

GLOWBODYPT

Prenatal Workout Program

MUST READ
BEFORE STARTING

This program is designed for highly motivated women who want to be in outstanding shape during pregnancy, and be intentional about preparing their body for labor in a time-efficient, effective way. Follow this schedule closely to add tone during your pregnancy, minimize excess weight-gain, and feel your most confident as you grow your baby-belly.

- 1. Before starting any workout program during pregnancy, get approval from your doctor.** Exercise is very healthy for most babies and for most moms during pregnancy, however some circumstances in which your doctor may have you refrain from exercise include: incompetent cervix or cerclage, carrying multiple babies, high risk for premature labor, ruptured membranes, history of miscarriages, pregnancy-induced hypertension, heart or lung problems, placenta previa past 26 weeks, or persistent bleeding.
- 2. Warning signs to be aware of:** If you experience dizziness, headache, chest pain, unusual weakness, calf pain, alarming calf/ankle swelling, contractions, low stomach pain, groin pain, amniotic fluid leakage, or vaginal bleeding, stop exercising and call your doctor. If you experience joint pain of any type, that is your body telling you to lay off. Knee, hip, groin, pelvic, back, feet, and wrist pain are all common during pregnancy due to relaxin hormone and your body changing shape to accommodate baby's growth. Eliminate--or modify--any exercise that hurts. Only you know your body best, and your health and your baby's health is top priority.
- 3.  Means you jog or walk** (typically on Tuesdays & Thursdays), that's why **there isn't a follow-along workout video on these days.** If you have access to aerobic machines or a pool for lap swimming, feel free to follow the same time interval efforts provided.
WU = Warm Up effort / CD = Cool Down
Negative Split: this means the pace of the second half of your walk or jog will be faster than the first half.
- 4.** On an aerobic difficulty scale (how hard it is to breathe) of 1-10, you should never exceed 7. "Hard" or "Brisk" indicates a 6-7 effort. This means you should be able to say a complete sentence to a friend at this effort. These planned brisk intervals trigger metabolic spikes to burn more calories and keep you super fit in minimum time while you are pregnant.
EZ = Easy effort 3-4 | MOD = Moderate effort 4-5 | Brisk/Hard = Hard effort 6-7 | NEVER go "all out" (8-10 effort)

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5. Warm ups and cool downs are NOT included in most of the prenatal workouts. I don't always warm up or cool down, but there are days when you can tell your body will benefit from it. Good news: Once you are postpartum and following my **12 Week Post Pregnancy Plan**, you will have mini targeted muscle group warmups and cool down stretches included in your full-length workouts which average 28 minutes (we always aim to stick to a half an hour postpartum with a baby at home).

Optional Warm Ups or Cool Downs:

- [5 Minute Warm Up Follow-Along Routine](#)
- [Prenatal Foam Rolling](#)
- [Best Back & Hip Stretches](#)
- [Top 10 Prenatal Stretches Routine](#)
- [Pregnancy Stretching Exercises to Prepare for Labor & Birth](#)



6. Avoid exercising in the heat or at altitude. Overheating or dehydration can put your baby at risk and cause premature labor.

7. Start exactly where you are in your pregnancy. If you are 22 weeks along, start at Week 22. Each week is deliberately designed on purpose, so no jumping backward to 1st trimester specific workouts. If you are less than 8 weeks pregnant, stick to your normal pre-pregnancy routine as much as possible, with max intensity now being a 7 on a scale of 1-10. Think "Keep it boring" weeks 3-7 of pregnancy.

8. My Prenatal Workout Program ends at Week 32 on purpose. At this point, you should not be on a regimented schedule. I need you to be increasingly in-tune with what your body tells you feels good, and rest without guilt when you are fatigued or tired. Continue exercising 4-5 days per week along the pattern you have learned. You can do any 3rd trimester workout at this point! In addition to the strength and mobility workouts you still feel up to doing, you should also be walking. Aim to walk 20-60 minutes a few days per week to encourage your baby to get into, and stay in, a head-down position. Swimming or kick-board kicking in the water also encourages baby to get into the ideal back-against-your-belly position for vaginal delivery.

Prenatal Weeks 8-12

8

MON	TUES	WED	THU	FRI	SAT	SUN
12 Minute FULL BODY Cardio - Love Handles  - Prenatal Lean Arms	 30-45 min EZ cardio (See page 1, #3)  <i>Running Pregnant</i>	1st Trimester Hard CORE Mommy - Back Fat Isolation	 WU: 10 min EZ jog. [Jog quickly 1 min/Walk 2 min (or super slow jog)] x 7	X	1st Trimester Leg Routine - Booty Shape Up  <i>Morning Sickness Smoothie</i>	X

9

- Hot MOMMY Cardio 1st Trimester Hard CORE Mommy	 30 min with 15 sec bursts of speed at the top of each 5 min (5-5:15 is brisk, 10-10:15 is brisk..etc.)	- Ultimate Shoulders & Back 5 Minute Full Body  <i>What to Eat During Pregnancy</i>	 Jog 30 min total: [4:00 min EZ jog + 30 sec quick jog + 30 sec brisk walk] x 6	X	- Squat Jump Challenge 1st Trimester GLUTE Sculpting Tabata	X
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10

- Prenatal Kettlebell: Full Body - Prenatal Posture - Calf Shredder	 30-45 min EZ cardio  <i>Favorite Pregnancy Smoothie</i>	- Prenatal Lean Arms 1st Trimester Hard CORE Mommy	 WU: 10 min EZ jog. [Jog quickly 1 min/Walk 2 min (or super slow jog)] x 7	X	- Prenatal Warm Up 1000 Lunge Challenge  <i>What I Eat</i>	X
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11

12 Minute FULL BODY Cardio - Prenatal Kettlebell: Full Body	 30 min with 15 sec bursts of speed at the top of each 5 min (5-5:15 is brisk, 10-10:15 is brisk..etc.)	- Ultimate Shoulders & Back - Get Rid of Bra Bulge	 Jog 30 min total: [4:00 min EZ jog + 30 sec quick jog + 30 sec brisk walk] x 6	X	1st Tri Leg Routine 8 Minute Inner Thigh Tabata - Hot MOMMY Cardio	X
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12

- Muffin Top 5 Minute FULL BODY Lean + Tone - Calf Shredder	- Prenatal Yoga  20 min EZ cardio  <i>5 Things I Wish Someone Told Me</i>	- Prenatal Lean Arms - Hot MOMMY Cardio - Prenatal Obliques	 30-45 min EZ cardio - Top 10 Prenatal Stretches Routine	X	- Couch Challenge (Super Leg & Thigh Toning) - Foam Rolling	X
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Prenatal Weeks 13-17

13

MON	TUES	WED	THU	FRI	SAT	SUN
12 Minute FULL BODY Cardio - Fat Burn HIIT - No Equipment Cardio	30 min with 15 sec bursts of speed at the top of each 5 min	- Ultimate Shoulders & Back - Hard Core Prenatal Cardio 5 Minute Obliques	- WU: 10 min EZ jog. [Jog quickly 1 min/Walk 2 min] x 5 - CD: 10 min EZ jog	X	- Squat Jump Challenge - Low Impact Legs & Booty - Mom Productivity	X

14

- Intense Dumbbell - Prenatal Kettlebell 5 Minute Full Body	- WU: 5 min EZ. [2:00 min moderate/30 sec quick] x 8 - CD: 5 min EZ	30 Minute Shoulder Challenge - How To Prevent Stretch Marks	Jog 30 min on hilly route. Jog flats and downhills EZ, walk briskly up any hills	X	10 Minute Booty - Lower Body BURN - Thighs & Booty	X
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15

- Prenatal Warm Up 1000 Lunge Challenge - Snacks	30 min with 15 sec bursts of speed at the top of each 5 min	12 Minute Upper Body Blast - Back Fat Isolation - Top 10 Stretches	- WU: 10 min EZ jog. [Jog quickly 1 min/Walk 2 min] x 5. - CD: 10 min EZ jog	X	8 Minute Inner Thigh Tabata - Booty Shape Up - Calf Shredder	X
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16

- Prenatal 100 Squat CHALLENGE - Fat Burn HIIT - Calf Shredder	30 min with 15 sec bursts of speed at the top of each 5 min	- Upper Body Tabata - Get Rid of Bra Bulge 5 Minute Obliques	Jog 30 min on hilly route. Jog flats and downhills EZ, walk briskly up any hills	X	- Lower Body Smoke Sesh 10 Minute Booty - Foam Rolling	X
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17

- Couch Challenge (Super Leg & Thigh Toning) - Prenatal Posture	30-45 min steady state cardio - Diastasis Recti During Pregnancy	- Intense Dumbbell 9 Minute Prenatal Arms - Love Handles	20-30 min steady state cardio - Gut Health	X	- Challenging Chair Pilates 5 Minute Obliques - Calf Shredder	X
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Alternate Cardio Video if you cannot walk/jog through week 16
Alternate Cardio Video if you cannot walk/jog week 17 onward

Prenatal Weeks 18-22

18

MON	TUES	WED	THU	FRI	SAT	SUN
☐ No Equipment Cardio ☐ Low Impact Legs & Booty ☐ Hips & Back Release	🏃 Jog 25 min with 15 sec bursts of speed at the top of each 5 min.	☐ 9 Minute Prenatal Arms ☐ Get Rid of Bra Bulge ☐ 5 Minute Obliques	🏃 WU: Walk 10 min. [Jog 2 min/Walk 2 min] x 6	X	☐ Best Prenatal Booty Lift ☐ Saddlebags Isolation ☐ Top 10 Stretches	X

19

☐ Love Handles ☐ Prenatal Kettlebell ☐ 8 Minute Inner Thigh Tabata	🏃 30 min on hilly route: Jog flats + downhill gently, power walk up hills.	☐ Prenatal Upper Body Blast ☐ 20 Minute Prenatal Yoga	🏃 [Walk 2 min + Jog gently 2 min + Jog quick 30 sec] x 5. CD: 5 min walk	X	☐ Sexy Legs With Chair or Step ☐ Challenging Chair Pilates	X
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20

☐ Prenatal 100 Squat CHALLENGE ☐ Calf Shredder ☐ Foam Rolling	🏃 45 min endurance: Walk 4 min easy/Jog or brisk walk 1 min. Walk last 5 min.	☐ 9 Minute Prenatal Arms ☐ Pulse & Sculpt Shoulders ☐ Back Fat Isolation	🏃 WU: Walk 10 min. [Jog 2 min/Walk 2 min] x 6	X	☐ Best Prenatal Pilates 👁️ What to Eat During Pregnancy	X
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21

☐ Full Body Resistance Band ☐ Bump & Booty ☐ Prenatal Obliques	🏃 30 min on hilly route: Jog flats + downhill gently, power walk up hills.	☐ 30 Minute Shoulder Challenge 👁️ Favorite Pregnancy Smoothie	🏃 [Walk 2 min + Jog gently 2 min + Jog quick 30 sec] x 5. CD: 5 min walk	X	☐ Intense Dumbbell ☐ Booty Shape Up ☐ Hips & Back Release	X
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22

☐ No Equipment Cardio ☐ 8 Minute Inner Thigh ☐ Pregnancy Stretching	🏃 Jog 25 min with 15 sec bursts of speed at the top of each 5 min.	☐ Best Prenatal Strength 👁️ Mom Productivity	🏃 30-40 min steady state endurance.	X	☐ Lower Body Smoke Sesh ☐ Low Impact Thighs & Booty ☐ Foam Rolling	X
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Prenatal Weeks 23-27

23

MON	TUES	WED	THU	FRI	SAT	SUN
5 Minute Prenatal Warm Up 1000 Lunge Challenge	30-50 min steady state cardio - Macros - Intuitive Eating	- Upper Body Tabata - Back Fat Isolation - Top 10 Stretches	32 min cardio: (3:00 Walk Easy/1:00 Jog or Brisk Walk) x 8	X	- Sexy Legs With Step 6 Minute Inner Thighs 10 Minute Booty	X

24

- Full Body Resistance Band 20 Minute Prenatal Yoga	(10 min cardio + 15 x air squats + 20 x walking lunges) x 3 - CD: 5 min Easy	- Get Rid of Bra Bulge - Best Prenatal Pilates	Negative split day. Walk 20 min out. Try to get back home in 18:30.	X	- Thighs & Booty - Pulse & Sculpt Booty - Calf Shredder	X
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25

- No Equipment Cardio - Hip & Back Release - Prenatal Posture	30-50 min steady state cardio - Positions for Labor	- Upper Body Tabata 5 Minute Obliques - Fat Burn HIIT	32 min cardio: (3:00 Walk Easy/1:00 Jog or Brisk Walk) x 8	X	- SPD (Symphysis Pubis Dysfunction) Workout - Pregnancy Stretching	X
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26

5 Minute Warm Up - Full Body Resistance Band - Bump & Booty	(10 min cardio + 20 x air squats + 20 x walking lunges) x 3 - CD: 5 min Easy	- Ultimate Shoulders & Back - Love Handles	Negative split day. Walk 20 min out. Try to get back home in 18:30.	X	- Couch Challenge (Super Leg & Thigh Toning) - Foam Rolling	X
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27

- Intense Dumbbell - Top 10 Stretches - Gut Health	45 min steady state cardio - What No One Tells You 3rd Trimester	- Pulse & Sculpt Shoulders - Pulse & Sculpt Booty - Back Fat Isolation	Walk 25 min with 30 second bursts of speed at the top of each 5 minutes.	X	- Best Booty Lift 20 Minute Yoga - Must Know - BF While Exercising	X
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Prenatal Weeks 28-32

28

MON	TUES	WED	THU	FRI	SAT	SUN
5 Minute Warm Up - Fat Burn HIIT - Calf Shredder - Hip & Back Release	30 min total cardio: (4:00 easy/ 1:00 quick) x 5 - CD: 5 min EZ	- Best Prenatal Strength - Pregnancy Stretching	- WU: 10 min EZ. [3 EZ/3 brisk, 2 EZ/2 brisk, 1 EZ/1 brisk]. - CD: 10 min EZ.	X	- SPD Workout - Low Impact Thighs & Booty	X

29

- Prenatal Yoga - Bump & Booty - Full Body Resistance Band	35-45 min moderate-easy cardio 3rd Baby PP Journey	- Bra Bulge - Love Handles - Back Fat Isolation	Negative split day. Walk 20 min out. Try to get back home in 19:00.	X	- Saddlebag Isolation - Pulse & Sculpt Booty - Calf Shredder	X
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30

- Best Prenatal Pilates - Pregnancy Stretching	35 min total cardio: (4:00 easy/ 1:00 quick) x 6 - CD: 5 min EZ	30 Minute Shoulder Challenge - Hip & Back Release 41 Weeks Pregnant	- WU: 10 min EZ. [3 EZ/3 brisk, 2 EZ/2 brisk, 1 EZ/1 brisk]. - CD: 10 min EZ.	X	- Bump & Booty - Intense Dumbbell 8 Minute Inner Thigh Tabata	X
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31

5 Minute Warm Up - Fat Burn HIIT 20 Minute Prenatal Yoga	35-45 min moderate-easy cardio - My Birth Story	- Best Prenatal Strength - Bra Bulge - Positions for Labor	35 min total cardio: [4:00 easy /1:00 quick] x 6 - CD: 5 min EZ.	X	- Thighs & Booty - Prenatal Posture - Foam Rolling	X
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32

- SPD Workout - Saddlebag Isolation - Back Fat Isolation 1 Week Baby #3	45-60 min easy cardio 1 Week Baby #4	9 Minute Prenatal Arms - Pulse & Sculpt Shoulders	30 min moderate cardio; walk hilly route if possible. 6 Weeks Baby #4	X	- Best Prenatal Booty Lift - Full Body Resistance Band - Pulse & Sculpt Booty	X
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What should I do after 32 Weeks?

Congratulations! You are now in the home stretch where your baby will do the most growing. No one should follow a strict workout schedule past 32 weeks, but continue to stay active until you deliver as long as you and your doctor agree it is still safe for you to exercise. I encourage you to continue doing any of my 3rd trimester workouts (weeks 27 and beyond). At this point in pregnancy, walking becomes my preferred form of exercise because it offers gentle cardio and helps baby get into the perfect head-down position for delivery. To help with vaginal deliveries, I also walk intermittently during labor with my spouse, doula, or friend at my side for assistance during contractions. Swimming is the other healthiest form of cardio during 3rd trimester because it is low impact and also encourages baby to get into the optimal position for labor and delivery.

Again, you can use any of my workouts listed for 27 weeks onward all the way until delivery, but these are my favorites for the final weeks of pregnancy:

TOP FAVORITES

- 20 Minute Prenatal Yoga
- Full Body Strength
- Hip & Back Release Routine
- Prenatal Pilates
- Top 10 Stretches for Pregnancy
- 3rd Trimester Safe Cardio at Home
- Prepare for Labor Mobility
- Symphysis Pubis Dysfunction Workout (Good for Pelvic Girdle Pain too)

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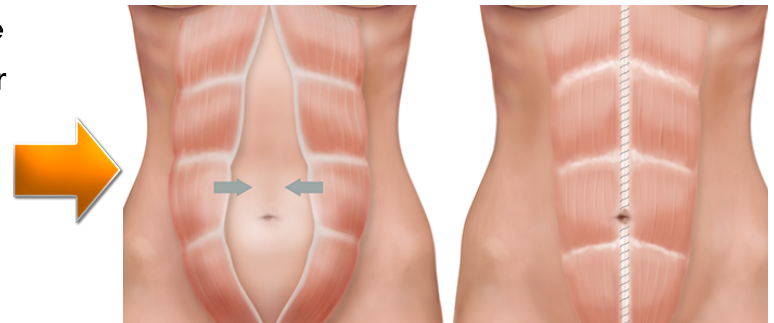
No One "Bounces Back" Immediately Postpartum



I don't care what exercises you do during pregnancy, no stomach "bounces right back" after growing and delivering a baby. This is normal, expected, and HEALTHY. I truly hope sharing this helps normalize postpartum.

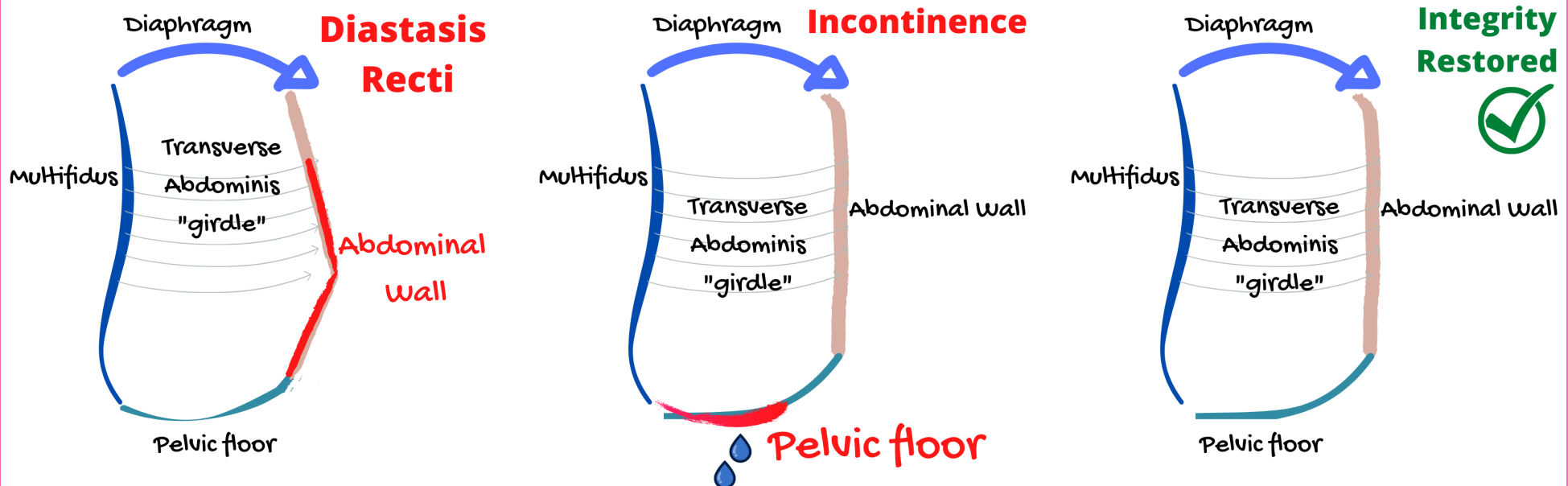
No matter where you are in motherhood, it's just a season. Not permanent. If you are content, KEEP ROCKING IT. If you want to make a change, make a change Mama. My plans take all of the guess work out to save you time and maximize maintaining your results long term.

The anatomy of Diastasis Recti from the front profile so you can better visualize what's going on with your stomach postpartum. Deliberate and progressive exercise programming like my 12 Week Post Pregnancy Plan will close down your gap and improve the integrity & function of your abs.



The Need for Postpartum-Specific Training

After you grow a baby, the front of your stomach and the pelvic floor connective tissues and muscles are compromised. Sneezing, coughing and intense exercise will cause intra-abdominal pressure, and this pressure will either push outward (Diastasis Recti) or downward (e.g. peeing your pants). Doing the wrong exercises postpartum can prolong your healing, cause pelvic prolapse, trigger incontinence, and make your ab gap (Diastasis Recti) worse, leaving you with an exasperated pooch no matter how much fat or weight you lose. Not only is my 12 Week Post Pregnancy Plan C-Section and Diastasis Recti safe, it is **specifically designed** to close your ab gap over the course of 3 phases. Workouts change every 2 weeks to get harder at just the right times and prevent plateaus. No need for a gym membership or commute, we train from home. While most postnatal plans are slow stretching and breathing routines, we take a more intense **full-body approach** to re-train your entire core, legs, glutes, back, shoulders and arms so you can be a strong, intact, tone, and functionally-fit mother.



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Baby is coming soon!

Invest in the 12 Week Post Pregnancy Plan once you are full-term (38 weeks) so that you can read it over, print it out (if you prefer hard copies like me), and be prepared to start Nutrition Goal 1 as soon as baby arrives. Recovery Guidance is provided for your early weeks postpartum, but you will wait to begin the first official workout, 'Coffee With Your Core,' until you get the all-clear to resume exercise by your provider at your postpartum check up. Most women who have a smooth vaginal recovery get the green light at 5-6 weeks postpartum, while most women who have an uncomplicated c-section recovery are cleared at 8-9 weeks postpartum. All of the guess-work is removed and no time is wasted procrastinating (or worse, accidentally doing the wrong exercises!). Just follow my 12 Week Post Pregnancy Plan to get results.

12 WEEK POST PREGNANCY PLAN TIME!



SCOOPY-DOO SUPREMES
Inspired by Taco Bell's burrito soup supreme, I'm now combining it with more healthy options like the burrito bowl and hot like a fun twist! These are better than Taco Bell's. Like the burrito bowl, you can make it ahead of time and freeze it. It's the easiest recipe on the microwaved burrito, hot and delicious to eat on the go.

INGREDIENTS

- 1/2 cup (5 g) cilantro
- 2 sweet potatoes, diced (skin on)
- 1 15 oz can (425g) refried beans
- 1 15 oz can (425g) black beans
- 1 cup (240 ml) salsa
- 2 avocados, mashed

FOR THE COOKER

- 1 1/2 cups of your first 4 x weeks back to working out we are going to wake up your metabolism, increase the release of endorphins and dopamine & serotonin (feel happy, decrease food-craving chemicals) and reconnect with your innermost abdominal muscles. Phase 1 is the cornerstone for feeling more intact & getting a flatter stomach.
- 1 1/2 cups of your first 4 x weeks back to working out we are going to wake up your metabolism, increase the release of endorphins and dopamine & serotonin (feel happy, decrease food-craving chemicals) and reconnect with your innermost abdominal muscles. Phase 1 is the cornerstone for feeling more intact & getting a flatter stomach.
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FOR THE EATERS

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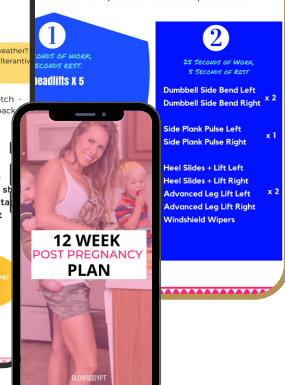
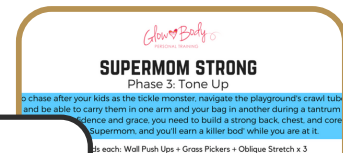
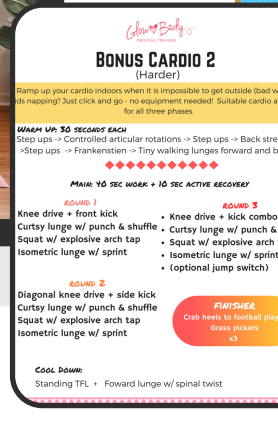
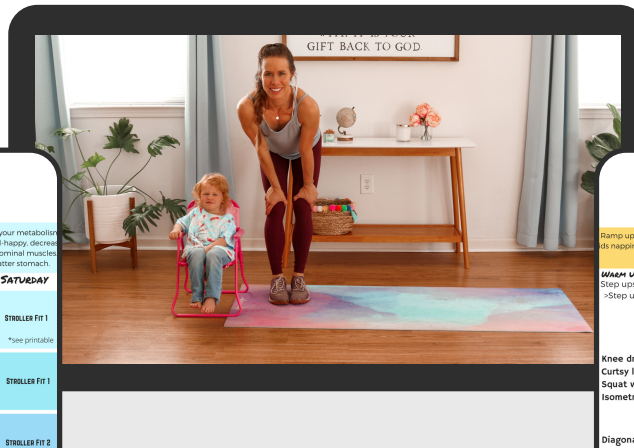
WEEKS 1-4
Phase 1: Metabolism Wake Up

FOR THE COOKER: 1 1/2 cups of your first 4 x weeks back to working out we are going to wake up your metabolism, increase the release of endorphins and dopamine & serotonin (feel happy, decrease food-craving chemicals) and reconnect with your innermost abdominal muscles. Phase 1 is the cornerstone for feeling more intact & getting a flatter stomach.

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	MONDAY	TUESDAY	THURSDAY	FRIDAY
15 MIN BREAK WALK	COFFEE WITH YOUR CORE	YOGA PANTS	LEAN GREEN BEAN UPPER	STROLLER FIT 1
15 MIN BREAK WALK	COFFEE WITH YOUR CORE	YOGA PANTS	LEAN GREEN BEAN UPPER	STROLLER FIT 1
20 MIN BREAK WALK	AD AWAKENING	GLUTE SCULPT	ARM ENJOY	STROLLER FIT 2
20 MIN BREAK WALK	AD AWAKENING	GLUTE SCULPT	ARM ENJOY	STROLLER FIT 2

Indoor Cardio (Moderate) Indoor Cardio (Harder) ST Mobility



CLICK HERE

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Join thousands of mothers who have come before you.

DOCTOR OF PHYSICAL THERAPY

"Even though I knew how to appropriately progress core/abdominal work post-partum, I was still concerned that the former athlete in me would trump the physical therapist and that I would push myself too quickly without a clearly written game plan. As soon as I received your program, I knew it was exactly what I had been looking for. The three phases progressively restored normal core activation while concurrently improving strength and overall fitness and promoting weight loss. You clearly did your research and know your stuff."

TWIN MOTHER

"I found your plan and I wasn't so sure. I decided to stop the current workouts I was doing as they were taking me over an hour and I wasn't seeing results. I stuck with your plan and I made sure I fit everything in. You kicked my butt and I called you crazy so many times! But I loved you after every single workout was complete. You made me feel strong! My ab separation has decreased to about a one finger width. The difference in my abdomen after having my twins now is insane!!!"

CHANGED HER LIFE

"I am forever blessed to have found your prenatal videos on my Pinterest and to change my life forever. A total of 27lbs down now after having my baby. I never worked out with weights before I stumbled upon your videos during my pregnancy. I am so grateful for this journey on your 12 Week Post Pregnancy Plan. Not only to boost my confidence and lose weight, but to be so much stronger and have better health for my children. I cannot wait to start your LSFC plan next!"



Glow Body 12 Week Post Pregnancy Plan



Glow Body 12 Week Post Pregnancy Plan



Glow Body 12 Week Post Pregnancy Plan

[CLICK HERE](#)