

## Prepared Childbirth Exercises

<b>Exercise</b>	<b>Repetitions</b>	<b>Benefits</b>
<b>Arm Stretch</b>	2 times each side – 2 times a day	Stretch upper chest it improves hand circulation
<b>Shoulder Rotations</b>	2 times a day – 30 seconds each shoulder	Loosens and relaxes the shoulder area
<b>Tailor Sitting</b>	15 minutes a day for 30 seconds	Stretches groin and thigh muscles
<b>Tailor Press</b>	2 times a day – 5 reps	Stretches and strengthens groin and thigh muscles
<b>Tailor Stretch</b>	2 times a day – 5 reps	Stretches and strengthens abdominal and leg muscles
<b>Abdominal Tightening</b>	4 times a day – 3 to 4 reps	Tones abdominal muscles
<b>Pelvic Rock</b>	10 reps	Strengthens abdominal wall and lower back
<b>Kegals</b>	Start with a 2-3 second hold – 3 reps – 10 times a day	Strengthens pelvic floor
<b>Foot Stretch</b>	2 times a day	Increases circulation to ankles and feet. Eliminates leg cramps
<b>Aerobic Exercise (Walking etc)</b>	45 minutes 2-3 times a week 15 minutes warm up and cool down	Cardiovascular fitness