



# **The Funtional Mama-Functional Training in Pregnancy: Complete Fitness Guide for each trimester**

*Federica Lippi*

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## **The Funtional Mama-Functional Training in Pregnancy: Complete Fitness Guide for each trimester**

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A woman's body will change more in 9 months of pregnancy than a man's will in his lifetime, and she needs an exercise program to match the transformation. A mom to be will need to master strength, agility, balance, speed, acceleration, deceleration, directional change and rotation, all with load that increases everyday. For these reasons a "functional" fitness plan for an expectant woman may look different from a non pregnant person's gym routine. This guide helps new moms to comfortably perform the movements and tasks unique to a pregnant person, and how to be prepared for the birth experience and new role in a functional way.

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