

# CALENDAR

Trimesters/ Postnatal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1st Trimester</b>	Workout A	Workout B	Rest/ Breathwork	Workout C	Workout D	Rest/ Breathwork	Rest/ Breathwork
<b>2nd Trimester</b>	Workout A	Workout B	Workout C	Workout D	Workout E	Rest/ Breathwork	Rest/ Breathwork
<b>3rd Trimester</b>	Workout A	Workout B	Rest/ Breathwork	Workout C	Workout D	Workout E	Rest/ Breathwork
<b>Postnatal</b>	Workout A	Workout B	Rest	Workout A	Workout B	Rest	Rest

See additional calendar options under Program Materials.

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

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