

## Programme Type: 10 Week Pregnancy Programme

### Training Level: **Beginners**

This Programme is designed for those that are relatively new to resistance or fitness training.

### Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on [gyms@slingshot.co.nz](mailto:gyms@slingshot.co.nz)

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should require it during the latter repetitions.

### Programme Explained:

This programme is designed for pregnant women during the first 10 weeks of their pregnancy. It is a 4 day programme, designed for those training at a beginner level. Note: It is very important that exercise is performed at only a moderate intensity during pregnancy, and hydration is maintained throughout. Additionally, ensure that stretching is kept to a minimum as overstretching of muscles can occur during pregnancy due to hormone release.

### Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

#### Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

#### Sets:

Are made up of a number / group of repetitions.

#### Intensity:

How hard you are looking to push yourself during a certain exercise.

#### Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

#### Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

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### Monday

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#### Cardio & Weight Training

##### Warm Up

Cycling 10 minutes  
Cross Trainer 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Chest Press	15-25	2	30 seconds
Seated Row	15-25	2	30 seconds
Lat Pulldown	15-25	2	30 seconds
Swiss Ball Sit Ups	10-15	2	30 seconds
Oblique Sit Ups	10-15	2	30 seconds

##### Warm Down

Walking 5 minutes

### Tuesday

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#### Cardio Split

##### Warm Up

Walking 5 minutes

Exercise	Time
Cross Trainer	10 minutes
Power Walking	10 minutes
Cycling	10 minutes

##### Warm Down

Easy Walking 5 minutes

### Wednesday

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#### Rest

### Thursday

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#### Cardio & Weight Training

##### Warm Up

Cycling 10 minutes  
Cross Trainer 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Chest Press	15-25	2	30 seconds
Seated Row	15-25	2	30 seconds
Lat Pulldown	15-25	2	30 seconds
Swiss Ball Sit Ups	10-15	2	30 seconds
Oblique Sit Ups	10-15	2	30 seconds

##### Warm Down

Walking 5 minutes

Friday

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**Cardio Split**

**Warm Up**

Walking 5 minutes

**Exercise**

Cross Trainer

Power Walking

Cycling

**Time**

10 minutes

10 minutes

10 minutes

**Warm Down**

Easy Walking 5 minutes

Saturday

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**Rest**

Sunday

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**Rest**