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Workout WORKOUT:

10 Minute Postpartum

Core and Ab Routine |

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WHICH IS
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Workout Abs + Booty
// No Jumping + No
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(Postpartum Ab
Workout) Pregnancy
Yoga For Second
Trimester Postpartum
Workout With Weights
(Dumbbells) No
Jumping / Diastasis
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Vinyasa for
Intermediate -
Advanced **Good**
morning prenatal
yoga for energy
when you are feeling
sluggish Pregnancy
Pilates | 23-Min
Prenatal Pilates
Workout | No
Equipment Postnatal
Yoga With Diastasis
Recti Exercises

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Preview of the Online
Course Pre-and
Postnatal Yoga with
Sue Elkind Pre And
Postnatal Fitness A
Considerations for
Training the Pre- and
Postnatal Client.

Traditionally, pregnant
women were
encouraged to reduce
levels of physical
exertion due to

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concerns that
exercise could
negatively affect
pregnancy outcomes
(e.g., poor fetal
growth, premature
delivery, miscarriage,
and musculoskeletal
injury). However,
these concerns have
not been
substantiated and
recommendations by
The American College

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of Obstetricians and
Gynecologists (2015)
suggest that this
approach was overly
conservative.

Pre and Post-Natal
Training:

Considerations for
Personal ...

THE EVENT OF A
LIFETIME

Pre/Postnatal Women
Fitness Professionals

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Welcome to the
“ultimate athletic
event” of
motherhood. Like
other major athletic
events, the
motherhood journey
places a tremendous
amount of stress on
your body.

PRONatal Fitness |
Train for Pregnancy,
Childbirth, and ...

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As an AFPA Certified
Prenatal & Postnatal
Fitness Specialist,
you will be able to
effectively: Describe
principles of basic
exercise physiology
and kinesiology as it
relates to pregnancy
Instruct clients on
evidence-based
exercises and fitness
goals that are
important to include in

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exercise programs for
women who are
prenatal, pregnant, or
postpartum

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Fitness

Safe for pre- and
postnatal women,
expect a body-
sculpting workout that
will help your posture

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while strengthening
muscles specific to
the needs of new
mums. The classes
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Fitness

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programs are custom
designed for you.

Every pregnancy is
different, and the
fitness regime you
follow should be

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program aimed to
make your pregnancy
delivery and recovery
better. pre & Post
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exercise for Moms
and ...

This Pre/Postnatal
Fitness Instructor

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Certification is the most comprehensive and flexible program available in North America. This course is beneficial to anyone working or interested in the movement or fitness field and is looking to expand their knowledge base and skills and obtain or add to their credentials.

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and Me Fitness

As an AIQ Level 3
Award in Supporting
Pre and Postnatal
Clients with Exercise
and Nutrition, you will
meet the specialised
needs of your
prenatal and postnatal
clients with a
personalised fitness

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Become qualified to
offer safe exercise to
expectant mothers
and exceptional
postpartum training
afterwards.

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Postnatal Specialist |
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and Postpartum
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Training opens
countless
opportunities for those
who want to help new
and expectant
mothers regain
strength and
confidence, overcome
postpartum
depression, and forge
a stronger bond with
their child through the
power of physical
activity. The course is

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Pregnancy and
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From The
Tammy is a Pre and
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Post Natal Specialist
Council On
Trainer based in
Exercise
Adelaide, South
Australia.

Empowering women
with evidence based
advice to allow you to

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and feel positive
about your mind and
body during
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Lifestyle Coaching,
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Coaching, Pre + Post
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Fitness - Tammy Obst

Free for 4 weeks! Fit

Mammies Online pre

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fitness | Fit Mammies
| Online

Let's catch up with
some Pre and
Postnatal information
for Pilates exercise!
There has been
plenty of interest over
the last few years.

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Pre & Postnatal

Information Review

To enroll in the
Certified Prenatal &
Postnatal Fitness
Specialist
Certification, you
must: Be at least 18
years of age Have a
solid understanding of
the English language.
You need a minimum
final exam grade of
80% to pass.

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Become a Prenatal & Postnatal Exercise Specialist

Whether you're looking for an online prenatal fitness class to help you prepare for the birth or a post-natal class to strengthen your core and boost your energy, you can find a great program that fits

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your busy life!

Exercising during your pregnancy can

improve your overall

health, help you stay

in shape, and even

prepare you for

childbirth!

Council On

Pre-and Post Natal

Workouts Online [Fit

During Pregnancy]

Exercise is a key

component of mental

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Postnatal health,
especially during
pregnancy and
postpartum. Our goal
is to create
approachable and
safe fitness options
for new parents and
parents-to-be at all
times, and especially
now during
COVID-19. We want
our families to be as
happy and healthy as

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they can be!

Fitness A Guide
Pre & Postnatal
Fitness | fit together

BumpWellness offers
prenatal personal
training and postnatal
fitness throughout the
Coachella Valley
including Palm
Springs, Palm Desert,
La Quinta, Indian
Wells, Bermuda
Dunes and Cathedral

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City. BumpWellness
prenatal and
postpartum personal
training also serves all
of Los Angeles, West
Hollywood, Beverly
Hills and New York
City.

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Prenatal and
Postpartum Personal
Training

Lululemon-owned

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Mirror, a virtual personal trainer that comes to your home via, you guessed it, a mirror, has pre- and postnatal workouts. Obè Fitness has an entire hub for prenatal workouts, and ...

Exercise

[Peloton launches prenatal program for the 'strongest ...](#)

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236 Prenatal yoga
classes here focus on
alleviating tension in
your developing body,
while postnatal
classes are a great
way for baby and
mommy to ...

New York Prenatal
and Postnatal Fitness
- New York Family ...

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fitness will help
women enjoy a well
balanced exercise
routine and
experience increased
flexibility, improved
circulation, lower
levels of fatigue,
increased energy
levels, and stronger
muscles that will
better withstand the
trials of labor.

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