

# PREGNANCY WORKOUT

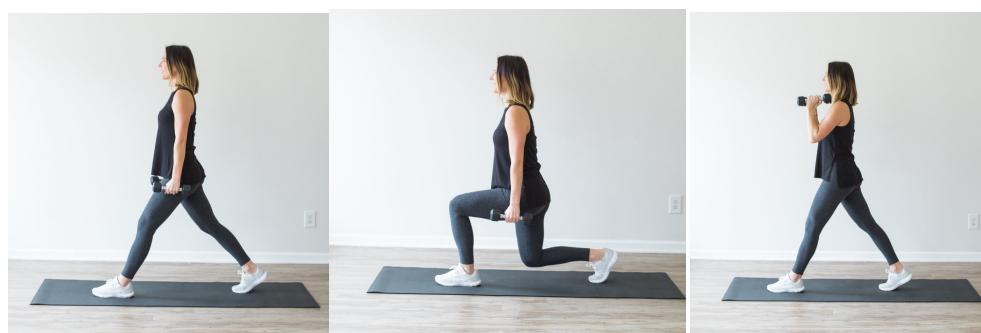
WITH ATRIUM HEALTH

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**Single Arm  
Squat with  
Bicep curl to  
Shoulder Press**  
12 reps per side



**Static Lunge  
with Hammer  
Bicep Curl**  
12 reps per side



**Single Arm  
Bent Over Rear  
Fly in Lunge**  
12 reps per side



**Triceps Dips**  
15 reps

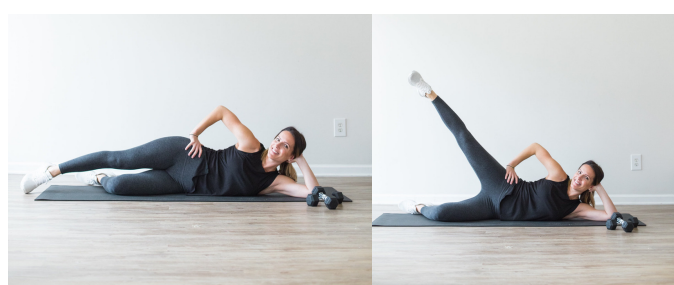


**Side Plank  
Hold**  
30 seconds per  
side

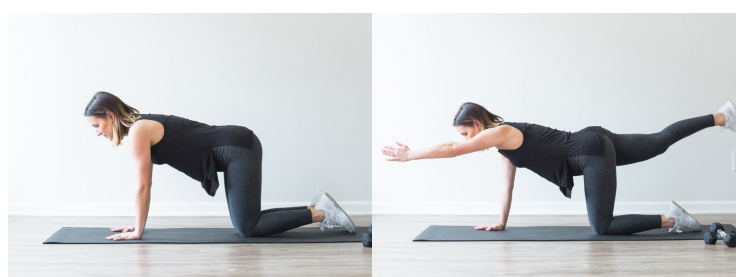


*Modified  
version with  
one knee down*

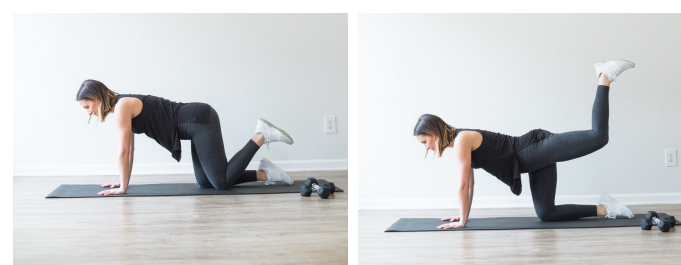
**Leg Abductors**  
20 reps per  
side



**Bird Dogs**  
20 reps per  
side



**Leg Lifts**  
20 reps per  
side



repeat workout 3-5x