

PREGNANCY-WORKOUT-PLAN

YOUTUBE: FIT WITH SALLY

WEEK 1

DAY 1



DAY 2



DAY 3

REST

DAY 4



DAY 5



DAY 6

REST

DAY 7



PREGNANCY-WORKOUT-PLAN

YOUTUBE: FIT WITH SALLY

WEEK 2

DAY 8



DAY 9

REST

DAY 10



DAY 11



OR

DAY 12

REST

DAY 13



DAY 14



PREGNANCY-WORKOUT-PLAN

YOUTUBE: FIT WITH SALLY

WEEK 3

DAY 1



DAY 2



DAY 3

REST

DAY 4



DAY 5



DAY 6

REST

DAY 7



PREGNANCY-WORKOUT-PLAN

YOUTUBE: FIT WITH SALLY

WEEK 4

DAY 8



DAY 9

REST

DAY 10



DAY 11



DAY 12

REST

DAY 13



DAY 14

