Mindluster Platform

About the course Pregnancy ball exercises at home

Pregnancy ball exercises course, in this course is tailored for expectant mothers to safely strengthen, stretch, and relax using a stability ball. This course covers exercises designed to relieve tension, improve posture, and support core and pelvic floor strength, helping alleviate pregnancy discomforts like back pain and aiding with balance. Each session is adaptable to different fitness levels and stages of pregnancy, offering gentle, effective movements to ensure comfort and safety. The course also includes breathing techniques and labor preparation tips, empowering moms-to-be with tools for a healthy pregnancy and smoother delivery experience. Whether you're a beginner or continuing your fitness journey, these guided routines provide the perfect blend of stability and relaxation, making it easy to stay active and well-prepared throughout pregnancy. You'll build confidence, reduce discomfort, and support your body's changes, all while creating a foundation for post-delivery recovery. Join this nurturing program to safely strengthen your body and support a smooth pregnancy journey.

Medical Category's Courses

Course Lesson(28)

Lesson 1 : **15 Minute Daily Mobility Workout No Equipment**

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

Lesson 3 : **10 Minute Abs After Baby 8 Diastasis Recti Safe Ab Exercises**

Lesson 4 : **LIVE 15 Minute Postpartum Workout For Rebuilding Strength At 6 Weeks Postpartum**

Lesson 5 : **15 Minute Prenatal Yoga For Third Trimester Labor Prep**

Lesson 6 : **7 Pregnancy Ball Exercises to Prep for Labor All Trimesters**

Lesson 7 : **15 Minute Power Yoga Abs SplitStrong 35 DAY 4**

Lesson 8 : **15 Minute Full Body STRENGTH Workout with Dumbbells 9 Full Body Power Moves**

Lesson 9 : **15 Minute Pregnancy Arm Workout Challenging Safe for All Trimesters**

Lesson 10 : **15 Minute Low Impact HIIT Cardio Workout No Jumping Prenatal Cardio Workout**

Lesson 11 : **15 Minute Labor Inducing Workout Prepare for Labor Delivery**

Lesson 12 : **15 Minute Resistance Band Arm Workout with Mini Band**

Lesson 13 : **15 Minute Cardio Workout At Home No Equipment No Jumping**

Lesson 14 : **18 Minute Barre Workout Full Body Barre Class with Optional Light Weights**

Lesson 15 : **15 Minute Bodyweight PARTNER Workout 10 Full Body Partner Exercises**

Lesson 16 : **15 Minute Abs Butt and Thigh Workout No Equipment**

Lesson 17 : **15 Minute Full Body HIIT Cardio Workout No Equipment**

Lesson 18 :
15 Minute LOW IMPACT HIIT Cardio Workout No Jumping Workout Pregnancy Prenatal Workout

Lesson 19 : **15 Minute Cardio Barre Workout At Home No Equipment Pregnancy Friendly**

Lesson 20 : **15 Minute Power Yoga Energizing Power Vinyasa Flow with Strength Cardio**

Lesson 21 : **15 Minute Barre Workout Cardio Barre At Home**

Lesson 22 : **Prenatal Yoga 15 Minute Yoga At Home**

Lesson 23 : **15 Minute One Dumbbell Workout Full Body Strength**

Lesson 24 : **15 Minute Full Body Cardio HIIT Workout No Repeats**

Lesson 25 : **15 Minute Beginner Kettlebell Workout All Standing No Repeat**

Lesson 26 : **15 Minute Zone 2 Cardio with Weights All Standing No Jumping**

Lesson 27 : **15 Minute Everyday Pilates Ab Workout No Equipment**

Lesson 28 : **15 Minute Abs and Core Kettlebell Workout All Standing**

Related courses

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