Mindluster Platform

About the course Pregnancy booty workout at home

Pregnancy booty workout course, in this course we will learn about the Pregnancy Booty Workout, focusing on strengthening the glutes, hips, and pelvic area safely during pregnancy. These exercises help reduce lower back pain, improve posture, and enhance stability as the body changes. Weâ€™ll explore safe squats, glute bridges, and other modified workouts that suit each trimester. The course provides essential guidance on form, breathing techniques, and gradual progression to prevent injury and ensure comfort. Whether youâ€™re a fitness enthusiast or new to exercise, this course offers practical routines to stay active, maintain strength, and prepare your body for childbirth and recovery.

Medical Category's Courses

Course Lesson(14)

Lesson 1 : **Pregnancy Cardio Workout Day 1 Pregnancy Workout Challenge Pregnancy Exercises**

Lesson 2 :
Pregnancy Leg Workout Day 2 Pregnancy Workout Challenge 30 Minute Pregnancy Exercises

Lesson 3 : **Pregnancy Exercises For Arms Back Day 3 30 Minute Pregnancy Workout**

Lesson 4 :
Pregnancy Pilates 30 Minute Prenatal Pilates Workout Day 4 Pregnancy Workout Challenge

Lesson 5 : **Prenatal Strength Workout Day 5 30 Minute Full Body Pregnancy Workout**

Lesson 6 : **Pregnancy Stretches Tone Day 6 30 Minute Prenatal Stretching Strength Workout**

Lesson 7 :
Prenatal Cardio Workout Day 7 30 Minute Pregnancy Cardio Workout Pregnancy Workout Challenge

Lesson 8 : **Pregnancy Booty Workout Day 8 30 Minute Pregnancy Exercises 1st 2nd 3rd Trimester**

Lesson 9 :
Pregnancy Workout Biceps Back Day 9 30 Minutes First Second Third Trimester Workout

Lesson 10 :
Pregnancy Lower Body Workout Day 10 Pregnancy Workout Challenge 1st 2nd 3rd Trimester

Lesson 11 :
Pregnancy Barre Workout Day 11 30 Minute Prenatal Barre Workout Pregnancy Workout Challenge

Lesson 12 :
Total Body Tabata Pregnancy Workout Day 12 Pregnancy Exercises First Second Third Trimester

Lesson 13 : **Pregnancy Yoga Birth Preparation Day 13 30 Minute Prenatal Yoga Class**

Lesson 14 :
Pregnancy Dance Cardio Workout Day 14 30 Minute Low Impact Pregnancy Dance Workout

Related courses

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