

THIRD TRIMESTER WORKOUT PLAN

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on nourishmovelove.com. And be sure to tag @nourishmovelove on social!

WEEK 1	01 Full Body Strength 30 Minutes	02 Prenatal Legs AND Prenatal Cardio 25 Minutes	03 Prenatal Abs AND SPD Stretch 15 Minutes	04 Dumbbell Arms 30 Minutes	05 Pregnancy Barre 20 Minutes	06 <i>Rest Day</i>	07 <i>Rest Day</i>
WEEK 2	08 8 Best Pregnancy Exercises 30 Minutes	09 Prenatal Cardio + Mobility 35 Minutes	10 Prenatal Pilates AND Back Stretch 20 Minutes	11 Advanced Pregnancy Workout 30 Minutes	12 Prenatal Yoga Flow 15 Minutes	13 <i>Rest Day</i>	14 <i>Rest Day</i>
WEEK 3	15 Full Body Strength 30 Minutes	16 Prenatal Legs AND Prenatal Cardio 25 Minutes	17 Prenatal Abs AND SPD Stretch 15 Minutes	18 Dumbbell Arms 30 Minutes	19 Prenatal Yoga 30 Minutes	20 <i>Rest Day</i>	21 <i>Rest Day</i>
WEEK 4	22 8 Best Pregnancy Exercises 30 Minutes	23 Prenatal Cardio + Mobility 35 Minutes	24 Prenatal Pilates AND Back Stretch 20 Minutes	25 Advanced Pregnancy Workout 30 Minutes	26 Prenatal Yoga Flow 15 Minutes	27 <i>Rest Day</i>	28 <i>Rest Day</i>