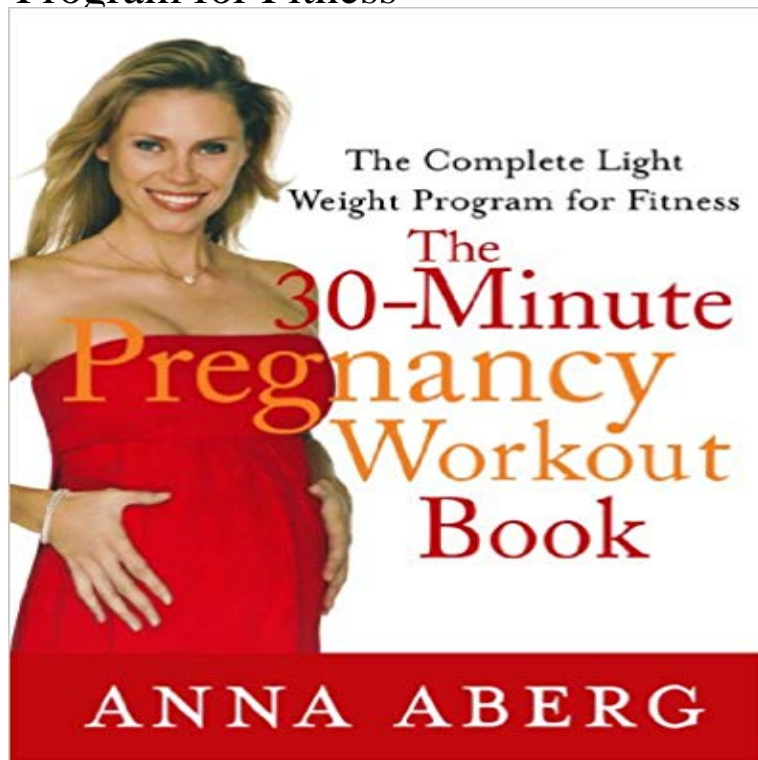


## The 30-Minute Pregnancy Workout Book: The Complete Light Weight Program for Fitness



A Fresh and Effective Approach to Staying Toned During Pregnancy?in just 30 Quick Minutes a Day At Home or on the RoadPregnancy is no time to let yourself go?and with Anna Aberg's surprisingly efficient light weight program, the forty weeks of waiting may even be a time to get stronger and fitter! When Aberg?a former Miss Sweden and personal trainer?was pregnant with her first child, she couldnt find an exercise routine that would increase her fitness while safeguarding her pregnancy. Stretching, yoga, and light aerobics?standard fare for pregnant women?werent enough for this high-performance mom-to-be. Aberg developed a daily regimen of 2- to 10-pound weight training that could be done anywhere at any time. The system she developed and perfected to keep herself in shape is all here, divided into three sets for each trimester of pregnancy. It focuses on abs, arms, thighs, butts, and shoulders and promises: increased strength, enhanced endurance, a cap on body fat and more flexibility. Aberg's 30-Minute Pregnancy Workout Book will tone any mother and keep truly active exercisers in peak condition throughout their pregnancies.

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The 30-Minute Pregnancy Workout Book: The Complete Light So maintaining a healthy routine of pregnancy workouts will help you That means consulting your doctor when starting or changing a pregnancy fitness routine. health risks, but completing pregnancy workouts of at least 30 minutes, three times . With the opposite arm, hold a lightweight dumbbell or skip the weight and The 30-Minute Pregnancy Workout Book: The Complete Light The Paperback of the The 30-Minute Pregnancy Workout Book: The Complete Light Weight Program for Fitness by Anna Aberg at Barnes The 30 Minute Pregnancy Workout Book, Anna Aberg The 30-Minute Pregnancy Workout Book has 3 ratings and 1 review. The 30-Minute Pregnancy Workout Book: The Complete Light Weight Program for Fitness. 40 Weeks of Fitness: Prenatal Workout Series with Lauren Griffith - 27 min - Uploaded by Lauren GriffithView the full video of the

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