

# FREE PRENATAL TRAINING PLANS

These examples are generally suitable for all trimesters. Every day of pregnancy is different, so choose your workout based on your energy levels and how you're feeling. Consult your doctor before starting with a prenatal exercise routine.

## MONDAY

Full Body Strength  
or 25-Minute Full  
Body Pump



## TUESDAY

Yoga Inspired  
Mobility



## WEDNESDAY

Low-Impact Cardio



## THURSDAY

Rest day\*



## FRIDAY

Full Body Strength  
or 25-Minute Full  
Body Pump



## SATURDAY

Rest day\*



## SUNDAY

Yoga Inspired  
Mobility



**WEEK 1**  
*You feel great, full of energy,  
focused, and motivated.*



**TRAINING**

ALL OF THE HOME WORKOUTS ARE AVAILABLE  
IN THE ADIDAS TRAINING APP

Optional: Seated Stretching to wind down in the evening.  
\* Whenever possible choose active rest such as walking.

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## MONDAY

Yoga Inspired  
Mobility



## TUESDAY

Short Seated  
Stretching



## WEDNESDAY

Rest day\*



## THURSDAY

Yoga Inspired  
Mobility



## FRIDAY

Short Seated  
Stretching



## SATURDAY

Yoga Inspired  
Mobility



## SUNDAY

Rest day\*



**WEEK 2**  
You feel tired and need  
more rest.



  
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