

Two pregnant women are standing against a plain grey background. They are both smiling and looking at each other. The woman on the left is wearing a maroon zip-up jacket over a black tank top, black leggings, and white sneakers with pink laces. She is lifting her right leg. The woman on the right is wearing a maroon halter-neck crop top, black leggings, and black and white sneakers. She is also lifting her right leg. The text is overlaid on the image.

FOR MAMA'S FARTHER OUT

WORKOUT TRACKER

EXPECTING AND EMPOWERED

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FOR MAMA'S FARTHER OUT

WORKOUT TRACKER

EXPECTING AND EMPOWERED

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
<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 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
<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 11	WEEK 12	WEEK 13	WEEK 14	WEEK 15
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WEEK 16	WEEK 17	WEEK 18	WEEK 19	WEEK 20
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FOR MAMA'S FARTHER OUT

WORKOUT TRACKER

EXPECTING AND EMPOWERED

WEEK 21	WEEK 22	WEEK 23	WEEK 24	WEEK 25
<div><input type="checkbox"/> LOWER</div> <div><input type="checkbox"/> UPPER</div> <div><input type="checkbox"/> CIRCUIT</div>	<div><input type="checkbox"/> LOWER</div> <div><input type="checkbox"/> UPPER</div> <div><input type="checkbox"/> CIRCUIT</div>	<div><input type="checkbox"/> LOWER</div> <div><input type="checkbox"/> UPPER</div> <div><input type="checkbox"/> CIRCUIT</div>	<div><input type="checkbox"/> LOWER</div> <div><input type="checkbox"/> UPPER</div> <div><input type="checkbox"/> CIRCUIT</div>	<div><input type="checkbox"/> LOWER</div> <div><input type="checkbox"/> UPPER</div> <div><input type="checkbox"/> CIRCUIT</div>
WEEK 26	WEEK 27	WEEK 28		
<div><input type="checkbox"/> LOWER</div> <div><input type="checkbox"/> UPPER</div> <div><input type="checkbox"/> CIRCUIT</div>	<div><input type="checkbox"/> LOWER</div> <div><input type="checkbox"/> UPPER</div> <div><input type="checkbox"/> CIRCUIT</div>	<div><input type="checkbox"/> LOWER</div> <div><input type="checkbox"/> UPPER</div> <div><input type="checkbox"/> CIRCUIT</div>		