



Bodyweight Workouts for Pregnancy

In this guide, you'll find full-body bodyweight workouts you can do at home at every stage of pregnancy.

These workouts are organized by trimester, as well as by length, so that you can always find a workout to fit the time you have available to you — whether that's 10, 20 or 30 minutes.

Note that you should always have clearance from your primary healthcare provider to engage in exercise during pregnancy.

If you are new to exercise, keep your perceived effort between a 4 and 7 out of 10 on the perceived effort scale.

If you have exercised intensely prior to pregnancy, you can work up to a perceived effort of 7–8.5 out of 10.

Exercising above an 8.5 out of 10 during pregnancy is contraindicated for most women and may only be appropriate for elite athletes training under the supervision of their doctor.

Girls Gone Strong Perceived Effort Scale

1	Little or No Activity: Anything other than sleeping, such as watching TV, reading, or riding in a car.
2	Light Activity: Easy and could be sustained for hours. It's easy to carry on a conversation.
3	
4	Moderate Activity: Feels like you could sustain it for hours, but your breathing is heavy, and it's more difficult to hold a conversation.
5	
6	
7	Vigorous Activity: On the verge of becoming uncomfortable. You can only speak a sentence or a few words at a time and can't sustain the activity for long periods.
8	
9	Very Hard Activity: Very difficult to sustain. It feels like you can hardly breathe, and you can barely speak a word.
10	Maximal Activity: Almost impossible to keep going. You can hardly breathe, and you can't speak at all.

You can navigate directly to the workout you want by clicking the link below:

TRIMESTER 1 WORKOUTS:

- [10 Minute Full-Body Bodyweight Workout](#)
- [20 Minute Full-Body Bodyweight Workout](#)
- [30 Minute Full-Body Bodyweight Workout](#)

TRIMESTER 2 WORKOUTS:

- [10 Minute Full-Body Bodyweight Workout](#)
- [20 Minute Full-Body Bodyweight Workout](#)
- [30 Minute Full-Body Bodyweight Workout](#)

TRIMESTER 3 WORKOUTS:

- [10 Minute Full-Body Bodyweight Workout](#)
- [20 Minute Full-Body Bodyweight Workout](#)
- [30 Minute Full-Body Bodyweight Workout](#)

TRIMESTER 1 WORKOUTS



Trimester 1 – 10 Minute Full-Body Bodyweight Workout

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest minimally between exercises and 30 to 60 seconds between circuits.

1. Perform 20 glute bridges.
2. Perform 5 to 10 walk-outs.
3. Perform 10 reverse lunges per side (option: perform unsupported if you're able).



Trimester 1 – 20 Minute Full-Body Bodyweight Workout

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest minimally between exercises and 30 to 90 seconds between circuits.

1. Perform 10 feet-elevated glute bridges.
2. Perform 10 slow mountain climbers (at an incline if necessary).
3. Perform 10 bodyweight lateral lunges per side.
4. Perform a front plank for three sets of 10 seconds (reset every 10 sec).



Trimester 1 – 30 Minute Full-Body Bodyweight Workout

Complete 4 to 5 rounds of the following full-body circuit. Rest only as needed between exercises and 30 to 90 seconds between circuits.

1. Perform 8–10 push-ups (make them incline push-ups if needed).
2. Perform 10–12 bodyweight squats.
3. Perform a side plank for three sets of 10 seconds each side (reset every 10 sec).
4. Perform 10 bodyweight lateral step-ups each side.
5. Perform 8 dead bugs each side.

TRIMESTER 2 WORKOUTS



Trimester 2 – 10 Minute Full-Body Bodyweight Workout

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 30 to 60 seconds between circuits.

1. Perform **15 bodyweight hip thrusts.**
2. Perform **10 incline slow mountain climbers.**
3. Perform **10 bodyweight lateral lunges per side.**



Trimester 2 – 20 Minute Full-Body Bodyweight Workout

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform **10–12 bodyweight squats.**
2. Perform **10 wall slides.**
3. Perform **8 single-leg bodyweight hip thrusts each side**
4. Perform **8–10 incline push-ups.**



Trimester 2 – 30 Minute Full-Body Bodyweight Workout

Complete 4 to 5 rounds of the following full-body circuit. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform **10 bodyweight split squats each side.**
2. Perform a **side plank for three sets of 10 seconds each side** (reset every 10 sec).
3. Perform **15 bodyweight hip thrusts.**
4. Perform **10 incline slow mountain climbers each side.**
5. Perform **15 side-lying knee abductions on each side.**

TRIMESTER 3 WORKOUTS



Trimester 3 – 10 Minute Full-Body Bodyweight Workout

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 30 to 60 seconds between circuits.

1. Perform 6–8 bodyweight lateral step-ups each side.
2. Perform an incline plank for three sets of 10 seconds each side (reset every 10 sec).
3. Perform three reps of 10-second bodyweight hip thrust holds.



Trimester 3 – 20 Minute Full-Body Bodyweight Workout

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 8–10 supported bodyweight reverse lunges each side.
2. Perform 6–8 incline push-ups.
3. Perform 10–12 clamshells each side.
4. Perform 10 wall slides.





Trimester 3 – 30 Minute Full-Body Bodyweight Workout

Complete 4 to 5 rounds of the following full-body circuit. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform **10–12 bodyweight squats**.
2. Perform **6–8 incline slow mountain climbers each side**.
3. Perform **10 side-lying knee abductions each side**.
4. Perform **10–12 bodyweight hip thrusts**.
5. Perform a **side plank for three sets of 10 seconds each side** (reset every 10 sec, elevate hands or elbow if necessary).

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