

5MinuteBack Pregnancy

Training Tips

1. For the best results, complete your routine one to two times a day. If you only have 5 minutes, make sure to at least fit in our Quick 5 Minute Routine.
2. Go at a comfortable speed and don't hold your breath.
3. Rest briefly after each exercise if you need to by using the pause button. Resume playback when you are ready.
4. Most of our exercises revolve around the concept of a clock to direct your movements. Imagine that you are standing with a gigantic 6-foot clock in front of you. When you raise your right hand, it will match the 1 to 5 o'clock positions and your left will match the 11 to 7 o'clock positions. Note that we will not be using the 6 or 12 o'clock positions in the program.
5. Your eyes, head and body movement should follow the movement of your hands.
6. Remember that all exercises in the program are fluid, so allow your body to move with your exercise rather than keeping a stiff frame.
7. Stand tall by lifting your chest and dropping your shoulder blades down. This will give you and your baby more space to move freely by lengthening your body.
8. Activate your deep core muscles by gently lifting your pelvic floor during all exercises.
9. Do not lock your knees during the routine.
10. Don't hold any one position for more than 1-3 seconds.
11. Use an exercise mat or carpet for all exercises.
12. Use a 1-3 lb. object in all weighted exercises based on your comfort level. If you don't have a 1-3 pound weight laying around, grab 2 cans from your pantry to use instead.
13. For all band exercises, make sure to securely anchor your band so that it doesn't shift during the exercises. When anchoring it with a door, make sure that the door opens away from you and that it is locked during your routine.
14. You can make most of the exercises more challenging by shifting your weight onto the balls of your feet and lifting your heels. Just make sure that you are still feeling stable if you decide to do this. In all likelihood, you will only be able to do it during your first trimester, before your center of balance shifts.



The safe, fun and effective back strengthening program designed specifically for each trimester of your pregnancy.