

Hi, uh, I'm Molly Niles Renshaw, and I'm going to take you through this prenatal program that you can do throughout your whole entire pregnancy, from the first day you find out you're pregnant. And you might feel really nauseous or nervous about working out. I've included really, um, basic gentle workouts, and you can do it all the way through until you're about to give birth.

So, um, it's almost all on the mat, but I've included a few on the equipment, too, in case you have equipment or you are seeing an instructor and you are using a Reformer or Cadillac. People always ask me if it's safe to start Pilates when you're pregnant if you've never done it before.

And I think with this program, yes, for sure. Um, I've designed it for pregnancy. Things are modified for the pregnant body, but your pregnancy is so individual. And, um, this is my second pregnancy. It feels really different from the first one. So you have to go, really, you have to listen to your own body.

Um, and I think every exercise. I know every exercise is safe, but it might not feel good for your body. You have to listen to your own body. That's my biggest advice. If you have any specific questions about your pregnancy or just comments, I try to get back to you, um, right away.

I answer every email that I get. So, um, if you have any specific questions, go ahead and, um, comment. That would be great. And just have fun with the workouts and hopefully you're going to feel great throughout your whole pregnancy and bounce back quick. So good luck.