Mindluster Platform

About the course Pregnancy Workouts for beginners

Pregnancy Workouts course, in this course we will learn about the Pregnancy Workouts program, focusing on safe and effective exercises designed to support fitness and well-being throughout pregnancy. The course offers tailored routines for each trimester, including low-impact cardio, strength training, prenatal yoga, and flexibility exercises. Weâ€™ll explore movements that improve posture, relieve tension in the back and hips, and promote better circulation. Emphasis will be placed on pelvic floor exercises to prepare for childbirth and support recovery. With modifications for all fitness levels, the course ensures every mom-to-be can stay active and energized. Whether youâ€™re new to exercise or experienced, these workouts help maintain strength, boost mood, and promote a healthy pregnancy journey.

Medical Category's Courses

Course Lesson(218)

Lesson 1 : **Pregnancy Workout For Beginners 35 Min Easy To Follow Prenatal Workout**

Lesson 2 : **Pregnancy Stretches While You Watch NETFLIX Or Your Favorite Show**

Lesson 3 : **Most Efficient FULL BODY Stretch In 5 MINUTES Feel AMAZING Intermediate Level**

Lesson 4 :
Prenatal Deep Core Pilates To Prepare For a Shorter Pushing Time Safe Pregnancy Core Exercises

Lesson 5 : **15 Minute Pregnancy Workout 1st Trimester 2nd Trimester 3rd Trimester**

Lesson 6 : **Pregnancy Exercises For Second Trimester Safe For ALL Trimesters**

Lesson 7 : **The ONE Pregnancy Core Exercise You Need pregnancy shorts**

Lesson 8 : **Pregnancy Yoga Exercises Third Trimester Labor Prep and Relieve Aches**

Lesson 9 :
Feel Amazing After These Birth Ball Exercises For Birth Prep To Relieve Pregnancy Symptoms

Lesson 10 : **Short Efficient Prenatal Pilates 15 Minute Pregnancy Pilates Class**

Lesson 11 : **Full Body Pregnancy Workout With Partner Option 15 Minutes Pregnancy Exercises**

Lesson 12 : **Third Trimester Pregnancy Yoga Prepare Your Body For A Positive Birth**

Lesson 13 : **Pregnancy Exercise For Easy Delivery Shorter Labor Birth Preparation Exercises**

Lesson 14 : **Pregnancy Cardio Workout 1st Trimester 2nd Trimester 3rd Trimester Postpartum Safe**

Lesson 15 :
30 Min Pregnancy Exercises CHOOSE YOUR OWN MUSIC First Second Third Trimester Safe

Lesson 16 : **Pregnancy Pilates For A Fit Toned Pregnancy 20 Min Prenatal Pilates Class**

Lesson 17 :
TONED ARMS BACK WORKOUT No Equipment Pregnancy Postpartum Safe Upper Body Exercises

Lesson 18 :
Best Pregnancy Stretches 10 Min Full Body Daily Stretch Routine Relieve Pregnancy Symptoms

Lesson 19 : **30 Min Pregnancy Exercise Stretch Routine For A Healthy Pregnancy**

Lesson 20 : **Pregnancy Exercises Stretches For Normal Delivery 30 Min Pregnancy Workout**

Lesson 21 : **CHRISTMAS DANCE WORKOUT Low Impact Easy To Follow Pregnancy Postpartum Safe**

Lesson 22 : **Pregnancy Walking HIIT Workout Pregnancy Exercises To Stay Fit Active**

Lesson 23 : **Pregnancy Mat Pilates 20 Minute Prenatal Pilates Class**

Lesson 24 : **20 Minute Pregnancy Strength Workout With Dumbbells Stretch**

Lesson 25 : **Daily Pregnancy Core Workout For An Easy Delivery 10 MINUTES**

Lesson 26 : **30 Min Pregnancy Yoga Routine To Feel AMAZING Prepare Your Body**

Lesson 27 : **Pregnancy Pilates For A Sculpted Body 15 Min Prenatal Pilates Workout**

Lesson 28 : **Indoor WALKING HIIT Pregnancy Postpartum Baby Wearing Workout**

Lesson 29 :
Pregnancy Meditation for RELAXATION SLEEP 1 Hour NO Interruptions with Pregnancy Music

Lesson 30 :
Pregnancy Exercises For An Intelligent Baby Pregnancy Workout To Increase Baby s Brain Activity

Lesson 31 : **Full Body Workout To Feel AMAZING Pregnancy Postpartum Safe Workout**

Lesson 32 : **Pregnancy Pilates Pushing Practice 25 minute Prenatal Pilates Workout**

Lesson 33 : **23 Min Pregnancy Postpartum Workout Full Body In 23 Minutes**

Lesson 34 : **Pregnancy Yoga Exercises To Prepare For Vaginal Delivery 30 Minute Prenatal Yoga**

Lesson 35 : **Pregnancy Exercises For A Fit Pregnant Body 30 Min Full Body Pregnancy Workout**

Lesson 36 : **Pregnancy Stretches To Prepare For An Easy Delivery Natural Birth Preparation**

Lesson 37 : **Pelvic Girdle Pain SPD FULL BODY Workout FIX PELVIC PAIN Pregnancy Postpartum**

Lesson 38 : **Pregnancy Exercises For A Positive Birth Pain Free Delivery**

Lesson 39 : **Pregnancy Postpartum Workout FULL BODY 30 Minute Workout**

Lesson 40 : **Pregnancy Birth Ball LABOR PREP BOUNCE WITH ME Third Trimester Exercises**

Lesson 41 : **Postpartum Pregnancy Workout 20 Minute Full Body Sculpting Workout**

Lesson 42 : **15 Minute Pregnancy Yoga First Second Third Trimester Prenatal Yoga**

Lesson 43 :
FULL BODY Pregnancy Workout 1 HOUR Pregnancy Exercises For 1st 2nd 3rd Trimester

Lesson 44 : **Pregnancy Pilates Stretches 30 minute prenatal pilates workout at home**

Lesson 45 :
Best Birth Ball Pregnancy Stretches Feels AMAZING 20 Minute Pregnancy Stretching Exercises

Lesson 46 :
Pregnancy Cardio Workout 15 Minute Prenatal Cardio 1st Trimester 2nd Trimester 3rd Trimester

Lesson 47 : **Best Exercise For Pregnant Women 30 Minute Pregnancy Exercises For Easy Delivery**

Lesson 48 :
Indoor Walking Workout Beginner 2 Mile Walk Pregnancy Postpartum Babywearing Workout

Lesson 49 : **Pregnancy Yoga For Sciatica and Back Pain Prenatal Yoga 1st 2nd 3rd Trimester**

Lesson 50 :

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

Lesson 51 : **Pregnancy Yoga Birth Preparation Day 13 30 Minute Prenatal Yoga Class**

Lesson 52 :
Total Body Tabata Pregnancy Workout Day 12 Pregnancy Exercises First Second Third Trimester

Lesson 53 :
Pregnancy Barre Workout Day 11 30 Minute Prenatal Barre Workout Pregnancy Workout Challenge

Lesson 54 :
Pregnancy Lower Body Workout Day 10 Pregnancy Workout Challenge 1st 2nd 3rd Trimester

Lesson 55 :
Pregnancy Workout Biceps Back Day 9 30 Minutes First Second Third Trimester Workout

Lesson 56 : **Pregnancy Booty Workout Day 8 30 Minute Pregnancy Exercises 1st 2nd 3rd Trimester**

Lesson 57 :
Prenatal Cardio Workout Day 7 30 Minute Pregnancy Cardio Workout Pregnancy Workout Challenge

Lesson 58 : **Pregnancy Stretches Tone Day 6 30 Minute Prenatal Stretching Strength Workout**

Lesson 59 : **Prenatal Strength Workout Day 5 30 Minute Full Body Pregnancy Workout**

Lesson 60 :
Pregnancy Pilates 30 Minute Prenatal Pilates Workout Day 4 Pregnancy Workout Challenge

Lesson 61 : **Pregnancy Exercises For Arms Back Day 3 30 Minute Pregnancy Workout**

Lesson 62 : **Pregnancy Cardio Workout Day 1 Pregnancy Workout Challenge Pregnancy Exercises**

Lesson 63 :
Pregnancy Leg Workout Day 2 Pregnancy Workout Challenge 30 Minute Pregnancy Exercises

Lesson 64 : **Prenatal Bedtime Yoga 25 Min Pregnancy Yoga For First Second Third Trimester**

Lesson 65 :
Full Body Pregnancy Workout 25 Minute Prenatal Workout First Second Third Trimester Workout

Lesson 66 : **Birth Ball Exercises For Easy Delivery Third Trimester Exercises For Pregnancy**

Lesson 67 : **Beach Walking Workout Join Me In Sayulita Mexico Pregnancy Postpartum Safe**

Lesson 68 : **Yoga For Ukraine Simply Watch To Raise Money For Ukraine Fundraiser For Ukraine**

Lesson 69 :
Best Pregnancy Stretching Routine Relieve Pregnancy Pains Pregnancy Back Pain Sciatica

Lesson 70 :
Pregnancy Barre Pilates 30 Minute Barre Pilates For Pregnancy 1st 2nd 3rd Trimester Exercise

Lesson 71 :
Indoor walking workout 5000 steps workout NOT EASY Postpartum Babywearing Pregnancy Safe

Lesson 72 :
Pregnancy Yoga With Classical Music For Baby Brain Development 25 minute Prenatal Yoga

Lesson 73 : **Pregnancy Cardio Tabata HIIT Workout 12 Minute Prenatal Cardio Workout**

Lesson 74 : **Pregnancy Pilates Exercise For Easy Delivery 25 Min Prenatal Pilates Class**

Lesson 75 : **Good Morning Pregnancy Yoga First Second Third Trimester Prenatal Yoga**

Lesson 76 :
Pregnancy Exercises For Sore Feet Swollen Feet During Pregnancy Restless Legs Varicose Veins

Lesson 77 : **Day 7 Pregnancy Workout Challenge Cardio Pregnancy Stretches**

Lesson 78 : **Day 6 Pregnancy Workout Challenge Prenatal Pilates**

Lesson 79 : **Day 5 Pregnancy Workout Challenge Full Body HIIT Prenatal Workout**

Lesson 80 : **Day 4 Pregnancy Workout Challenge Prenatal Yoga Sculpt**

Lesson 81 : **Day 3 Pregnancy Workout Challenge Cardio**

Lesson 82 : **Day 2 Pregnancy Workout Challenge Arms Upper Body**

Lesson 83 : **Day 1 Pregnancy Workout Challenge Leg Workout Pregnancy Workout Plan**

Lesson 84 : **Total Body Pregnancy Pilates 30 Minute Prenatal Pilates Workout**

Lesson 85 : **First Trimester Exercises For Pregnancy Morning Sickness short workout to feel better**

Lesson 86 :
Pregnancy Stability Ball Exercises Pregnancy Exercise For Normal Delivery With Birthing Ball

Lesson 87 : **Third Trimester Meditation For Labor Preparation Guided Pregnancy Meditation**

Lesson 88 :
15 Minute Pregnancy Cardio Workout First Trimester Second Trimester Third Trimester Workout

Lesson 89 : **Pelvic Floor Stretches Manual Pelvic Floor Release Reverse Pelvic Floor Exercises**

Lesson 90 :
Full Body Pregnancy Workout Low Impact NO TALKING 1st trimester 2nd trimester 3rd trimester

Lesson 91 : **Pregnancy Yoga Workout 20 Minute Prenatal Yoga Sculpt With Optional Dumbbells**

Lesson 92 :
Pregnancy Resistance Band Workout 30 Min TOTAL BODY Mini Band PRENATAL Workout

Lesson 93 : **Pregnancy Pilates For Back Pain Sciatica Pregnancy Back Pain Relief Sciatica Relief**

Lesson 94 : **Pregnancy Cardio Pilates Combo Class First Second Third Trimester Safe**

Lesson 95 :
FUN Cardio Full Body Workout DUA LIPA BTS BIEBER MAROON 5 Pregnancy Postpartum

Lesson 96 : **Pilates Arm Workout Toned Arms Workout Pregnancy Pilates Postnatal Pilates**

Lesson 97 : **Pregnancy Yoga Third Trimester Second Trimester when belly feels big**

Lesson 98 : **First Trimester Meditation Guided Pregnancy Meditation For A Positive Pregnancy**

Lesson 99 : **Pregnancy Postpartum Pilates Booty Workout Booty Lift Workout**

Lesson 100 :
Pregnancy Exercises Second Trimester 30 Minute Pregnancy Workout Safe For All Trimesters

Lesson 101 : **Pregnancy Postpartum Cardio Workout Stretch Safe For All Trimesters Postpartum**

Lesson 102 :
Pregnancy Warm Up Exercises Do These Before Stretches 5 Minute Pregnancy Workout

Lesson 103 :
Best Pregnancy Stretches 15 Min Full Body Daily Stretch Routine Relieve Pregnancy Symptoms

Lesson 104 : **15 Minute Pregnancy Workout 1st Trimester 2nd Trimester 3rd Trimester**

Lesson 105 : **Pilates Sculpt Pregnancy Postpartum Safe Pregnancy Pilates Postnatal Pilates**

Lesson 106 : **Full Body Pregnancy Walking Workout Low Impact 30 Minute Pregnancy Exercises**

Lesson 107 : **35 Min Yoga Sculpt Pregnancy and Postpartum Safe Optional Light Weights**

Lesson 108 : **Pregnancy Exercises For Easy Delivery Exercise For Pregnant Women**

Lesson 109 : **Disney Dance Workout To DISNEY SONGS Low Impact Cardio Dance Workout**

Lesson 110 : **Pregnancy Sculpting Workout 17 Min Prenatal Pilates For A Fit Pregnancy**

Lesson 111 : **Pregnancy Yoga Bond With Baby First Second Third Trimester Yoga**

Lesson 112 : **Pregnancy Cardio Workout NOT EASY 30 Minute Pregnancy Walking HIIT Workout**

Lesson 113 : **Prenatal Pilates Barre Sculpt 35 min Pregnancy Workout 1st 2nd 3rd Trimester**

Lesson 114 :
Pregnancy Pilates 28 min Prenatal Pilates for Pregnancy 1st 2nd and 3rd Trimester Safe

Lesson 115 : **Full Body Pregnancy Workout Knee Friendly Fix Knee Pain During Pregnancy**

Lesson 116 : **Pregnancy Yoga Second Trimester 30 Minute Prenatal Yoga**

Lesson 117 :
Advanced Pregnancy Workout Total Body Tabata HIIT Cardio Pregnancy Exercises Stretches

Lesson 118 : **Full Body Pregnancy Pilates Workout Stretches Prenatal Pilates 1st 2nd 3rd Trimester**

Lesson 119 : **Pregnancy Yoga Third Trimester Engage Baby Into Pelvis Natural Birth Preparation**

Lesson 120 :
15 Minute Dance Cardio Workout Low Impact Easy To Follow Pregnancy Postpartum Safe Too

Lesson 121 : **Full Body Pregnancy Workout With Birth Ball Exercises Cardio Exercises Stretches**

Lesson 122 : **Pregnancy Workout Full Body Sculpt Cardio Prenatal Pilates Stretches**

Lesson 123 : **Pregnancy Yogi Squat and Modifications Best Pregnancy Exercise For Easy Delivery**

Lesson 124 : **Pilates Glute Workout to Justin Bieber PEACHES Pregnancy Postpartum Safe**

Lesson 125 : **Pregnancy HIIT Workout cardio cool down stretches first and second trimester**

Lesson 126 :
Pregnancy Yoga Pilates Fusion Class 1st 2nd 3rd Trimester Pregnancy Yoga Pregnancy Pilates

Lesson 127 :
Pregnancy Exercise For Normal Delivery Easy Labor Vaginal Birth Natural Birth Preparation

Lesson 128 : **Full Body Pregnancy Workout Tabata HIIT Pregnancy Cardio Workout Stretches**

Lesson 129 : **Easy Pregnancy Yoga With Modification Options Plus Size Beginner Friendly**

Lesson 130 :
Pregnancy Pilates 25 min Prenatal Pilates Workout Pregnancy Exercises For a Fit Pregnancy

Lesson 131 :
5 Ways to AVOID Vaginal Tearing Perineal Massage Birth Positions Breathing Techniques For Labor

Lesson 132 : **Total Body Pregnancy Workout Tabata HIIT Workout Low Impact Pregnancy Exercise**

Lesson 133 : **7 Minute Pregnancy Workout Quick Pregnancy Workout Pregnancy Cardio**

Lesson 134 : **Full Body Pregnancy Workout Pregnancy Cardio Pregnancy Exercises**

Lesson 135 : **10 Minute Prenatal Yoga Pregnancy Yoga Stretch Your Full Body in 10 Minutes**

Lesson 136 :
Prenatal Pilates Workout 1st trimester 2nd trimester 3rd trimester Pregnancy Pilates Workout

Lesson 137 : **Pregnancy Dance Workout Miley Cyrus Prisoner Lyrics Cardio Dance Workout**

Lesson 138 : **Pregnancy Yoga Pregnancy Meditation great for pregnancy insomnia feels like a nap**

Lesson 139 : **Pregnancy Barre Workout 30 Minute Prenatal Barre Workout**

Lesson 140 : **Pregnancy Pilates 23 Min Prenatal Pilates Workout No Equipment**

Lesson 141 : **Pregnancy Exercises On The Floor Pregnancy Floor Workout**

Lesson 142 : **Birth ball exercises to induce labor How to use a birth ball to induce labor**

Lesson 143 :
Prenatal Strength Workout Pregnancy Workout With Weights 1st 2nd and 3rd trimester

Lesson 144 :
8 Best Carpal Tunnel In Pregnancy Exercises Carpal Tunnel Syndrome In Pregnancy Relief

Lesson 145 : **Pregnancy Yoga For Beginners Pregnant Yoga Class safe for pregnancy carpal tunnel**

Lesson 146 : **Pregnancy Cardio Workout first trimester second trimester third trimester**

Lesson 147 : **12 Minute Prenatal Yoga Flow 1st Trimester 2nd Trimester 3rd Trimester**

Lesson 148 : **Pregnancy Yoga Third Trimester**

Lesson 149 : **Pregnancy Yoga Morning Stretch Relieve Pregnancy Symptoms**

Lesson 150 : **Pregnancy Yoga For Hips Relieve Hip Pain During Pregnancy**

Lesson 151 : **Pregnancy Arm Workout Pregnancy Upper Body Workout**

Lesson 152 : **Pregnancy Yoga For First Trimester safe for all trimesters**

Lesson 153 :
Pregnancy Yoga upper back pain in pregnancy neck and shoulder pain in pregnancy relief

Lesson 154 : **15 Minute Pregnancy Workout 1st Trimester 2nd Trimester 3rd Trimester**

Lesson 155 : **Pregnancy Yoga and Exercises To Induce Labor**

Lesson 156 : **15 Minute Pregnancy Workout Second Trimester Third Trimester**

Lesson 157 :
Pregnancy Yoga For Optimal Fetal Positioning How to turn a posterior baby transverse or breech baby

Lesson 158 : **Pregnancy Yoga**

Lesson 159 : **Pregnancy Leg Workout Leg and Booty Sculpting Safe for all trimesters**

Lesson 160 : **Pregnancy Exercise For Labor Preparation**

Lesson 161 : **Pregnancy Yoga and Natural Birth Preparation Exercises**

Lesson 162 : **Pregnancy Meditation with Pregnancy Affirmations Pregnancy Relaxation**

Lesson 163 : **Prenatal Yoga Workout Pregnancy Yoga safe for all trimesters**

Lesson 164 : **Pregnancy Exercises First Trimester safe for all trimesters**

Lesson 165 : **Pregnancy Back Pain Relief Relieve Backache During Pregnancy**

Lesson 166 : **Prenatal Yoga Stretches Pregnancy Stretches**

Lesson 167 : **Pregnancy Ball Exercises**

Lesson 168 : **How to do pelvic floor exercises during pregnancy Am I doing kegel exercises right**

Lesson 169 : **Pregnancy Exercises Second Trimester**

Lesson 170 : **Pelvic Floor Exercises For Pregnant Women**

Lesson 171 : **Pregnancy Exercise Third Trimester**

Lesson 172 : **Pregnancy Exercise For Easy Delivery**

Lesson 173 : **Pregnancy Yoga For Second Trimester**

Lesson 174 : **Prenatal Yoga For Sciatica And Back Pain**

Lesson 175 : **Quick Prenatal Cardio Pregnancy HIIT Workout**

Lesson 176 : **Prenatal Yoga For Stress And Anxiety**

Lesson 177 : **Symphysis Pubis Dysfunction Pregnancy Exercises**

Lesson 178 : **Exercises For Gestational Diabetes Get better blood sugars**

Lesson 179 : **Leg Cramps During Pregnancy While Sleeping**

Lesson 180 : **1 exercise for gestational diabetes or how to avoid gestational diabetes**

Lesson 181 : **Prenatal Yoga Bedtime**

Lesson 182 : **How To Prevent Abdominal Muscle Separation During Pregnancy**

Lesson 183 : **Pregnancy Yoga Ball Stretches**

Lesson 184 : **Prenatal Yoga First Trimester Plus Morning Sickness Relief**

Lesson 185 : **Exercises To Prepare For Birth**

Lesson 186 : **Good morning prenatal yoga for energy when you are feeling sluggish**

Lesson 187 : **How To Fix Back Pain In Pregnancy 30 Minutes Prenatal Yoga Class**

Lesson 188 : **Pregnancy Strength Workout To Get Strong For Labor**

Lesson 189 : **Pregnancy Full Body Stretch To Fix Your Sore Body**

Lesson 190 : **Special Mother s Day Yoga Class**

Lesson 191 : **Prenatal Exercises for Varicose Veins and Sore Legs**

Lesson 192 : **Pregnancy Yoga for Sciatica and Low Back Pain**

Lesson 193 : **Pregnancy 10 min Cardio Tabata**

Lesson 194 : **Prenatal Yoga to Help Sleep**

Lesson 195 : **30 min Pregnancy Yoga for Beginners**

Lesson 196 : **Pregnancy Barre Class for Sexy Booty Legs**

Lesson 197 : **Pregnancy Yoga with Stabililty Ball Labor Prep**

Lesson 198 : **Pregnancy Yoga Flow to prepare for labor for all trimesters**

Lesson 199 : **Pregnancy Pilates Workout For A Fit Toned Pregnancy 25 Min Prenatal Pilates**

Lesson 200 : **First Trimester Pregnancy Pilates Exercises Pilates For A Fit Pregnancy**

Lesson 201 : **Best Pregnancy Exercises For Second Trimester Pilates Exercises For A Fit Pregnancy**

Lesson 202 : **Best Pregnancy Exercises For Third Trimester Pilates Inspired Pregnancy Workout**

Lesson 203 : **Relieve Your Pregnancy Aches In 7 Minutes 5 Best Prenatal Foam Rolling Exercises**

Lesson 204 :

Pregnancy Yoga For Morning Have An Amazing Day After This 20 Minute Prenatal Yoga

Lesson 205 : Full Body Pregnancy Yoga Flow 25 Minute Prenatal Yoga Class For All Trimesters

Lesson 206 :
BEST Full Body Pregnancy Dumbbell Workout 15 MIN ALL STANDING Safe For 1st 2nd 3rd Trimester

Lesson 207 : Best Pregnancy Pelvic Floor Exercises Easy Delivery Fast Recovery

Lesson 208 : Pregnancy Yoga Pilates Exercises For An Easy Delivery 30 MIN

Lesson 209 :
Pregnancy Cardio Workout NO SQUATS NO LUNGES 20 Min Pregnancy Walking Workout

Lesson 210 : Create An Easier Birth By Doing These Birth Ball Exercises 3 x Weekly

Lesson 211 :
15 Min Pregnancy Workout 1 MILLION SPECIAL 1st Trimester 2nd Trimester 3rd Trimester

Lesson 212 : Full Body Pregnancy Workout With Mini Band Resistance Band Exercises

Lesson 213 :
20 MIN TONED ARM WORKOUT FOR WOMEN WITH DUMBBELLS Pregnancy Postpartum Safe

Lesson 214 : Pregnancy Exercises For Strength Dumbbell Workout for 1st 2nd 3rd Trimester

Lesson 215 : Pregnancy Cardio Tabata Workout Day 4 Pregnancy Workout Challenge

Lesson 216 : 15 Minute Pregnancy Workout Feel Energized

Lesson 217 : Pregnancy Strength Workout GET STRONG BE PREPARED FOR BIRTH

Lesson 218 : 20 Min Pregnancy Cardio Workout Easy Indoor Walking Workout

Related courses

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