

TRAINING PROGRAM

**pregnant**

**TWISTSHAKE**

Always listen to your body signals and consult your midwife or doctor before exercising during or after pregnancy. Never exercise if something is painful.

**TWISTSHAKE**

# Sumo Squat

LEGS, BOOTY, TORSO

Stand against a wall, with your back against the yoga ball. Keep your back straight and legs hip-width apart. Slowly bend your legs and then stretch them out again.



# The Clam

CONTRIBUTES TO HIP STABILITY

Lie on your side with one arm under your head, legs slightly bent, and a resistance band just above your knees. Angle your upper leg up so that the resistance band is stretched. Lower your leg in a controlled movement. Repeat on both sides.



# Hip Lift with Ball

BOOTY AND TORSO

Lie on your back on the yoga mat with the ball under your knees. Tighten your seat muscles and gently lift your pelvis and torso. Lift only enough to keep your pelvis in a neutral position. Lower back to the mat in a controlled movement.





# Seated Rowing

BACK, BACK OF SHOULDERS

Sit on the yoga mat with your back straight. Legs straight out with knees slightly bent and the stretch band under the soles of your feet. Hold the band with both hands and pull the band towards you. Remember to keep your wrists in a neutral position. Return to the starting position in a controlled movement.



# Standing Rowing

BACK, BACK OF SHOULDERS

Stand on the floor with your feet straight under your hips and your knees slightly bent. Place the stretch band under your feet and hold it with both hands while leaning slightly forward with your back straight. "Row" by pulling the band up towards you. Lower your arms in a controlled movement.



# Chest Press

CHEST, SHOULDERS, ARMS

Lie on your back on the mat with your feet on the floor. Hold up the stretch band with your arms stretched so that your hands line up with your shoulders. Bend your arms to the side so that the band extends over your chest. Return to starting position in a controlled movement.





# **TWISTSHAKE**

**DESIGN, FUNCTION, QUALITY. BY SWEDEN**

Share your workout experience with us!  
@twistshakebaby #twistshake