GOING VIRAL

PREGNANT AND PUMPING IRON

MOM-TO-BE UNDER FIRE FOR WEIGHT LIFTING
WHAT WOMEN LIFT DURING PREGNANCY
CONSIDERATIONS IN PRESCRIPTION

- Joint integrity
  - Maintaining and developing strong musculature
- Stability
  - Maintaining and developing good muscle tone
  - Identify and adopt stable posture not the ‘ideal’
- Identify what is heavy
  - Continuation of pre-pregnancy or start light
  - It is relative, each client will be different


