cooldown.	Swimming Interval session 40 mins 10 mins warm-up; 25 mins interval laps; 5 mins cooldown.	Cycling Continuous 40 mins	Swimming Continuous 45 mins	Walking 45-60 mins 10 mins warm-up; 30-40 mins intervals with hills; 10-15 min cooldown.

2nd TRIMESTER

Use the honeymoon period to build strength and stamina for the tougher weeks ahead

THE RULES

Keep your cardio intensity low – around 5 on a scale of 1 to 10. “If you push too hard, you’ll peak early and burn out,” says exercise physiologist Tom Holland.

BEST ADVICE

Keep an eye on the 16-week mark, this is when Griffin recommends you no longer work out in the supine position (flat on your back) for more than 2-3 minutes. “As your baby grows, the uterus becomes heavy and this position can place pressure on major blood vessels, constricting blood flow to your baby.”

FOCUS ON...

Your heart rate, which shouldn’t go above 140 BPM when you work out. Studies indicate that when a mother’s heart rate averages 180 BPM, foetal distress is frequently present. Wear a heart rate monitor and avoid high intensity (running, spin or Body Attack) exercise. “Or alternatively, take your pulse over 15 seconds and multiply by 4,” says Griffin.



STRENGTH TRAINING 2-3 x WEEK

Higher repetitions with functional movements are key this trimester. These functional moves, using a Theraband (from sportstek.net), mimic what you’ll be doing during motherhood, such as squatting (works legs) while carrying a baby (works arms).



SAFETY TIP
Don’t lock the elbow joint and keep the upper arm stable throughout the movement.

Tricep extension
Do 2 sets of 20 reps
Standing with legs shoulder-width apart, bellybutton drawn in and pelvic floor on. Begin with the working arm extended above your head in a vertical position, using the other arm to control the resistance of the band at the hip. Start with the elbow bent at 90 degrees; squeeze the triceps as you straighten your elbow up to vertical.

Chest press **Do 2 sets of 20 reps**
Start with band around pole or door handle. Starting with legs shoulder-width apart or one leg in front of the other, maintaining a neutral spine position. Hold band in each hand with elbows out at shoulder height, exhale and straighten arms at the elbow at chest level.



SAFETY TIP
Again, don’t lock elbows and keep shoulders stable.



SAFETY TIP
Don’t hunch shoulders.

Standing row
Do 2 sets of 20 reps
Standing with the band under one foot (or both feet to make harder) holding each end of the band with arms straight down in front of you, palms down. Exhale, draw bellybutton in and bend your elbows out to shoulder height, hands to your chest.



SAFETY TIP
Hold a neutral spine, head tall throughout the move.

Squat rows **2 sets of 30 reps**
Start with the band around a pole or door handle. Stand with legs hip width apart and legs rotated out slightly to allow for your baby in front of you. Hold band and inhale, squat down to 90 degrees, extending arms out straight, weight through heels.

MEDIUM INTENSITY CARDIO PLAN

Cycling and water workouts provide sweet, low-impact relief to your joints, ankles and knees. Interval sprints mean cycling or swimming reasonably fast for a minute or a lap then recovering for 30 seconds before going again.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycling Interval session 30 mins 5 mins warm-up; 20 mins interval; 5 mins cooldown.	Swimming Interval session 40 mins 20 mins interval; 20 mins continuous.	Cycling Interval session 30 mins 5 mins warm-up; 20 mins interval; 5 mins cooldown.	Swimming Continuous 30 mins	Cycling Continuous 40 mins	Swimming Continuous 30 mins	Walking Continuous 45 mins ▶

3rd TRIMESTER

As you enter the world of nesting, this workout keeps you mobile and eases the aches and pains of the final stretch



THE RULES

OK, so you might be struggling to make it to the supermarket, let alone around a gym floor. But “allow yourself to rest if you’re super tired or do a yoga session on these days,” says Griffin.

BEST ADVICE

Avoid too much self-reflection. Women in a Canadian study reported feeling discouraged, tired and less at peace after doing exercise in front of a mirror for 20 minutes. If you’re not feeling the love for your morphing body, avoid mirrors in the cardio room. “When women become more self-aware, we tend to become self-critical and criticise our bodies. This could deter us from exercising,” adds study author, psychologist Kathleen Martin Ginis.

FOCUS ON...

Pool workouts. “Swimming freestyle strengthens your glutes and adductors (inner thigh muscles) which provide a cross sling support for your back,” says Griffin.



STRENGTH TRAINING 2-3 x WEEK

To keep this routine realistic you don’t need any equipment other than dumbbells (or use soup tins or water bottles filled with sand). Most moves are also on the floor to allow for blood pressure fluctuations.



Clams Do 20 each side

Lie on your side with your hips and knees at 90 degrees. Draw your bellybutton in and switch on your pelvic floor. Holding your feet together, exhale as you separate your knees and squeeze your bottom muscles. Hold for 1 count then return to the start position.

SAFETY TIP

Be sure you are in a neutral spine position, support with pillows if more comfortable.

Seated row Do 2 sets of 20 reps

Sit on a mat, tilt pelvis slightly, legs wide, knees bent, back straight. Start with arms out straight in front, then bend elbows back and squeeze shoulderblades down and back in a row motion.



SAFETY TIP

Hold spine tall. Keep weights light for higher reps. If you feel any tension in your neck, drop the weight.



Tricep kickback Do 2 sets of 12

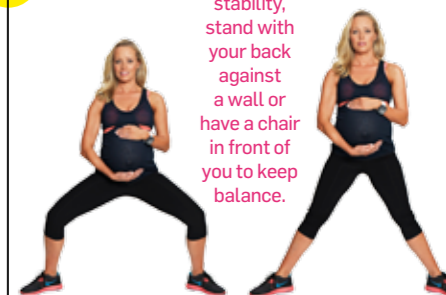
Kneel on your hands and knees with a neutral spine. Switch on transverse abdominals and pelvic floor. Start with elbow bent and upper arm by your side. Exhale and straighten your elbow as you squeeze the triceps muscle.

SAFETY TIP

Keep a neutral spine position.

SAFETY TIP

For more stability, stand with your back against a wall or have a chair in front of you to keep balance.



Sumo squats Do 4 sets of 10 full range, 4 sets of 10 pulses

Stand with legs wide, feet rotated out at 10 o’clock and 2 o’clock, back straight. Inhale as you bend into a squat, knees at 90 degrees. Exhale, squeezing your bottom and inner thigh muscles as you return up to standing.

LOW INTENSITY CARDIO PLAN

Walking and water sessions are all you need to do in the last three months. Using dumbbells, foam weights, flippers and paddles in the pool kicks this routine up a notch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Walking Continuous 40-60 mins Including 20 mins hills.	Swimming Interval session 30mins Warm-up 5 mins; Sprint-relax 20 mins; cooldown.	Walking Continuous 20-30 mins	Swimming Continuous 20-30 minutes Kick/pull/ freestyle/ backstroke.	Walking Continuous 20-30 mins	Swimming Continuous 20-30 mins	Walking Continuous 40-60 mins