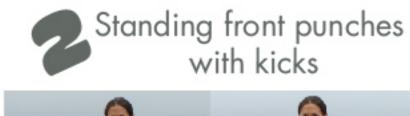


## Cardio Pregnancy Workout

Diastasis safe.
Do 1 minute for each exercise.





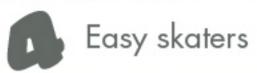






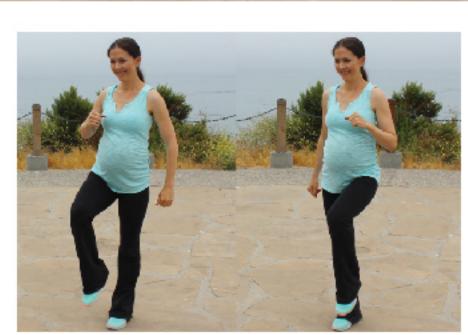
Walking lunges











Side to side shuffles



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