



Prenatal Pilates with Sarah Picot DVD Video

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Pregnancy-modified Pilates. With three separate programs, you'll do the workout that's right for your stage of pregnancy. The first trimester features near-standard Pilates (e.g. a classic on-your-back double leg stretch). But for the second and third trimester, you'll avoid pressure on your vena cava by lying on your side or using an incline made of blankets and pillows (e.g. now the leg stretch is on the incline, working just one leg at a time). And the exercise goals also progress - from ab strengthening in the first trimester to low back pain relief in the third. Includes some traditional dumbbell toning routines (they use soup cans for weights).

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