

# A Fit Pregnancy Home Workout Routine

[www.theundergroundbootcamp.com](http://www.theundergroundbootcamp.com)

[@TheLadyTrainer](https://www.instagram.com/TheLadyTrainer)



## Back Row On A Stability Ball

Sets: 2 on each side

Reps: 10 in each set

Rest In Between Sets: 10 seconds



## Bridge On The Stability Ball

Repeat Bridge 10 times

Hold Bridge in the up position for 5 seconds before lowering yourself.



## Inner Thigh Lift On The Stability Ball

Sets: 2 on each side: Hold and squeeze thigh in the up position for 3 seconds before lowering your leg

Reps: 10 in each set

Rest In Between Sets: 10 seconds



## Kick Backs On The Stability Ball

Sets: 2 on each side: Lift leg up as far as possible and kick back to work your glutes.

Hold and squeeze kick back in the back position for 3 seconds

Reps: 10 in each set

Rest In Between Sets: 10 seconds



## Squats On The Stability Ball

Sets: 2

Reps: 10 in each set

Hold squat for 3 seconds. Use the stability ball to help steady yourselves and lift yourselves back up.

Rest In Between Sets: 10 seconds



## Triceps Exercises On The Stability Ball

Sets: 3

Reps: 10 in each set

Rest In Between Sets: 10 seconds



## Wall Pushups

Sets: 3

Reps: 10 in each set

Rest In Between Sets: 10 seconds

Wall Push Up



## Biceps Curls

Sets: 4

Reps: 10 in each set

Rest In Between Sets: 10 seconds