

This month is all about you taking action and carving out time for consistent exercise!

This tracker has been designed to help you keep moving throughout pregnancy and take away the overwhelm, we know it can be confusing to know what you should and shouldn't be doing during this stage of life!

This challenge has been designed for you to work through at your own pace. We know the challenges that come with pregnancy cue - morning / all day sickness, fatigue and all the things! While we hope these workouts will make you feel better and give you energy. Please don't stress if you miss a day or 2, just come back to the plan when you are ready, coming back is key!

You'll see there are 4 sessions to tick off each week plus a walk! Remember that rest is super important too so if one day you're not feeling up to moving then add in an additional rest day.

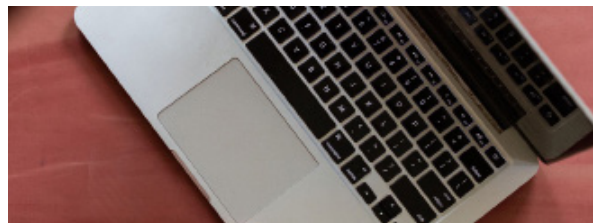
Please remember that during pregnancy it's about maintenance rather than gains!

While you will certainly get huffing and puffing these workouts should not leave you

feeling absolutely exhausted. These classes are about maintaining your strength for birth, connecting with your deep core through safe movement and keeping you active. If you have any questions along the way please feel free to reach out to us, we are more than happy to help you out and we love hearing from you! Before you get started please tick off the checklist and read over the FAQs!

Share your journey with us!

We would love to see you taking action this April! Share your challenge with us by tagging @shemovesnz on Instagram Stories. We love to put faces to names, seeing your workout set ups, plus you never know who you might inspire by sharing your journey!



FAQ's

Where do I get access to the challenge workouts?

You'll need to have joined the private members only Facebook group 'Make Your Move' there would have been instructions on your welcome email on how to do this. If you are having trouble please email admin@she-moves.co.nz

How do I access a LIVE workout?

Just come to the Facebook group at the time of the live class, refresh the page and the trainer will be waiting for you.

I can't make the live workout times, can I do them at another time?

Yes! All the workouts are saved inside the community and you can go back and do them anytime that works for you.

How do I access a replay workout?

Clicking the 'Featured' tab within the community will bring up the latest workouts delivered over the past 2 weeks. Please ensure that the workouts you complete have the Pregnancy Emoji labeled on them.

I see there are other workouts in the group that are not included in the challenge, can I do them?

No, these workouts are not pregnancy safe! Please stick to the pregnancy programme, these classes will be there ready and waiting for you once you have had your baby and completed your postpartum recovery programme.



Do I need equipment to do your live workouts?

It's a great idea to have a swiss ball (awesome for early stage labour!) but if you don't have one you can complete the challenge without it!

Please note: This challenge is generic and does not cater for those women who are experiencing pregnancy complications or injuries. If you are wanting further support on this challenge please [check out our 1:1 programmes](#). A She Moves Trainer is also available to modify and support you with this challenge to ensure it works for you and your needs.

Eg - If you are experiencing a pregnancy prolapse, Pelvic Girdle Pain etc



All things walking!

You'll notice each week we have walks included in the programme, walking is an excellent low impact exercise option during pregnancy. We have not specified a certain duration or distance to be covered simply because we are all at different stages of pregnancy and the appropriate distance will be different for everyone.

For the walking element of the programme please listen to your body, you want to challenge yourself but certainly not push yourself too much.

If you are experiencing pelvic pain and walking is not a great option for you please email hello@she-moves.co.nz and we will give you an alternative option.

Pregnancy Participation Checklist



Yes, I ...

Am experiencing a normal pregnancy



Am cleared by my Doctor, OB or Midwife to participate in this programme.



Ensured that the trainers I am working with are qualified in pregnancy exercise? (You can tick this one because we most certainly are!)



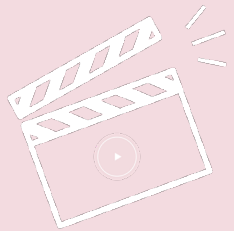
Attend Take Action April Challenge Live chat: Thursday 28th of March 7:30pm



Let's do this, ladies!



Take Action April! Pregnancy Tracker



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| <p>01 Today's workout...</p> <p>She Starts - Entry replay</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>02 Today's workout...</p> <p>She Lengthens - Pilates replay - Ensure you pick the pregnancy safe option</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>03 Today's workout...</p> <p>Rest day</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>04 Today's workout...</p> <p>Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>05 Today's workout...</p> <p>She Lifts - Weights replay - Ensure you pick the pregnancy safe option</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>06 Today's workout...</p> <p>Rest Day</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>07 Today's workout...</p> <p>She Flows - Stretch Live 7pm</p> <p>Post workout feels... Are you...</p> <p> </p> |
| <p>08 Today's workout...</p> <p>Walk 15 -30 mins</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>09 Today's workout...</p> <p>She Starts - Entry replay</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>10 Today's workout...</p> <p>She Lifts - Weights replay - Ensure you pick the pregnancy safe option</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>11 Today's workout...</p> <p>Rest day</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>12 Today's workout...</p> <p>She Lifts - Weights replay - Ensure you pick the pregnancy safe option</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>13 Today's workout...</p> <p>Rest Day</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>14 Today's workout...</p> <p>She Flows - Stretch Live 7pm</p> <p>Post workout feels... Are you...</p> <p> </p> |
| <p>15 Today's workout...</p> <p>Rest day</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>16 Today's workout...</p> <p>She Flows - Stretch replay</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>17 Today's workout...</p> <p>She Starts - Entry replay</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>18 Today's workout...</p> <p>Rest day</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>19 Today's workout...</p> <p>She Lengthens - Pilates replay - Ensure you pick the pregnancy safe option</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>20 Today's workout...</p> <p>Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>21 Today's workout...</p> <p>She Flows - Stretch Live 7pm</p> <p>Post workout feels... Are you...</p> <p> </p> |
| <p>22 Today's workout...</p> <p>She Lifts - Weights Live 6:10am</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>23 Today's workout...</p> <p>Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>24 Today's workout...</p> <p>Rest day</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>25 Today's workout...</p> <p>She Lengthens - Pilates replay - Ensure you pick the pregnancy safe option</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>26 Today's workout...</p> <p>She Lifts - Weights replay - Ensure you pick the pregnancy safe option</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>27 Today's workout...</p> <p>Rest day</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>28 Today's workout...</p> <p>She Flows - Stretch Live 7pm</p> <p>Post workout feels... Are you...</p> <p> </p> |
| <p>29 Today's workout...</p> <p>She Lifts - Weights Live 6:10am</p> <p>Post workout feels... Are you...</p> <p> </p> | <p>30 Today's workout...</p> <p>Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p> | | | | | |