




My body is ready for birth – weekly exercise example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Pregnancy Relaxation and Health Mp3					
AM & PM - Teeth 	Super Pelvic Floor 10 x 2	Super Pelvic Floor 10 x2	Super Pelvic Floor 10 x 2	Super Pelvic Floor 10 x 2	Super Pelvic Floor 10 x2	Super Pelvic Floor 10 x2	Super Pelvic Floor 10 x 2
Exercise: Yoga Pilates Swimming Walking							
Ball Sitting Side to Side Hula Hoop Legs Wide							
Wall Squat							
Pelvic Rock							
Leg Press							
Leg Stretch							
Perineal Massage (35 weeks+)							

-  I have seen a chiropractor/physiotherapist (pregnancy specialist); my pelvis and ligaments are ready for birth
-  I am sitting correctly with supported chair or cross legged whenever I can
-  I am consciously correcting my posture when standing and walking

This is just an example of a timetable to prepare your body for birth, please tailor your own schedule to your own preferences. Please continue with the exercises and preparation until your birthing day. In addition, many of these exercises will be part of your 'Active Birth' to help facilitate a shorter and easier birth for you and your baby.