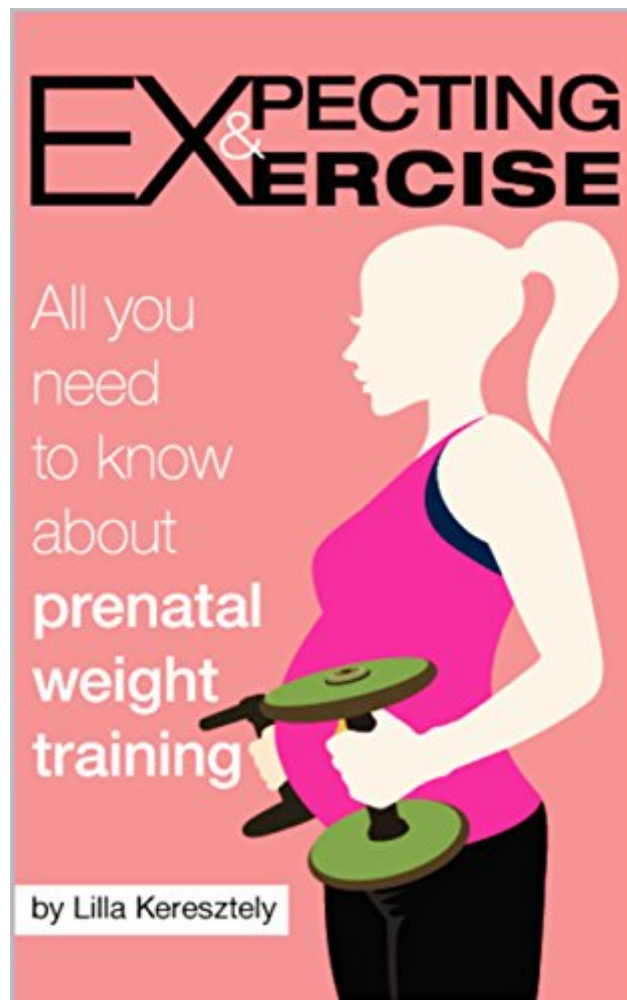




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Expecting And Exercise: All You Need To Know About Prenatal Weight Training



Synopsis

Expecting a baby is the most beautiful thing in the world. What you will be going through in the next nine months of your life is a miracle. Your mentality will change radically. The most important thing in your life will be the health of you and your baby. Every single other thing will become secondary. While it is nice to keep an eye on your fitness and your appearance, do not follow my workout routine just because you are worried about your body. Follow it, if you like to move and love being active. In this book I would like to show you how you can create your own prenatal workout routine. If you would like to work out while expecting, but youâ™re not sure about the doâ™s and donâ™ts, you have just found the perfect guide, because I am here to help you. I share my personal workout routine and I also let you know about how to customize yours, how to fix separated abs and how to resume your workouts after giving birth. You do not need to go the gym to workout - especially if you are a busy mom. You are free to do your workout at home. Most of the exercises in this book can be done without machines, barbells or plates. Have a joyful, active and healthy pregnancy - and read the second edition of this amazing book with additional photos and videos which help you to perform the exercises properly and safely.

Book Information

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Customer Reviews

In an age of self publishing and an overabundance of ebooks, it's always refreshing to read a book like this from someone who has a mastery of the subject. There so many books written by people who are just out to make money even though they know little about a subject. But it's especially troubling when it comes to topics like health and fitness, and in particular, prenatal fitness and wellness. Fortunately this book is written (and very well-written) by someone who has the credentials (she is a certified personal trainer and nutritionist) and has skin in the game (she is a mother). Lilla Keresztely breaks down the most commonly espoused myths about prenatal weight training, for which there are many, and helps the reader to begin their own training program. There is a section for each muscle group, along with a comprehensive breakdown of the exercises involved. **I don't want to give away too much here, but her advice on altering the angle of the elbows for dip exercises is absolutely spot on and something you don't read in most training books. Having personally experienced tendonitis and a minor pec tear, I know first hand how important it is to do exercises like this one properly. **

Cool book. Me and my wife are expecting a baby and we decided to read the book together so I can help her whenever she needs me to. The book is divided into a few parts where the first chapter focuses on benefits with training overall. Furthermore, the book presents good content with tips on diets, action plans etc.

Love this book! The first chapter is all about the benefits of weight training while pregnant and dispelled the myths I've heard that it should be avoided. Lilla also does a great job making this book highly specific and practical. For example, she provides target heart rate and body temperature guides, and outlines how many sets and reps to complete of each exercise, with added commentary about the safest ways to handle weights. Lastly, Lilla provides photos throughout the book demonstrating the moves to make it easy to follow along. I was able to snag this book during the free promotion, but it's worth every penny of the list price. Thanks, Lilla!

I found this book to be very clear and concise. The guidelines given to pregnant women about safe exercise by doctors, and the medical field in general, are very vague. There are so many books out

there about pregnancy but very few about prenatal exercise. This book fills that gap and outlines workouts and other helpful information that will allow pregnant women to workout safely but also still feel great.

a great book for all fitness levels. The author explains the movements so you don't feel overwhelmed or unsafe while pregnant. The book dispelled a lot of myths of pregnancy so you can stay fit throughout pregnancy and be fit right after!

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