

a strong + healthy pregnancy



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Choose from 20+ prenatal-friendly workouts from the Workout Library and make your own schedule. Remember to listen to your body and do what feels good!

For more support during your pregnancy, we highly recommend investing in the Prenatal Pilates Program, which includes prenatal workouts designed specifically for all 3 trimesters, pregnancy snacks, helpful exercise dos & don'ts, and more! Learn more about this popular program by visiting TBL's website & clicking on "Workout Programs" under the Shop menu.