YOUTUBE: FIT WITH SALLY

WEEK 1

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7







REST







REST





YOUTUBE: FIT WITH SALLY

WEEK 2

DAY 8

22 TOTAL BODY MN PREGNANCY WORKOUT

WITH WARM-UP *
STRETCHING

DAY 9

REST

DAY 10





DAY 11





DAY 12

REST

DAY 13



26 MIN
PREGNANCY
FULL BODY
WORKOUT
NO EQUIPMENT

DAY 14

YOUTUBE: FIT WITH SALLY

WEEK 3

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7





REST





REST





YOUTUBE: FIT WITH SALLY

WEEK 4

DAY 8

18 PREGNANCY PILATES WORKOUT

DAY 9

REST

DAY 10





DAY 11

PREGNANCY LOW IMPACT CARDIO

DAY 12

REST

DAY 13



DAY 14

