

Okay, so this is a intermediate first trimester Pilates mat workout. Um, it's great. If you already do have a strong Pilates practice, this will be a good workout. But if you've never done Pilates, it's probably not the best idea to start when you get pregnant. So let's begin. We're going to start on our back.

And I know some people say not to work out on your back when you're pregnant, but in the first trimester, it's really fine. It's more when you're big and it constricts your breath. So, uh, I feel like it feels fine. So start on your back and just bend your knees to your chest and start to rock side to side.

Just massage out, uh, your lower back to start, and then make a circle in one direction and go the other way. So the lower back gets tight pretty early in pregnancy. So this just feels good before we start.

And then you can just circle your knees away from each other just to open up your hips and your hip flexors

and go the other way.

And then bring your legs to a tabletop position. We're going to take the pillow right away and just lift your head up, reach your arms forward for the hundred. Just inhale, pump your arms and exhale. Two, three, four, five. Inhale, two, three, four, five. Pull in. 2, 3, 4, 5.

Inhale,

exhale. So if this feels okay, try lifting your head up and you can even straighten your legs out.

If it feels like too much or uncomfortable in any way, just go back to that starting position. But if you want to challenge yourself, you can lower your legs a little bit. Three more to go. Inhale, two, three, four, five. Exhale. Two, three, four, five. Inhale, exhale. Last one.

And, um, then exhale all the air out. Rest your head and then just rock up to sit. So we're going to use the strap, if you have one, for the half. Roll back. So you bring your legs about hip distance apart. Bend your knees, hold on underneath your thighs, and then roll backwards.

Just go about halfway and then curl back up. If you don't have a strap, you can do it without just. You might go less. You might just go to there and then exhale up.

Inhale, roll back, articulate your spine. Exhale, curl up. Two more. Just warming up

and come up. Now the last one. Go all the way down onto your back and just stay there. You can keep the pillow throughout the whole thing or you can get rid of it. I don't really need it. Take your leg up, your right leg Up. Circle your foot a few times.

Just get the kinks out.

And then bring your arms down by your sides. Circle your leg across your body. Around and up. Circle and up. Uh, so you're trying to keep everything still except for the right leg circling. Keep your abdominals pulling in and up.

And then take it the other way. Circle and up. Circle around and up. 3, 4. Last one. 5. And then hug your knee to your chest. You might have to move it out to the side a little bit. And then switch legs. Extend the leg up. Just circle your foot.

Anchor your body to the mat. And then circle the leg around. Up. Uh, two,

three. Just keep your circle within the frame of your body. Don't take it too big. And go the other way.

Three. And up. Uh, four, five. Bend the knee in. Now bend both knees to your chest and just rock up to sit. Come forward a little bit on your mat. Hold on underneath your legs. Pick your feet up so your back is round. And then rock back, come up and hit your balance.

Rolling like a ball. Back and up. Uh, just massage your spine.

Two more.

Come up and balance. Bring your feet down. Move back a little bit. Roll back. Take your right knee into your chest. Take your pillow again. Start with the head down so your right hand is at the ankle. The left hand is at the knee. That's your grip. Extend the left leg up 45 degrees.

And then just switch. And, um, pull so you reach for the outside. Arm goes to the ankle. That just keeps your leg in the right alignment.

Just keep breathing.

You can try a few with the head up.

And you switch. And, um, switch, switch, switch. Bend both knees to your chest. Rest your neck. Next one. Double leg stretch. You reach your arms back behind you, your legs out in front of you. Long and thin. Circle the arms. Pull it all back into a little ball. Inhale, reach out.

Long exhale. Pull it all back in. Inhale, Reach out. Now make sure your lower back stays on the mat here. If it's coming up at all, lift your legs higher.

Now I'm going to lift the head up. You feel free to keep it down and in. Inhale, Exhale. Uh, reach. Circle and pull. Reach, circle and pull. Rest. Next one single straight leg stretch. Right leg goes up, left leg goes out like a scissor. Hold on as high up as you can reach and then pull.

Pull, switch, pull, pull, switch. Pull, pull, pull, pull.

You can lift the head. Keep going. Try to keep your hips quiet. Keep them still. Keep your abdominals pulling in.

Now, uh, take both legs up. Rest your neck. Bring your Hands under your tail. Keep your shoulders back. And then on the inhale, lower your legs. Exhale. Lift them back up.

Lower. Exhale, Lift. So you lengthen your legs to lower them. Lengthen them to lift.

Let's do three more times. Lower and, um. Lift. Lower. Lift. Really squeeze the legs together. Lower and lift. Bend your knees to a tabletop. Take your pillow away and bring your hands behind your head. And then reach your elbow to your knee. Keep your elbows open. Extend one leg forward and twist,

twist, twist. Just twist as much as you can. It feels uncomfortable. Don't do this one for me. It feels good. Still. Still working the obliques. Twist, twist, twist. One more time.

And then lower down. Rest. Okay. Rock up to sit and take a sip of water. Take a little break. Catch your breath.

Okay. Spine. Stretch forward. Bring one foot in the middle of each box or just a little wider than your mat. Reach your arms out in front of you. Sit up really tall. Take an inhale and then exhale. Start to round in on yourself. Like you're going to get the crown of your head to the mat

and then come up for air. Inhale, exhale. You curl back down. This feels really good. On your lower back.

And roll yourself up one more time. Round forward. Pull your abdominals back. As you reach forward.

Come all the way up. Let your arms come down. Bend your knees and then extend your legs out into a V and just see if you can balance.

Now start to pull in. Tuck your pelvis under. And then you just rock back. Pull in and come up and hit your balance again. Rock back and you come up. Try three more. Back and up. Uh. It's just like rolling like a ball, but your legs are straight.

Come up and hit your balance. Draw the legs together and then climb down your legs with control onto your back. You can bring your arms by your sides or tuck them under your pelvis a little bit your tailbone. Then draw a circle to the right and center and take it the other way.

This is the corkscrew. And center. Circle, center and the other way. Do a few more of these. You can make the circle a little bigger now. And center.

Last one. Make big circle and come center. Bend your knees and just rock up to sit again. The saw. Bring your feet apart the same way as in spine. Stretch forward. This time, arms go to the sides, start to twist in your waist. And then just reach to your pinky toe.

Saw it off. Still. Keep this left hip down and anchored, and then roll up, come center, twist and reach to your pinky toe

again. Twist and reach

and lift up

and up. Uh, bring the legs together, roll down onto your back,

and then we're going to flip over.

Depending how big you are in your first trimester, I still feel fine being on my stomach, but if it's too much, um, you can skip this part. Come up onto your forearms so your stomach is barely even touching the mat. If you're really lifted. Strong arms. And then kick one leg at a time.

You go kick, kick, extend, kick, kick. So a lot of my weight is in my arms. Kick, kick, kick, kick.

Let's do two more sets. Kick, kick, switch. Kick, kick, kick, kick, kick, kick. Okay, now tuck the toes under, pull in your abdominals, push into your arms, and then just lift your hips. We're going to hold this forearm plank for 10 counts. 10, 9, 8, 7, 6. Keep pulling your shoulders down.

Keep drawing your abdominals in. 4, 3, 2. Lower gently on 1. And then kick, kick. Another set. Kick, kick, kick, kick, kick, kick.

Last one. Kick, kick, and then just push back. Sit on your heels. Just

rest your back

and m. Then roll yourself up. Turn around. Take your strap. We're going to do the full roll up now. So if you don't have a strap, do the half rollback again like we did in the beginning. So bring your feet under the strap. Have some tension there. Roll down.

Take your arms to the ceiling. Lift your head. You can soften your knees. Roll up. Straighten your legs as you stretch, and then roll yourself back down. Go into your lower back. Uh, articulate your spine, middle back, upper back. Take your arms back as far as you can without popping the ribs out, so keep those down.

Again, arms up, head up. Curl up. You can separate your legs a little bit here. Stretch, and then roll yourself back down.

Let's do three.

Arms up, head up, curl up, reach. Roll back down. Last one,

and then just finish this one. You can point your toes, reach your arms back. Lengthen your body, and then bring your arms down. Bend your knees. Have the legs just hip distance apart and lift your pelvis up for shoulder bridge.

Press into your heels. Get a nice lift, but just draw your abdominals in.

Okay, now bring your weight more into your left leg and extend your right leg up to the ceiling. Just flex your foot, then extend it long. Point your toes. Kick up. Just two more down and up. So the work's really in the left leg here and Then put that foot down.

Lift your hips a little higher. Now take the left leg up, keeping this right leg really stable. And then extend. That's the hard part.

And then put your foot down. Lift up one more time and melt.

Bend your knees to your chest. Rock up to sit again. Okay, bring your legs straight out in front of you. Reach your arms to the sides. Take a big inhale, and then just start to twist. Just do a little twist and then come up to center. Twist the other way.

So here you can kind of relax your abdomen more and twist more in your upper back. So it's not going to be a deep abdominal waist twist that you usually do.

And then come center, lower your arms, pick up your weights. Or, uh, you can do this series without weights, too. So just cross your legs like that. Bring your hands behind your head. It's called shaving. So

you draw your abdominals in, and you reach your arms up and bend your elbows to the side.

And go up and bend. I'll turn to the side. So you should be just slightly forward and bend. Try to relax your neck and shoulders here.

Two more up.

Now on the last one, reach your arms up or open your arms to the sides. Just do a little switch with the legs. And then inhale, hug. Bring your fingertips together. Exhale, open. Inhale, squeeze. Exhale, open.

Okay, let's reverse the breath. So exhale as you hug. Inhale to open. Exhale

one more time.

And then just let your arms come down. You can put your weights down, make your way back onto your back. And then we're going to turn to the side for Sidekick series.

Prop your head up onto your hand and your elbow. Have your torso in one straight line. So from your tailbone to your elbow, and then your legs can come a bit forward. Lift this top leg up just to hip level. Turn it up just a little. And then do a double kick to the front.

Front. One long stretch to the back. Front, front, long, to

go a little faster. Front, uh, front, back, front, front, back. Two more times.

And then bring the legs together. Kick the legs straight up to the side. And then lengthen it long. Kick it up. Lengthen long. And 3, 4, 5. Little circles, heel to heel. Go. 1, 2, 3, 4, 5, 6, 7, 8. Reverse it 1, 5, 6, 7, 8. Bend the top leg.

Bring your foot in front of you. Hold on to the ankle. And then lift your bottom leg up. And, uh, lower. Lift it up. Lower,

lift it up. Now circle it. 1, 2, 3, 4, 5. Go the other way for 1, 2, 3, 4, 5. Bring the legs back together. Now bend both knees up towards your chest. And then just open this top leg and then press it back down. So you open it like a shell and press it back down again.

Let's do four more. Go up. Um, and press up. Press.

Straighten your legs back out. Turn out the top leg. And then just bend your knee. Draw the leg up your leg. Do your full extension. And

then lengthen long again. Uh, draw it up. Lift. Extend two more this way.

And then reverse it. So you kick. Up, bend, extend long. Up, bend, extend long.

Now we're going to go right into the bicycle. Take your straight leg to the front. Bend the knee. And then extend all the way to the back. Sweep it to the front. Bend, unfold to the back. Get that nice stretch. Two more.

So finish this one. Bring the legs together and reverse it. Take your leg back. Bend it while it's behind you. Then you unfold to the front. Sweep it back. Keep your body still. Extend front. Two more.

Okay, now just take your leg back behind you. One more time. Reach for your foot or your ankle. Just give it a little stretch.

Release. And then we're going to make our way to the other side. Just going to move this over.

Okay. Set yourself up in a straight line. Bring your legs a little bit forward. Top leg lifts. And kick to the front, front long. To the back, front, front. Front.

Four more. A little faster. Front, front. And, um. Back. Front, front, back.

And then legs together. Have a little turnout in the top leg and then kick it up. Lengthen long. And 2. Stretch three,

four

little circles, heel to heel. 1, 2, 3, 4, 5, 6, 7, 8. Other way. For 1.

Bend your top leg. Bring your foot down. Secure your ankle, and then lift your bottom inner thigh up and lower. Lift and lower.

Now, uh, lift and circle. Big circle.

Go the other way. 1, 2, 3, 4, 5. Bring the legs back together. Then bend your knees up to your chest. Open that top leg like a shell. Press it back down. 2, 3, more. 6. Press 7, 8. And then straighten your legs back out. Draw the toe up your thigh all the way up to the sky.

And then lengthen long. Draw it up. Lift, extend.

Now reverse it. Kick up, bend, Extend long. Up, up. Bend, extend.

And, uh, now, uh, right into your bicycle. Go to the front bend. Lengthen to the back. Sweep it to the front bend.

Last one.

Legs together. Reverse it. Go to the back. Bend your knee. Unfold to the front. Back bend. Knee to shoulder. Extend front. Let's do two more,

and then just reach back for your foot. Do that little quad stretch on the other side.

And then release it. Just come up. Take a breath, take a sip of water.

And m. We'll get ready for our teasers.

So everybody's body is different, and everybody's pregnancy is different. So these teasers still feel good to me, but if they don't to you, you can, um, leave them out.

Bend your knees. Extend your right leg forward, but keep the knees glued together. Reach your arms up. This is the one leg teaser. Take your arms back behind you. And then roll yourself up. Lift up in your lower back. And then round. Melt back down

again. Uh, roll yourself up. Lift up and melt

one more time. Roll up. Straighten both legs out. Balance. Bend that right knee still. Keep them keeping them together. And then roll back down. Roll yourself right back up. Lift and roll down. Squeeze the legs together. That's going to help you get up again. Roll yourself up. Lift and melt.

One more time. Roll yourself up. Now straighten both legs again, balancing your teaser. Hold it. And then slowly roll down. Try not to move your legs. And then just bend your knees to your chest. Good. Okay, turn onto your stomach. We're going to come onto all fours.

So on your exhale, round your back, round in your lower back. You can even look into your abdominals. And then as you inhale, arch,

Exhale round. Just move your spine.

Inhale, arch right between your shoulder blades. Just one more exhale Round.

Inhale. Arch. Now we're going to add the right leg. So as you round your back, pull your knee to your nose, and then extend the leg long,

round your knee to your nose and extend.

Just do one more on this side. Round, extend. Okay, now, uh, test your balance. See if you can pick up your left arm and reach it forward so you have that opposition. Nice long line, like someone's pulling your hand and someone else is pulling your foot. Draw the abdominals in

and then come back to all fours.

And let's do the other side. Come back round your knee to your nose, and then extend it long again. Uh, round,

and then test your balance on the other side. Start to reach your right arm forward. Nice long line.

Draw your shoulders down your back.

Come back to all fours. And then just sit back on your heels again.

And then roll yourself up. Turn around to face front. The seal. One more rolling exercise. Bring your hands through the middle. Hold onto the outside of your ankles. Pick your feet up, and then you clap, clap, clap, rock. Back, clap, clap, clap. Up, back. And, um,

on this last one, if you can, if your knees are healthy and you're used to doing it, we're going to come up to stand. If not, just balance. So you cross your legs and you stand all the way up. Okay, Take your weights again. You can just stand on the floor or on your mat.

Stand with your heels together, toes apart. Just bring your weights up to about shoulder level. And then bend. Extend this little bicep curls. See, if I turn to the side, the weight should be just slightly forward. You never want to hang back in your lower back. It hurts. So you bend.

Pull in as you extend.

Now open your arms, but still keep the weights in your peripheral vision. And then do it again. Bend. Extend. 2. Keep growing taller. 3. Draw your abdominals in and up. 4. Extend. And you can do this without weights.

Now lower your arms down and we'll do the same thing here. 1. Extend. 2.

Good. Now open your feet so that you're parallel. Just soften your knees a little bit. Bring the weights together. Interlace your fingers. Reach your arms forward and up. And then bend your elbows. Just little tricep extensions. And 2, 3. Relax your neck and

shoulders.

Keep drawing your abdominals in and up. And, um. 5, 6, 7, 8. Now lower your arms down. I'm going to turn sideways again for the next one. Your hip distance apart, bend your knees and then tip forward so you're in a tabletop. This is called the bug. So your knuckles are together, and then your elbows go out to the side.

Squeeze your shoulder blades together and bring your hands back down and press. Still draw your abdominals in here.

Five. And, um, press. Six.

Seven. Just one more time. Eight. Work your back and then lower the arms.

Roll yourself up. Turn to face front. Again, Heels together, toes apart. Bring your right arm right up by your ear. Lift and then reach to the side. So think of reaching more up than side. It's a nice stretch on this whole side. Come back. Center and switch.

Stretch that whole side. Come up. Switch. One more time, reach up to the ceiling. Reach to the side. This time. Bend your elbow around your head. Extend out a little bit further. Come up. Switch. Reach. Reach. Reach. Bend. Extend. Reach up. Lower that arm. Put your weights down. And we'll just finish standing up tall.

Nice Pilates V. Heels together, toes apart, abdominals in and up. Shoulders on your back. And then just see if you can keep this nice posture for the rest of your day. Great work.