

Rhiannon Dalrymple Program – August 2019 by Philippa Bowman Nurtured Fitness

How to use this program:

There are 4 workout options here to choose from. I suggest using Band Workout 1 & Cardio Workout 1 for the first 5 weeks, during the first trimester or until your energy levels return. Change to #2 workouts when entering the second trimester or when energy levels return.

Alternate these workouts and include walking as much as possible.

Eg Monday Band, Tuesday Cardio, Wednesday Walk only, Thursday Bands, Friday Cardio, Saturday Walk only & Sunday Rest.

Listen to your body. Take extra rest & water breaks when needed and do not push through any pain.

Take your time when transitioning from standing to seated exercise positions.

Always include a longer warm up and cool down period. Remember to stretch after each session and aim for a good stretch after each walk too.

Each circuit workout should take you approx. 10-15mins to complete a round. Complete the circuit 1-4 times each depending on your time and energy levels.

Refer to the videos for exercise cues & tips!

Band Workout 1

Complete each exercise for 1min, then take 15-30 seconds rest (enough time to set up for the next exercise), then complete the next exercise on the list. Increase the rest time if you feel you need more recovery. At the end of the full set, take 1-2mins rest before going through the round again. Complete the circuit 1-4 times per workout, depending your time frame or energy levels.

Start each workout with a 5min warm up. A warm up can be light exercises to increase your heart rate, you may start this workout at the end of the work, or do one very light lap of the circuit before starting the circuit at a higher intensity.

Complete each workout with a 5 min cool down, PLUS a full body stretch. Your body requires a longer warm up and cool down period during pregnancy.

- 1. Squat – with band under RIGHT foot**
Hold the band in your right hand. Keep your arm locked straight for the exercise. Ensure the band always had tension. Option to increase this exercise is the row the hand up to your ribs on the upward movement of the squat. Your elbow must stay tucked in.
- 2. Bent over row – with band under RIGHT foot**
Bend forward with straight back, knees slightly bent but legs almost straight. On the outward breath draw the band with your right hand, to the arm pit with elbow tucked in. Keep tension on the band
- 3. Kneeling to stand**
Complete the exercise in supported position, for example; using the back of a chair. Brace core & support yourself as you stand. Alternate your leading leg with each repetition.
- 4. Squat – with band under LEFT foot**
Hold the band in your left hand. Keep your arm locked straight for the exercise. Ensure the band always had tension. Option to increase this exercise is the row the hand up to your ribs on the upward movement of the squat. Your elbow must stay tucked in.
- 5. Bent over row – with band under LEFT foot**
Bend forward with straight back, knees slightly bent but legs almost straight. On the outward breath draw the band with your left hand, to the arm pit with elbow tucked in. Keep tension on the band
- 6. Band Lat Pull down & Knee lift**
Stand with the band above the head, pull the band down wide and behind your head. As you pull down, add a knee lift. Return the leg to the ground as you return the arms up. If you feel light headed with this exercise or experiencing low blood pressure, keep the arms at shoulder height and pull the band wide.
- 7. Lung & bicep curl (right leg back & band in right hand)**
Place the band under your left foot & step right leg back into a lunge position. Hold the band in your right hand, and place your left hand on the back of a chair or rail for support. As you lunge down, lower your right arm down straight. As you rise from the lunge, complete a bicep curl with the right hand.
- 8. Band arrow pull with side to side lunge**
Place legs slightly wider than hip width apart. Lunge to the right slightly by bending the right leg and straightening the left. Keep the left arm straight and pull back the right arm until fully bent. Keep alternating and complete on the other side.
- 9. Lung & bicep curl (left leg back & band in left hand)**
Place the band under your right foot & step left leg back into a lunge position. Hold the band in your left hand, and place your right hand on the back of a chair or rail for support. As you lunge down, lower your left arm down straight. As you rise from the lunge, complete a bicep curl with the left hand.
- 10. Donkey Kicks**
On your hands & knees, complete 5 donkey kicks per leg and keep alternating for the full minute.

Cardio Workout 1

Complete each exercise for 1min, then take 15 seconds rest (enough time to set up for the next exercise), then complete the next exercise on the list. Increase the rest time if you feel you need more recovery. At the end of the full set, take 1mins rest before going through the round again. Complete the circuit 1-4 times per workout, depending your time frame or energy levels.

Start each workout with a 5min warm up. A warm up can be light exercises to increase your heart rate, you may start this workout at the end of the work, or do one very light lap of the circuit before starting the circuit at a higher intensity.

Complete each workout with a 5 min cool down, PLUS a full body stretch. Your body requires a longer warm up and cool down period during pregnancy.

- 1. Step Ups**
Find a low step and complete alternating step ups. Find a nice rhythm and get the whole foot on the step each time.
- 2. Repeater with extended arms**
Bend down in to semi squat position. Complete alternating repeater legs. Extend both arm out straight and over head in line with your ears on each repetition. Only brings arms to shoulder height if experiencing light headedness or lower blood pressure.
- 3. High Kicks**
Complete alternating high flick kicks
- 4. Crab walks**
Down in the squat position, take 5 steps to the right with out straightening your legs, then returning to the left. Continue for the full minute. Option to add a side jab arm. Punch to the right with right arm when moving right and vice versa.
- 5. Side Planks**
Complete 10 side planks on each side, then roll to the other side to complete 10 more. Continue for a full minute.
- 6. Squat with arm swing**
Feet hip width apart and toes turned out slightly. Squat with your knees following the direction of your toes. As you squat down lower your straight arms to the floor. As your rise, lift your straight arms to shoulder height. Option to is to add a small jump if pelvic floor and hips are feeling good.
- 7. Frog squats**
Keep elbows glued to the knees. Keep your eyes up and fixed on one spot
- 8. Alternating lunges**
Step back into alternating lunges. Use chair for support. Option is to take the arms out to the side and to shoulder height. When stepping back right leg, raise the right arm and vice versa.

Band Workout 2

Complete each exercise for 1min, then take 15-30 seconds rest (enough time to set up for the next exercise), then complete the next exercise on the list. Increase the rest time if you feel you need more recovery. At the end of the full set, take 1-2mins rest before going through the round again. Complete the circuit 1-4 times per workout, depending your time frame or energy levels.

Start each workout with a 5min warm up. A warm up can be light exercises to increase your heart rate, you may start this workout at the end of the work, or do one very light lap of the circuit before starting the circuit at a higher intensity.

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- 1. Squat – Cross band. Band under LEFT foot and held in RIGHT hand**
Place the band under your left foot. Hold the band in your right hand. Glue your right hand to your right hip. Ensure the band always had tension. Option to increase this exercise is to straighten the right arm to the left knee on the down ward movement, then pull back to the right hip on the up ward movement.
- 2. Seated Row**
In a seated position on the floor, extend your legs out in front of you with only a slight bend in the knees. Loop the band around both feet and hold the band in both hands. With a straight back, row the band back to your ribs and return to the start position slowly. Note: Take time when transitioning from seated to standing positions.
- 3. 6 counts slow squats**
Start position: Standing arms out straight at shoulder height and toes turned out slightly. 1, bend forward with straight legs to reach the ground; 2, drop your bottom to the ground; 3, lift straight arms to shoulder height; 4, lower arms to the ground; 5, keep hands on ground and straighten legs; 6, return to start position. Tip: Keep eyes fixed forward on one spot through the whole movement.
- 4. Wide Back Flye with knee lift**
Hold the band in both hands at shoulder height with palms facing down. Keeping arms mostly straight and only a slight bend, pull the band as wide as you can and lift one knee. Slowly return to the start position and repeat while alternating knees
- 5. Alternating bird dog**
Start on all 4's. Complete the movement over 4 counts. Extend opposite hand and legs with toes & fingers connected to the ground. Lift the arm and leg until parallel with the ground. Return toes & fingers to the ground. Return to all 4's. Continue alternating sides.
- 6. Breaststroke swim through**
In the standing position, hold the band in both hands at shoulder height, elbows tucked in and hands almost touching your shoulders. Extend the arms forward and straight. Swim through wide like a breaststroke and return to the shoulders
- 7. Rocking Horse – Right leg**
Keeping your left foot pinned on the same position. Complete lunges forward & back with your right leg moving forward and back only.
- 8. Chest Press with calf raise**
Wrap the band around your back and hold the band in both hands with palms facing each other. Press straight forward and raise to your toes, then return to the start position
- 9. Rocking Horse – left leg**
Keeping your right foot pinned on the same position. Complete lunges forward & back with your left leg moving forward and back only.

Cardio Workout 2

Complete each exercise for 1min, then take 15 seconds rest (enough time to set up for the next exercise), then complete the next exercise on the list. Increase the rest time if you feel you need more recovery. At the end of the full set, take 1mins rest before going through the round again. Complete the circuit 1-4 times per workout, depending your time frame or energy levels.

Start each workout with a 5min warm up. A warm up can be light exercises to increase your heart rate, you may start this workout at the end of the work, or do one very light lap of the circuit before starting the circuit at a higher intensity.

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1. **RIGHT leg Repeater on step**
Place your left leg on a lower to medium step. Left knee bent and right leg straight resting on your toe, bring the right knee up to belly button height and return back down. Keep the weight forward and mostly in the left foot. Complete the full set on the same leg.
2. **High kicks to lunge – 5 each side & alternate**
Step back into a half lunge. Flick kick forward and step back to the start position. Complete 5 on each leg and continue alternating for the set.
3. **Duck walks**
In a deep squat position, walk around the room rolling heel to toe. Keep the back straight. Hands can be placed on the floor or lift off the floor for extra challenge.
4. **Pee on the tree – knee abductors. 5 each side & alternate**
Start on all 4's. Keeping your hips stable, lift one knee up to the side while keeping the hips facing down. Move the knee in the same plane as the other knee. Return down. Complete 5 on each side and keep swapping. Take your time when returning to the start position
5. **LEFT leg Repeater on step**
Place your right leg on a lower to medium step. Right knee bent and left leg straight resting on your toe, bring the right knee up to belly button height and return back down. Keep the weight forward and mostly in the right foot. Complete the full set on the same leg.
6. **Alternating curtsey lunge**
Use the back of a chair for support. Lunge by taking your right leg all the way across and behind your left leg, then return to the start position. Repeat on left side
7. **Squat & Knee lift**
With feet width apart and feet parallel, squat down with flat feet and aim to touch the ground with hands. Return to standing, lift arms to shoulder height and lift one knee. Keep squatting and alternating knees. Option is to add a slight jump if pelvic floor and joints are good.
8. **Walking leg raises with arm row**
Step left foot forward and lift the right leg back straight squeezing the butt a lot. With palms facing down, bend the arm and squeeze elbows back together. Continue stepping and alternating legs.