

# RUNNING DURING PREGNANCY:

EXERCISES TO HELP KEEP YOU SAFE, COMFORTABLE, AND INJURY-FREE

EXPECTING  
AND EMPOWERED

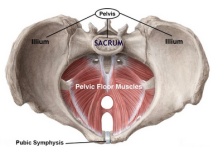
## INSTRUCTIONS

If you are a runner and pregnant, these exercises will protect your body from areas that are left vulnerable during this time. They will help you to run further into your pregnancy and combat the negative effects of running during and after pregnancy. If you are already doing the guide, we recommend adding these exercises in prior to your run. Continue doing your prescribed weekly E and E exercises too and prepare to be one strong mama!

.....

### 1. PELVIC FLOOR CONTRACTIONS

Tuck your tailbone towards your belt line. You should NOT be using your abdominals or butt to do this. Perform 4 repetitions. Hold 8 seconds.



### 2. 1/2 KNEELING HIP FLEXOR STRETCH

Hold each side for 10 seconds.



### 3. CALF STRETCH

Toes out. Hips forward. Hold for 10 seconds and repeat x3. Do with toes forward and inward.



### 4. QUADRUPED BIRD/DOG

Perform 12 repetitions on each side. Do not shift your weight side-to-side as you lift up the opposite arm and leg.



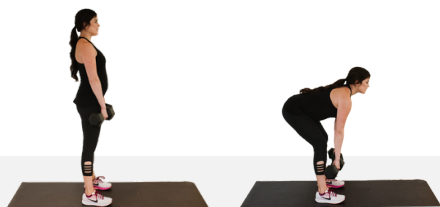
### 5. HIP EXTENSION

Perform 24 repetitions on the left and 24 on the right. CAUTION: do not allow your belly to sag as you lift the leg upward.



### 6. RDLS

Perform 15 repetitions. Not pictured, but during the 1st and 2nd trimester if you could do this single legged and squeeze your booty HARD when you come back up to top!



## 7. SIDELYING HIP ABDUCTION (NEUTRAL AND LEG FORWARD)

Perform 30 repetitions with the top leg in neutral and 30 repetitions with the leg forward 30 degrees. Switch to the other side. Repeat on each side.



EXPECTING  
AND EMPOWERED

.....

For more pregnancy tips visit [ExpectingandEmpowered.com](http://ExpectingandEmpowered.com)

Terms and conditions for any material that Expecting and Empowered LLC produces can be found [here](#).

© 2017 Expecting and Empowered LLC