

# **15** **minute** **PREGNANCY** **CORE WORKOUT**

Complete each exercise for 45 seconds of work followed by 15 seconds rest. Find explanations of each exercise at <https://beautifullybusymom.com/prenatal-core-workout/>

- 1. Standing Oblique Crunch**
- 2. Farmer Carry March**
- 3. Standing Pelvic Tilts**
- 4. Box Squat w/ Dumbbell Press**
- 5. Incline Plank Shoulder Taps**
- 6. Incline Reverse Walk Outs**
- 7. Seated Double Heel Raise to Standing**
- 8. Seated Band Pull Apart**
- 9. Half-Kneeling Banded Wood Chop**
- 10. Sitting Single Leg Raise**
- 11. Modified Side Plank w/ Crunch**
- 12. Modified Forearm Plank**
- 13. Side Lying Leg Lifts**
- 14. Bird Dogs**
- 15. Bear Crawl 3 Second Holds**

