

A pregnant woman with long dark hair, wearing sunglasses, a grey sports bra, and black leggings, stands with her hands on her hips against a light-colored wall. The text is overlaid on the image.

SECOND TRIMESTER GUIDE

# WORKOUT TRACKER

EXPECTING AND EMPOWERED

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SECOND TRIMESTER

# WORKOUT TRACKER

EXPECTING AND EMPOWERED

| WEEK 14  | WEEK 15  | WEEK 16  | WEEK 17  | WEEK 18  |
|--|--|--|--|--|
| <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT |
| WEEK 19  | WEEK 20  | WEEK 21  | WEEK 22  | WEEK 23  |
| <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT |
| WEEK 24  | WEEK 25  | WEEK 26  | WEEK 27  |  |
| <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT | <input type="checkbox"/> LOWER<br><input type="checkbox"/> UPPER<br><input type="checkbox"/> CIRCUIT |  |