Mindluster Platform

# About the course Pelvic floor exercises for Pregnant women

Pelvic floor exercises for Pregnant course, in this course we will learn about Pelvic Floor Exercises for Pregnant women, focusing on strengthening and relaxing the muscles that support the bladder, uterus, and bowels. These exercises help prevent issues like urinary incontinence, reduce pelvic discomfort, and prepare the body for a smoother labor and postpartum recovery. Weâ€™ll explore techniques such as Kegel exercises, diaphragmatic breathing, and pelvic tilts, all tailored for different pregnancy stages. Emphasis will be placed on proper form and breathing to avoid unnecessary strain. Whether youâ€™re new to fitness or experienced, this course offers practical routines to maintain pelvic health, improve posture, and build endurance for childbirth and recovery.

**Medical Category's Courses**

# Course Lesson(85)

Lesson 1 : **15 Steps To Your EASY DELIVERY Natural Vaginal Birth Preparation**

Lesson 2 : **Perineal Massage Step By Step Best Oil For Perineal Massage**

Lesson 3 : **Pregnancy Yoga and Exercises To Induce Labor**

Lesson 4 :
**Pregnancy Exercise For Normal Delivery Easy Labor Vaginal Birth Natural Birth Preparation**

Lesson 5 :
**2 Common Pregnancy Sleeping Position MISTAKES Best Sleeping Positions During Pregnancy**

Lesson 6 : **Pregnancy Discharge Vaginal Discharge During Pregnancy WHAT TO KNOW**

Lesson 7 : **How To Induce Labor Naturally Natural Ways To Induce Labor**

Lesson 8 :
**5 Ways to AVOID Vaginal Tearing Perineal Massage Birth Positions Breathing Techniques For Labor**

Lesson 9 : **2 Common Pregnancy Sitting MISTAKES Causing Posterior Baby Sunny Side Up Baby**

Lesson 10 : **Pregnancy Exercises For A Positive Birth Pain Free Delivery**

Lesson 11 : **How to push during labor breathing techniques for labor 6 vaginal birth tips**

Lesson 12 : **20 ways to reduce labor pain How to have a NATURAL BIRTH natural birth story**

Lesson 13 : **Pelvic Floor Exercises For Pregnant Women**

Lesson 14 : **How To Engage Baby Head In Pelvis To Speed Up Labor Vaginal Delivery Tips**

Lesson 15 : **Pregnancy Yoga Third Trimester Engage Baby Into Pelvis Natural Birth Preparation**

Lesson 16 :
**Pregnancy Meditation for RELAXATION SLEEP 1 Hour NO Interruptions with Pregnancy Music**

Lesson 17 : **How to do pelvic floor exercises during pregnancy Am I doing kegel exercises right**

Lesson 18 : **Birth Ball Exercises For Easy Delivery Third Trimester Exercises For Pregnancy**

Lesson 19 : **Pregnancy Exercise For Easy Delivery**

Lesson 20 : **Birth ball exercises to induce labor How to use a birth ball to induce labor**

Lesson 21 : **Pregnancy Exercise For Labor Preparation**

Lesson 22 : **Best Exercise For Pregnant Women 30 Minute Pregnancy Exercises For Easy Delivery**

Lesson 23 : **My labor routine best labor positions to ease pain positive birth stories**

Lesson 24 : **Pregnancy Exercises For Easy Delivery Exercise For Pregnant Women**

Lesson 25 : **Pregnancy Yoga Third Trimester Second Trimester when belly feels big**

Lesson 26 : **The best CORE exercise in pregnancy**

Lesson 27 : **Pregnancy Yogi Squat and Modifications Best Pregnancy Exercise For Easy Delivery**

Lesson 28 : **Pregnancy Yoga and Natural Birth Preparation Exercises**

Lesson 29 :
**Pregnancy Stability Ball Exercises Pregnancy Exercise For Normal Delivery With Birthing Ball**

Lesson 30 : **Pregnancy Pilates Exercise For Easy Delivery 25 Min Prenatal Pilates Class**

Lesson 31 :
**Braxton Hicks What Do Braxton Hicks Feel Like False Labor Vs True Labor Contractions**

Lesson 32 : **What do contractions feel like Have LESS PAINFUL Labor Contractions**

Lesson 33 : **Pregnancy Stretches To Prepare For An Easy Delivery Natural Birth Preparation**

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

Lesson 35 : **Pregnancy Yoga Bond With Baby First Second Third Trimester Yoga**

Lesson 36 : **Surprising tool for a shorter and less painful birth**

Lesson 37 : **Pregnancy Birth Ball LABOR PREP BOUNCE WITH ME Third Trimester Exercises**

Lesson 38 : **Changes In Your Vagina After Birth WHAT YOU CAN DO**

Lesson 39 : **Birth Preparation Course**

Lesson 40 : **SECRET to pushing BABY OUT why it works**

Lesson 41 : **Did you see what made the baby COME OUT birth shorts**

Lesson 42 :
**6 Mistakes Causing Diastasis Recti During Pregnancy HOW TO PREVENT DIASTASIS RECTI**

Lesson 43 : **Smart Labor Hack For Less Labor Pain Pack In Your Hospital Bag**

Lesson 44 : **1 Tip to AVOID Severe Tears In Birth childbirth shorts**

Lesson 45 :
**Pregnancy Yoga With Classical Music For Baby Brain Development 25 minute Prenatal Yoga**

Lesson 46 :
**Best Birth Ball Pregnancy Stretches Feels AMAZING 20 Minute Pregnancy Stretching Exercises**

Lesson 47 : **NEVER PUSH LIKE THIS FOR BIRTH Do This Instead**

Lesson 48 : **Daily Pregnancy Core Workout For An Easy Delivery 10 MINUTES**

Lesson 49 : **Pooping During Labor Birth Surprising BENEFIT you need to know about**

Lesson 50 :

**NEVER SEEN BEFORE Baby Head Molding During Normal Vaginal BIRTH 3D Birth Animation**

Lesson 51 : **Pregnancy Exercises Stretches For Normal Delivery 30 Min Pregnancy Workout**

Lesson 52 : **Third Trimester Meditation For Labor Preparation Guided Pregnancy Meditation**

Lesson 53 : **Top 5 Birth Positions With Epidural Using Peanut Ball Resting Labor Positions**

Lesson 54 : **Pregnancy Pilates Pushing Practice 25 minute Prenatal Pilates Workout**

Lesson 55 : **Membrane Sweep 5 Things You NEED To Know**

Lesson 56 : **Try THIS During Labor Oxytocin Naturally**

Lesson 57 :
**3 Pelvic Floor Physical Therapy Tips For Pregnancy from a Pelvic Floor Physical Therapist**

Lesson 58 : **2 Common Kegel MISTAKES Causing Leaking or Hypertonic Pelvic Floor**

Lesson 59 : **Birth Affirmations MEDITATION to support you through labor**

Lesson 60 : **Reduce Pregnancy Stretch Marks With Bone Broth Recipe Pregnancy Recipes**

Lesson 61 : **Baby Pushes During LABOR 2nd Stage shorts**

Lesson 62 : **3 Tests You Haven t Heard Of To Know WHEN TO GO TO THE HOSPITAL IN LABOR**

Lesson 63 : **How much blood does your baby lose if you cut cord right away shorts**

Lesson 64 : **Preparing for Labor Contractions birth shorts**

Lesson 65 : **Pregnancy Exercise For Easy Delivery Shorter Labor Birth Preparation Exercises**

Lesson 66 : **How To Birth EASIER birthhack shorts**

Lesson 67 : **How To AVOID C Section Delivery 10 Steps To Prevent An Unplanned Cesarean Section**

Lesson 68 : **7 Steps To Prepare For A Peaceful Homebirth shorts pregnancy**

Lesson 69 : **WOW Magical Birth 3D Animation Showing Fetal Skull Molding birth shorts**

Lesson 70 : **5 Common Poses During Pregnancy Causing Diastasis Recti How To Twist Safely**

Lesson 71 :
**Feel Amazing After These Birth Ball Exercises For Birth Prep To Relieve Pregnancy Symptoms**

Lesson 72 : **The ONE Pregnancy Core Exercise You Need pregnancy shorts**

Lesson 73 : **If you will be forced or want to birth on your back shorts**

Lesson 74 : **Best Labor Positions For Each Phase Of Labor REDUCE LABOR PAINS**

Lesson 75 : **SAVE THIS FOR LABOR Grab The Birth Position Printable FREE shorts**

Lesson 76 : **1 Worst Thing A Dad Said During BIRTH truestory shorts**

Lesson 77 : **Birth can look like THIS CALM PEACEFUL WATERBIRTH birth shorts**

Lesson 78 : **3 Smart Hacks To Create A Positive Birth shorts**

Lesson 79 : **Sarah Therese On Reducing Labor Pains shorts**

Lesson 80 : **Best Pregnancy Pelvic Floor Exercises Easy Delivery Fast Recovery**

Lesson 81 : **Pregnancy Yoga Pilates Exercises For An Easy Delivery 30 MIN**

Lesson 82 : **Create An Easier Birth By Doing These Birth Ball Exercises 3 x Weekly**

Lesson 83 : **Top 12 MOST Viral Birth Videos THEY ALL HAVE ONE THING IN COMMON**

Lesson 84 : **Beautiful Water Birthof 8th Baby INCREDIBLE**

Lesson 85 : **Do THIS Daily in THIRD TRIMESTER To Prevent Painful Back Labor 1 MIN EXERCISE**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

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