Mindluster Platform

About the course Prenatal Yoga sculpt workout at home

Prenatal Yoga sculpt workout course, in this course we will learn about the Prenatal Yoga Sculpt Workout, combining yoga and strength exercises to keep mothers fit throughout pregnancy. This program focuses on safe, low-impact movements using light weights or body resistance, enhancing muscle tone, flexibility, and endurance. Weâ€™ll explore poses tailored for each trimester, improving posture and alleviating tension in key areas like the back, hips, and shoulders. The course also incorporates breathing techniques to support relaxation and stress relief. Whether you're new to fitness or experienced, this course offers practical routines to maintain strength, prepare for childbirth, and promote well-being for both mother and baby.

Medical Category's Courses

Course Lesson(7)

Lesson 1 : **Day 1 Pregnancy Workout Challenge Leg Workout Pregnancy Workout Plan**

Lesson 2 : **Day 2 Pregnancy Workout Challenge Arms Upper Body**

Lesson 3 : **Day 3 Pregnancy Workout Challenge Cardio**

Lesson 4 : **Day 4 Pregnancy Workout Challenge Prenatal Yoga Sculpt**

Lesson 5 : **Day 5 Pregnancy Workout Challenge Full Body HIIT Prenatal Workout**

Lesson 6 : **Day 6 Pregnancy Workout Challenge Prenatal Pilates**

Lesson 7 : **Day 7 Pregnancy Workout Challenge Cardio Pregnancy Stretches**

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