

Track 5: Arms/Triceps

Again, incline the bench for Presses, Extensions and Pullovers.



Try a seated position for extension work if lying down is uncomfortable and use a plate rather than the bar. This exercise really loads the triceps so avoid repeating this exercise for the entire track. Mix this option with one of the other triceps options.



Tricep Kickbacks are a good option here - ask your instructor if you're unsure of the technique of this exercise.



Again, if you're using any of these overhead Triceps options, remember to breathe and consider lying back down if you feel dizzy or nauseous. Use common sense and do what feels good while still targeting the muscles.

Track 7: Legs/Lunges

It's really important to use a Squat as an option for Lunges, especially if you have any history of sacroiliac or pelvic instability. Also use the Squat option if it feels uncomfortable to Lunge.



Generally it's advisable to use non-weighted Lunge options and really focus on keeping your trunk upright without leaning back. Engage the abs to support the pelvis and reduce the load in the lower back. Avoid over-extending the lumbar spine or lower back.



Avoid stepping Lunges and stay with the normal Lunge or go to a Squat.

Track 9: Abdominals

As your baby grows, change the focus to deep and lower abdominal work using Leg Drops or Pelvic Tilts.



Shift to kneeling abdominal work if it's difficult to lie on your back.



THE GOLDEN RULES

1. Give yourself a stronger base of support by standing with your feet slightly wider apart to allow for your new center of gravity.
2. The pregnancy hormone relaxin is acting to soften all your connective tissue, so don't put strain on your joints by using excessive ROM.
3. Keep the trunk upright – don't lean back. Engage the abs to support the pelvis and avoid over-extending the lower back.
4. Don't worry about keeping up with the class – those other people aren't pregnant! Work at your own pace, adjust your weights and work within shorter ROM as your pregnancy progresses.

Talk to your BODYPUMP™ instructor if you have any questions about your technique or modifications and talk to your doctor if you have any problems.

References

1. Artal, R and Sherman, C. Exercise during pregnancy: Safe and beneficial for most. *The Physician and Sports Medicine*, 1999. 27 (8)
2. Artal, R and O'Toole, M. Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the post-partum period. *British Journal of Sports Medicine*, 2003. 37 (1): p.6-12



PREGNANCY GUIDE BODYPUMP™



BODYPUMP™ AND PREGNANCY

BODYPUMP™ is a great way for you to maintain a healthy, strong, toned body during and after your pregnancy.

Please make sure you have been cleared by your doctor or lead caregiver before you start any fitness regime.

BODYPUMP™ is a non-impact strength endurance program which uses relatively light weights. Your medical adviser will determine whether this program is suitable for you. Some health conditions during pregnancy can make any exercise unsafe or uncomfortable.

The progression of pregnancy is split into three phases, known as trimesters. Each trimester brings its own unique physical considerations.

FIRST TRIMESTER

This is the phase where many women feel tired and some will experience morning sickness and nausea – sometimes all day. This phase is crucial in fetal development, so excessive core body temperatures should be avoided.

The release of the pregnancy hormone ‘relaxin’ also begins during this phase, increasing laxity in the joints.

Considerations	Exercise Modifications
Fatigue	Exercise at a moderate intensity (self-pace)
Body temperature	Keep cool and hydrated, avoid exercising in excessively hot climates
Hormone release (relaxin)	Care with Range(s) of Motion (ROM) and alignment

SECOND AND THIRD TRIMESTERS

For many women, progress in their pregnancy brings an end to morning sickness and a lot more energy. There are gradual increases in body weight and biomechanical changes around the pelvis and lumbar spine as the baby grows.

Breast enlargement will tend to round the shoulders and upper back. Lying flat may become uncomfortable due to increased abdominal pressure.

Demands on blood flow begin to increase with greater blood volume and an increase in resting heart rate! During the last 12 weeks, there is a 50% increase in cardiac output and an extra 45% increase in blood volume.²

Considerations	Exercise Modifications
Biomechanical changes	Maintain core activation and avoid hyperextending the lumbar spine to support the lower back
	Take care when getting on and off the bench. Try not to jackknife by sitting straight up and forward – roll to the side
	Reduce loads in the Squat track and take a wider stance for balance and stability
	Reduce loads in the Back and Lunge tracks
	Take care with Upright Rows as the bar is lifted up the body
	Modify abdominal exercises to heel drops or pelvic tilts, or shift to a kneeling position depending on your comfort
Physiological changes	Reduce demands on the cardiovascular system with a general reduction in weight
	Avoid lying flat if it's uncomfortable – use inclined or seated options
	Ensure you have plenty of carbohydrates before you exercise
Hormone release (relaxin)	Take care with ROM and alignment

HOW TO MODIFY THIS CLASS DURING YOUR PREGNANCY

During the class focus on yourself and your baby and work at an intensity that is comfortable for you. We suggest moderate intensities. Choose sensible weights and move seamlessly, ie no jerky or jarring movements. Don't over-exert or work to failure in any exercises and be mindful of your ROM in all exercises.

Pregnancy is not a time to increase your weights.

It's really important that you breathe evenly during each exercise in class. Holding your breath can affect your blood pressure, especially during overhead movements. If you experience light-headedness, nausea or dizziness, REST, and when you resume the exercise remember to breathe. Alternatively, do an exercise that keeps the weights below your head.

TRACK MODIFICATIONS IN DETAIL

Track 1: Warmup

Set up with a wider stance than normal. Slightly wider than the hips should be more comfortable and give you more stability.



Track 2: Legs/Squats

Take your Squat a little wider here, with feet outside shoulders. This will help you to balance and be more comfortable to Squat. Avoid an excessive curve in your lower back – hyperextension. Focus on drawing your abdominal muscles in.



Track 3: Chest

When you work the chest you can incline the bench – it will relieve some abdominal pressure, help circulation and feel more comfortable. Make sure that you secure the bench-top safely and take care getting on and off the bench. Roll to the side rather than sitting straight up.



Track 4: Back/Gluteals/Hamstrings

As your abdomen grows stand wider for more balance and stability. A great way to get an effective back workout is to use plates. It will give you a good ROM during Rows and will also allow you to Clean & Press keeping the plates close to the center line of your body.



It will be difficult to use large weights here but a functional ROM will be achievable. Take care to keep your wrists strong and slightly extended during the Clean phase of the Clean and Press.

Focus closely on rolling the shoulders back and squeezing between the shoulder blades, especially in the third trimester. This will help to maintain strength in your upper back as more load is placed on your posture through larger breasts.



Remember to breathe and, if you feel light-headed, dizzy or nauseous, use the Upright Row as an option instead of the Clean & Press to keep the bar under the head line.