



Trimester 3 — 6 Week Training Program

(BODYWEIGHT ONLY, WITH OPTIONAL DUMBBELL [DB] EXERCISES)

Special Instructions:

Below you'll find three full-body, bodyweight-only workouts (along with progressions for each) appropriate for your third trimester as long as you have been cleared for activity by your primary care provider and you have no other contraindications to exercise. Here are instructions for which workouts to do based on the number of days you work out each week.

2 DAYS PER WEEK	3 DAYS PER WEEK	2-3 DAYS PER WEEK
Week 1: AB	Week 1: ABC	Week 1: AB
Week 2: CA	Week 2: ABC	Week 2: CAB
Week 3: BC	Week 3: ABC	Week 3: CA
Week 4: AB	Week 4: ABC	Week 4: BCA
Week 5: CA	Week 5: ABC	Week 5: BC
Week 6: BC	Week 6: ABC	Week 6: ABC

Throughout this program, we use numbers and letters to denote exercise order. If an exercise has the number 1 in front of it, it's in the first set of exercises you perform. The letters denote the order in which you perform the exercises in the set.

The exercises in this workout are performed as **supersets**, meaning two exercises paired together.

For example, in Workout A, Exercise 1A is a Supported Single-Leg Romanian Deadlift, and Exercise 1B is an Incline Push-Up. That means you perform one set of Exercise 1A, rest 60–90 seconds, then perform one set of Exercise 1B, rest 60–90 seconds, and repeat until you’ve done the designated number of sets. Then move on to the next group of exercises.

The set and repetition information is written in the following format: #sets x #reps x special instructions for reps. So in Workout A, Exercise 1A, 2–3 x 8–10/side indicates 2 or 3 sets of 8 to 10 reps per side.

Workout A - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Supported Single-Leg Romanian Deadlift</u> or <u>Dumbbell Romanian Deadlift</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	60-90 sec
1B	<u>Incline Push-Up</u>	2-3 x 8-10	3 x 8-10	3-4 x 10	

Workout A - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Supported Single-Leg Romanian Deadlift</u> or <u>Dumbbell Romanian Deadlift</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	60-90 sec
1B	<u>Incline Push-Up</u>	2-3 x 8-10	3 x 8-10	3-4 x 10	
2A	<u>Supported Reverse Lunge</u> or <u>Reverse Lunge</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30-60 sec
2B	<u>YTLI Raises</u>	2-3 x 6-8/ each letter	3 x 6-8/ each letter	3-4 x 6-8/ each letter	
3A	<u>Open Book</u>	2-3 x 10-12/side	3 x 10-12/side	3-4 x 12/side	30-60 sec
3B	<u>Cat/Cow</u> (elevate hands if necessary for comfort)	2-3 x 10-12/ direction	3 x 10-12/ direction	3-4 x 12/ direction	

WORKOUT NOTES

Workout B - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>1.5 Rep Bodyweight Squat</u> or <u>1.5 Rep Dumbbell Squat</u>	2-3 x 8-10	3 x 8-10	3-4 x 10	60-90 sec
1B	<u>Hands-Elevated Downward Dog to High Plank</u> (elevate your hands on a sturdy couch or bench)	2-3 x 8-10	3 x 8-10	3-4 x 10	
2A	<u>Single-Leg Hip Thrust</u> or <u>DB Single-Leg Hip Thrust</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30-60 sec
2B	<u>Incline Slow Mountain Climber</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	
3A	<u>Side Plank Off Knees</u> or <u>Side Plank</u>	2-3 x 6 x 5 sec/side*	3 x 7 x 5 sec/side	3-4 x 8 x 5 sec/side	30-60 sec
3B	<u>Wide Child's Pose</u> or <u>Inversion/Puppy Pose</u>	2-3 x 8-10 breaths	3 x 8-10 breaths	3-4 x 10 breaths	

*2-3 x 6 x 5 sec / side = 2 or 3 sets of 6 reps of 5-second holds per side

WORKOUT NOTES

Workout C - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Hip Thrust Hold</u>	2-3 x 15-20 sec hold	3 x 15-20 sec hold	3-4 x 15-20 sec hold	60-90 sec
1B	<u>Incline Close Grip Push-Up</u> (elevate your hands)	2-3 x 8-10	3 x 8-10	3-4 x 10	60-90 sec
2A	<u>Bodyweight Lateral Step-Up</u> or <u>DB Lateral Step-Up</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 8-10/side	30-60 sec
2B	<u>Wall Slide</u>	2-3 x 8-10	3 x 8-10	3-4 x 10	30-60 sec
3A	<u>Tall Kneeling Hover</u>	2-3 x 10-12	3 x 10-12	3-4 x 12	30-60 sec
3B	<u>Side-Lying Knee Abduction</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30-60 sec

WORKOUT NOTES

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