

## Mixed Level Class with Drop In Pre-Natal Client



Exercise	Adaptation for pre natal client	Notes
Main phase		
Push up	<p>Roll down phase: only go as far as their bump allows and then allow them to bend their knees. Encourage them to keep their knees bent to encourage more lumbar flexion. Push up: keep in an extended box position rather than full position</p>	
Side kick	<p>Place a towel/cushion under their bump for support in needed. Focus on hip extension to encourage hip extensor strengthening Be aware of excessive lumbar extension rather than hip extension.</p>	
Ab prep	<p>Bring them to lean back position, supported by arms. Try to lift one arm up and lower</p>	
Single leg straight stretch	<p>In same lean back position, one leg extended along the floor, other knee lifted. Exhale to dip toe towards floor, inhale to lift back. Perform the same move but with leg in frog position (externally rotated at hip)</p>	
Shoulder bridge	<p>In lean back position, knees bent feet flat. Exhale to tilt pelvis and lift towards a long line. Inhale and exhale to return.</p>	

Swimming	Seated tall, arms reaching up towards ceiling. Inhale to lengthen back with one arm focusing on thoracic extension. Exhale to return and repeat other side. Standing, extend one leg back, keeping foot strongly flexed to emphasize hip extensors.	
Leg pull prone	On all fours, toes curled under. Exhale to hover knees an inch off the floor. Hold as you breath, pressing into palms to ensure upper body stays strong	
Side kick kneeling	Allow top arm to hold bump to give extra support. Allow one hand to press into the wall to create additional support and oblique connection.	
Roll up	Reduce ROM to ensure the focus is on lumbar flexion. Remind them to always feel they are drawing the baby in towards their spine, never pushing it away.	
Rolling back	Remain in the balance position, again focusing on lumbar flexion	
Swan dive	Seated tall, placed hands behind head. Inhale to lift breast bone towards ceiling. Exhale to return. Modify by just having one hand behind head and the other in lower back. Adapt by focusing instead on just pressing elbows out and back.	
Cat stretch	On to elbows if have CTS in wrists. Focus on ripple effect through spine.	