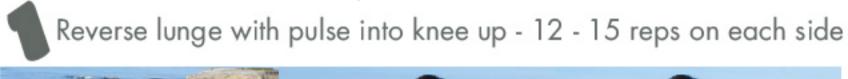


3rd Trimester Bodyweight Pregnancy Workout Diastasis safe.

Complete 3 rounds.





Hold reverse plank for 20 - 30 sec



Sumo squat walks (forward and back) into 4 hamstring curls - 12 - 15 reps



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