

PRENATAL WORKOUT SCHEDULE

NOTE: Every workout should begin with warmup and end with cooldown to prevent injury.

Day 1 TVA, CARDIO A, UPPERBODY

Day 2 STRENGTH A, TVA, STRETCH

Day 3 DANCE, UPPERBODY, TVA

Day 4 CARDIO B, TVA, STRETCH

Day 5 CARDIO A, STRENGTH B, TVA

Day 6 CARDIO B, TVA, STRETCH

Day 7 TVA, STRETCH