Mindluster Platform

About the course First trimester Pregnancy Workout at home

First trimester Pregnancy Workout course, in this course youâ€™ll explore safe, low-impact exercises designed to help you stay active and energized during early pregnancy. This course focuses on gentle movements to build endurance, maintain strength, and improve circulation, all while supporting your changing body. Youâ€™ll learn exercises such as light cardio, bodyweight squats, and stretches that promote muscle tone and reduce fatigue. Special attention is given to core and pelvic floor exercises to build a strong foundation for the later stages of pregnancy. The workouts are adaptable to all fitness levels, with modifications for any discomfort or fatigue. By the end of the course, youâ€™ll feel more energized, maintain flexibility, and establish healthy exercise habits to carry through your pregnancy safely and confidently.

Medical Category's Courses

Course Lesson(21)

Lesson 1 : **First Trimester Pregnancy Workout Plan Free 4 Week Plan**

Lesson 2 : **25 Minute SUPERSET Leg Workout with Dumbbells Leg Burnout**

Lesson 3 : **25 Minute Arms Abs Workout With Weights SUPERSETS**

Lesson 4 :
30 Minute LOW IMPACT HIIT Workout First and Second Trimester Prenatal HIIT Workout

Lesson 5 : **10 Minute Pregnancy Safe Ab Workout First Second Trimester**

Lesson 6 : **Barre Class At Home 20 Minute At Home Barre Workout**

Lesson 7 : **35 Minute FULL BODY Kettlebell Workout Circuits Modifications Offered**

Lesson 8 :
30 Minute First Trimester Strength Workout Full Body Strength for First Second Trimesters

Lesson 9 : **40 Minute Legs and Butt Workout At Home Dumbbells Mini Band**

Lesson 10 : **25 Minute BACK ARMS Workout with Dumbbells Build BACK Strength At Home**

Lesson 11 : **35 Minute Leg and Shoulder Workout At Home with Dumbbells EMOM Workout**

Lesson 12 : **5 BEST Hip Flexor Stretches 10 Minute Hip Flexor Stretch Routine**

Lesson 13 : **5 Minute Ab Workout for Beginners No Equipment No Repeats**

Lesson 14 : **30 Minute Kettlebell LEG WORKOUT Advanced Exercises with Pregnancy Modifications**

Lesson 15 : **10 Minute Dynamic Warm Up Full Body Mobility Cardio Warm Up**

Lesson 16 : **10 Minute Upper Body Workout for Women Rep Drop**

Lesson 17 : **40 Minute Low Impact Cardio Unilateral Strength Workout NO REPEATS**

Lesson 18 : **25 Minute Chest Arms Workout At Home Upper Body with Dumbbells**

Lesson 19 : **40 Minute Strength Circuits Cardio Kickboxing Workout Cardio Strength**

Lesson 20 : **30 Minute Full Body Dumbbell Strength Workout For Women**

Lesson 21 : **10 Minute LEGS BUTT Workout Dumbbells Optional Booty Band**

Related courses

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Male Reproductive

Anatomy

Pharynx

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General Embryology

for Business Contact
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