Mindluster Platform

About the course Pregnancy arm workout at home

Pregnancy arm workout course, in this course weâ€™ll focus on safe and effective arm exercises designed specifically for pregnant women. Youâ€™ll learn how to strengthen your arms, shoulders, and upper body while improving posture and reducing strain on your back. These low-impact exercises use light weights or resistance bands to ensure safety and comfort throughout all trimesters. The course will cover proper form, breathing techniques, and modifications to accommodate the physical changes experienced during pregnancy. Each session includes gentle warm-ups and cool-downs to support circulation and prevent discomfort. Whether youâ€™re a fitness enthusiast or new to exercise, this program is tailored to help you maintain upper body strength and feel confident throughout your pregnancy journey. Join us to stay active, energized, and prepared for the demands of motherhood.

Medical Category's Courses

Course Lesson(18)

Lesson 1 : **Intense 10 Minute Weighted Abs Workout One Dumbbell Beginner Mods Included**

Lesson 2 : **20 Minute Strength Walking Workout 2000 Steps All Standing No Repeats**

Lesson 3 : **25 Minute Dumbbell Leg Workout Compound Exercises**

Lesson 4 : **15 Minute Pregnancy Arm Workout Challenging Safe for All Trimesters**

Lesson 5 : **15 Minute Standing Cardio Workout 2 000 Steps No Repeats**

Lesson 6 : **15 Minute Daily Mobility Workout No Equipment**

Lesson 7 :
10 Minute GLUTE ACTIVATION Warm Up Do These 10 Banded Glute Exercises Before Leg Day

Lesson 8 : **30 Minute Full Body TABATA Workout No Equipment**

Lesson 9 : **35 Minute Full Body Dumbbell Workout Time Drop Strength**

Lesson 10 : **5 Minute Daily Mobility Routine For All Levels**

Lesson 11 : **10 Minute Standing Abs Workout with 1 Dumbbell No Crunches No Planks**

Lesson 12 : **30 Minute Strength and Steps Workout All Standing LISS Cardio**

Lesson 13 : **30 Minute Dumbbell Leg Workout Strength Power Isometrics**

Lesson 14 : **10 Minute Upper Body Workout for Women Rep Drop**

Lesson 15 : **15 Minute Standing Cardio Workout 1500 Steps in 15 Minutes**

Lesson 16 : **7 Minute Hip Mobility Workout Fix Tight Hips**

Lesson 17 : **35 Minute Full Body Cardio Workout Low Impact Cardio NO REPEATS No Equipment**

Lesson 18 : **35 Minute Full Body Dumbbell Workout Compound Exercises**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
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