

15 Minute Prenatal Core Workout

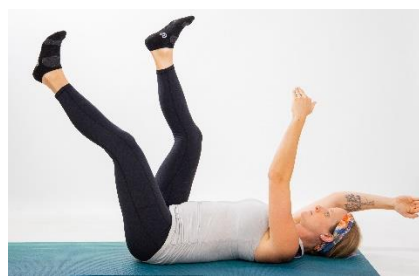
1. Single leg lifts- 10 per side



2. Single leg lifts with leg extension- 10 per side



3. Opposite arm and leg lifts- 10 per side



4. Glute bridge- 2 sets x 30 seconds



5. Modified side plank with hip dips; 30 sec hold then 10 hip dips- repeat on other side



6. Bear crawl hold; 30 sets of 10 sec



7. Bird dog- alternate extending opposite arm and leg- 10 per side



8. Plank walks- 10 reps

