

REFORMER PREGNANCY JOURNEY



PREGNANCY POLICY

You may practice the following:

- Reformer – Power Reformer, Power Reformer Form
- Boxing – Box, Box Strength, Box Explode
- Yoga – Hot Power Flow, Warm Yin + Sound Meditation
- We do not recommend Hot Pilates classes

Recommendations:

- Only continue to practice class styles that you have been consistently attending at Upstate or a similar studio for a minimum of 3-6 months.
- Ceasing classes at 36 weeks – unless advised otherwise by your doctor.

Post Pregnancy:

- We do not recommend practising for at least 6 weeks post-pregnancy.
- Seek clearance from your health practitioner, including heat for heated mat classes
- We do not recommend practising Warm Deep Stretch or Warm Yin Yoga during the first 3-4 months.

Practising classes is at your own risk, and it is your responsibility to practice the modifications with caution.



MODIFICATION VIDEO

To set you up for success, watch our Pregnancy Modifications video.



WATCH ME - MOD VIDEO

4 POSITIONAL GO-TO'S

- Watch the above video for demonstrations of the following exercises and how to self-modify throughout class.
- Refer to 'Pregnancy Modifications Quick Guide' for your in-class reminder.
- Bolsters available at reception if needed.
- Alter your springs at any stage during class.

#1 SIDE LYING

#2 UPPER BODY WORK

- on or off box
- with or without straps
- utilising dumbbells if needed

#3 FOOTWORK

#4 ALL 4'S

Movements on the reformer facing front (towards foot bar) or facing the back (towards white poles).

- Bird dog
- Fire hydrants
- Donkey kicks
- Leg lifts

JUMP BOARD

Classes that utilise the jump board, listen to your body! If it doesn't feel right **remove the jump and stick to leg press and footwork** options.

Jumps generally considered safe when done mindfully are:

- Side-lying jumps
- Double-leg jumps
- 4-point kneeling jumps
- Upper-body jumps
- Core-focused jumps

4 NO-GO'S TO AVOID

#1 NO LYING ON STOMACH (PRONE)

Parts of sequence commonly impacted:

- Lying on box (for any exercise)

Modifications:

- No box – coming onto all 4's
- Straddling box (long box) if comfortable
- Sitting on the box (short box)

#2 AVOID BEING UP TOO HIGH / UNSTABLE MOVEMENTS UP HIGH

Where large focus on balance is involved.

Parts of sequence commonly impacted:

- Standing leg work

Modifications:

- Avoid very light springs (yellow/blue) when standing on carriage for any reason
- Always have a box on carriage short for peace of mind
- Come into regular lunging/leg exercises on the floor

#3 LYING FLAT ON BACK (SUPINE) AFTER FIRST TRIMESTER

This is not advised due to pressure placed on the IVC vein direct to the heart.

Parts of sequence commonly impacted:

- Footwork
- Supine core work
- Legs in straps

Modifications:

- Laying on side – can come to side exercises at any point during the class
- Use a bolster to prop yourself up (see video for demonstration).

#4 PROLONGED STATIC HOLDS + ABDOMINAL WORK ARE NOT RECOMMENDED

Think plank and crunches exercises where a hold is involved, due to rise in blood pressure e.g. plank hold on toes, core (prone or supine)

Parts of sequence commonly impacted:

- Plank work
- Supine core work

Modifications:

Keep on the move and where uncomfortable come down to knees:

- Planks
 - Knee tucks
 - Pikes
 - Long stretch/wheelbarrow
 - Push ups
 - Turn and face the back of the room and complete any exercise on 'all 4's'
- Supine core – no holds (focus on legs moving)

PREGNANCY MODIFICATIONS QUICK GUIDE



PREGNANCY FRIENDLY CLASS

POWER REFORMER

GO TO EXERCISES	NO GO'S TO AVOID
#1 SIDE LYING #2 UPPER BODY WORK #3 FOOTWORK #4 ALL 4'S	#1 LYING ON STOMACH (PRONE) #2 FLAT ON BACK (SUPINE) #3 TOO HIGH / UNSTABLE MOVEMENTS #4 STATIC HOLDS



**BENT LEG PRESS
(FOOT BAR / STRAP)**



INNER THIGH LIFT



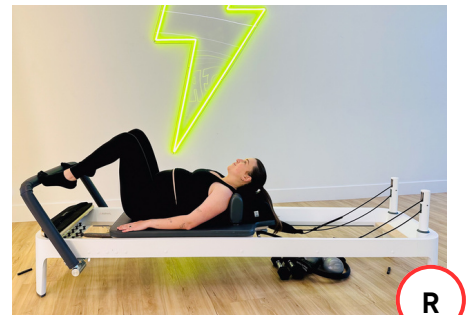
FROG PRESS



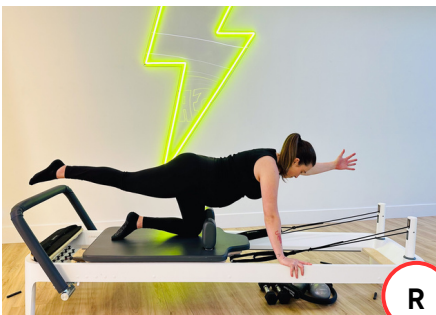
DONKEY KICK



LEG LIFT



**BENT LEG PRESS
(PROPPED BY BOLSTER)**



BIRD DOG

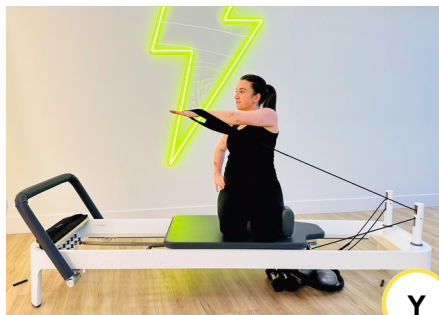


FIRE HYDRANT



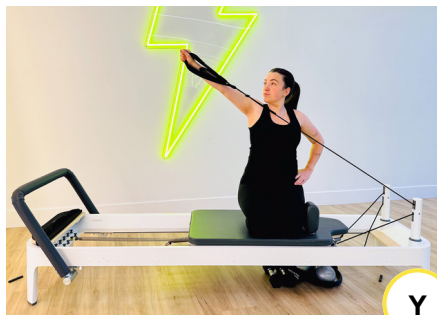
BASE SPRINGS TENSION GUIDE

100% R	50% B	25% Y
---------------	--------------	--------------



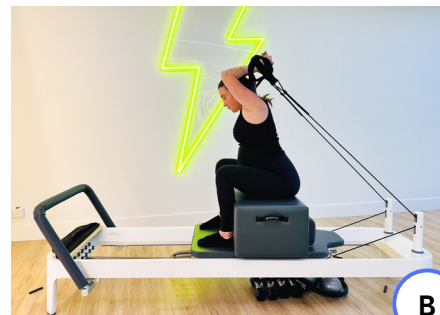
ARCHER

Y



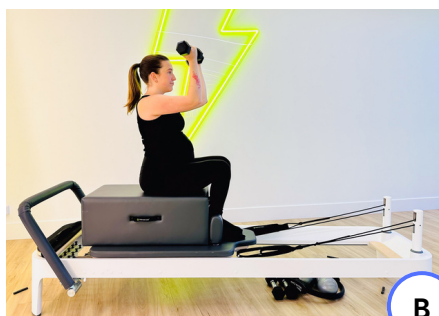
DRAW THE SWORD

Y



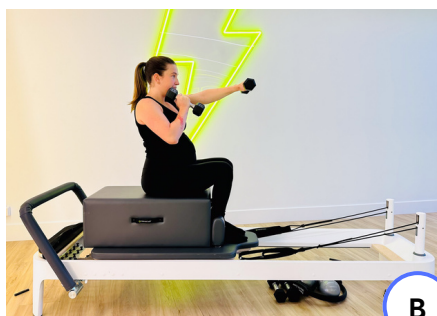
TRICEP KICKBACK

B



**BICEP CURL
(DUMBBELLS / STRAPS)**

B

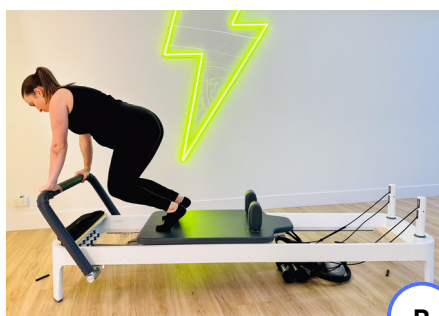


STRAIGHT PUNCHES

B



ARM CIRCLES



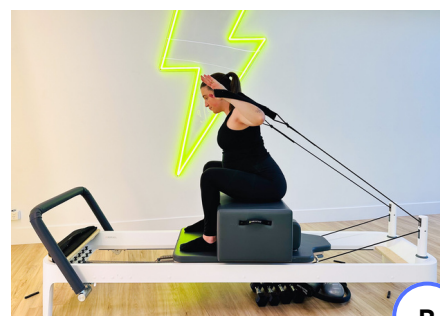
KNEE TUCKS

B



PUSH UPS

B

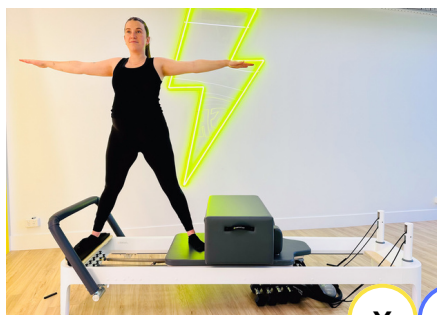


**SHOULDER PRESS
(DUMBBELLS / STRAP)**

B



LUNGES



STANDING SPLITS

Y

B



WATCH ME - MOD VIDEO



REMEMBER TO

- KEEP MOVING (AVOID STATIC HOLDS)
- KEEP STABLE - COME TO FLOOR, USE BOX
- BOLSTERS IN SUPINE (AT RECEPTION)
- BREATHE - EXHALE ON THE EFFORT
- REMOVE JUMP, IF IT DOESN'T FEEL RIGHT.

RECOMMEND CEASING AT 36 WEEKS, UNLESS OTHERWISE ADVISED.

