

A woman with long dark hair, wearing a grey tank top and black leggings, is standing on a light-colored wooden floor. She is holding the handles of a black resistance band with both hands, and the band is stretched between her feet. The background is a plain, light-colored wall.

FIRST TRIMESTER GUIDE

WORKOUT TRACKER

EXPECTING AND EMPOWERED

WWW.EXPECTINGANDEMPOWERED.COM

FIRST TRIMESTER

WORKOUT TRACKER

EXPECTING AND EMPOWERED

WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT
WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT