



Video Transcript

Pilates For Motherhood Preparation

Hello, Mama. How are you feeling today? You might be like, tired.

It's okay. So I want to start by saying, congratulations and welcome the motherhood.

I believe every mother that decides to be a mama is. And you are with child.

So it's a beautiful.

I remember, like, in my first trimester, I kind of felt like I was in an alternate universe. You kind of like, pee on the stick and you're like, this thing says I'm pregnant. I think I feel something different, but I'm not really sure other than the exhaustion and sore boobs. But you're here. And I don't know exactly where you are in that journey. If you're in your first trimester, I want to give you this. Pretty much everything you were doing in your physical movement journey is still safe because baby is deeply planted in your pelvis. And then as you grow into your second trimester and pump, it means that a la like a hot air balloon, your uterus starts to rise out of the pelvis, right? It's in there and it starts to come out and grow. And that's where we start to see the bump. Okay? That is when you want to start being more mindful of not engaging in forward flexion, right? Twisting or a lot of impact. The impact is safe for baby. They just feel like they're like bouncing all around in a water balloon. They love it. But for your pelvic floor, it's just no added benefit. There are other ways to elevate your heart rate and get that pizzazz and that energy that you need that you used to get from a run.

So my conservative and opinion is eliminate or highly limit high impact in your second and third trimester and postpartum, okay, because of our pelvic floor as well as our core. So where we come together, we can come apart, which is called diocesis recti. That can happen to you if you're a couch potato, and it can happen to you if you're a premier athlete. There's no 100 % way to prevent it, but we do want to make sure that we don't increase the chances you experiencing it. And postpartum, we

want to make sure that we also don't make it worse with heavy forward flexion twisting and added load to the core. So today I've put together a Pilates class that is safe for you wherever you are in your journey. If you have a yoga block nearby, feel free to grab it. I just feel like it's super, super helpful when we want to activate our pelvic floor muscles to have a yoga block. We're going to start doing our kegles on our back in a bridge position. So when you're ready, go ahead and safely come onto your side. So the way we do that is we lie on our side, we roll onto our backs and then just place the block right in between your thighs. So you're going to press your palms down on the ground, tuck and roll up. Now we've heard, some of us heard, that it is not safe to be on your back when you're pregnant. That's actually not true. The only way it's true is if you are on your back and you start to get lightheaded. that means baby is putting pressure on your vena cava and you're not getting that blood return and mommy feels lightheaded so if that's the case roll onto your side and get off of your back we want to make sure we always roll to the side and sit up we never just sit straight up like a jackknife not safe for the core so right now you're probably like why is my butt still hanging in mid -air well i actually don't want your butt to hang in mid -air because guess what it's not active. I want you to have a neutral pelvis, active core, pelvic floor, and inner thighs. When we squeeze the block, let's go ahead and press in on the block repeatedly, it starts to wake up the pelvic floor muscles, which then activate the entire core. So your core muscles that we want to focus on during pregnancy and honestly throughout life are your transverse abdominals that act like a corset, okay? So those are the muscles that really stabilize us and support us during pregnancy. let's add a little.

nine exhale every time you exert effort you have five four three two one pulse it up up up eight and seven pulse six squeeze the block for three and two hold that squeeze two three three four five six seven eight nine and release At this point, you should be very aware that you have a tush, it should be burned in a little bit. You're going to go ahead. You can use the blocks under your body if you want, right? So if you're starting to feel really tired and large and beautiful, if those blocks right underneath you are helpful, that's fine. Okay, otherwise we're going to go ahead and stack the ankles in the shoulders, float the top leg. Talk the tailbone, keep the core and pelvic floor engaged, sweep forward, kick, kick to the back. So I just place this block here because I'm trying to remember, like, being mindful, when there's a belly, right? You have to reach down in front of it, and I don't want to pull your shoulder forward. So if you have the block in front of you, it helps keep the chest open, all right? So flex forward, kick, kick to the back. Inhale, exhale, back. You feel activation of your core and your quad on the forward motion, you feel activation on the core and the glute on the back, okay? You don't want undulation through your spine. That's a tell tale that your abs are not engaged, okay? More specifically the pelvic floor. And we just always want to move through life mindfully, especially during our motherhood journey. Forward and back. Let's do five more. Kick, kick. And four.

Three. Good. Two.
 And one. Let's go ahead and grab our top ankle. Flex our bottom foot.
 Hold abs in. Lift and lower. Inner thigh. Up. Down. Lift.
 Lower. We have eight.
 Exhale seven. Try to think about your leg getting longer before it lifts for five.
 Exhale four. Sit up nice and tall. Three.
 Lift two and one little pulses up for 10. Breathe. Fight for it.
 Lift the pelvic floor. Hug the abs in. Good good, good. Give me five And four,
 three, two, and one. Extend the top leg again, little circles,
 teeny tiny, ankles stay stacked, right? Top leg, hovers over the bottom leg, flex
 both feet, active legs for five. Four, three, you're starting to feel a little heat
 in the outer thigh and glute, I know. Reverse the circles to the front for ten.
 Nine, ankle stays stacked, seven, six, five. Circle 4.
 two, three, four, five, six, seven, eight, nine, we're doing that again.
 Ten, nine, make sure you don't start to collapse as the work gets harder. Sit up,
 right? Be the clean that you are. We have five, press, four, contract, three,
 length in the leg, squeeze the tush. Squeeze it over again, like you're juice and a
 lemon. Up, two, three, four, six, eight,
 nine, circle, 10, nine, and eight, breathe, seven,
 six, five, gorgeous work, four, you're almost there, I know it burns, two,
 and one, hammer your nail to the back, two, three, squeeze the bottom of your seat
 like you're cracking a peanut. There it is, five, four, three, three, two, one,
 you're doing it again, Circle 10. Nine. Lift your leg higher. Straighten it even
 more. I know it burns. You have seven. Circle six. Sit up. Five. Breathe four.
 Three. Send breath to baby. Here with a nail. Ten. You're done. Nine. Eight. Seven.
 Six. Five. Four. Three. Three. One. Sit up.
 We're going to sweep our legs to the other side and take a stretch. Okay. So go
 ahead and cross that ankle over the thigh immediately you're going to feel a release
 yes sit up really tall first don't worry about rounding forward and then you can
 start to hinge a little bit i also like to use the blocks here right you
 can give yourself a little half twist. To release any tension, make sure if we
 twist, we always keep baby neutral. And then we're just going to move on to the
 other side. So if you need that block under your rib cage, feel free to use it.
 Really, really important that we're not sinking into the shoulder. We're keeping
 shoulder directly over the elbow. Stack hips, ankles float the top leg,
 okay? Sweep point kick kick to the back inhale exhale kick kick we go forward we
 go back forward back seven inhale six five good foot parallel to the floor for
 three two one amazing you're going to take your top leg over the bottom leg,
 flex the feet, keep everything stacked and active. Exhale, lift, inhale lower. I
 don't care if your leg ever lifts off the floor. I just want you to steal the
 effort in the inner thigh and the pelvic floor. Try to lift your leg off the
 floor. Exhale up and inhale down. Up,
 down. Good. Left and lower. Give me five,

five four

three exhale to pull the lift pulse up two two three three four abs tight seven eight nine gorgeous work stack the ankles both legs straight sit up tall circle back for ten little Little circles. Okay. Good. Give me five more active legs.

Three, two, to the front. Ten, nine, eight, seven, six, five, four, three, two, and one. Separate the legs, nice and wide. Spin the top, hip forward. We're going down and up. Two, lift. four sit up sit up five three six seven eight nine ten little lifts up two three squeeze the butt five seven eight nine again all range down and up two remember don't collapse three defy gravity four don't forget to breathe i say that a lot because i need the Reminder to squeeze. Pulse. Up. Up. Don't go down it up. Up. Good. Five, four, three, two, one. Circle 10. Nine, eight, seven, six, five, four.

Amazing. Next breath. Hammer your nails. Spend the top of the fore. Talk your tailbone. Squeeze. Ten. Nine. Eight, seven, Six, five, four, three, two, one, circle 10. Last 20 counts.

Seven, six, five, four, three, two, and one, kick it back. Ten, nine, eight, seven, five, four, three, two, one. Gorgeous, job. Cross your ankle over your thigh, sit up nice and tall if you need your blocks to help you. Feel free, right? Really try to reach your heart towards your toes, flex both feet.

Awesome.

Beautiful. All right. So we're going to place one block right behind our bats for a high sea curve.

And then the other block's going to be between our legs. Flex your feet. Start by sitting up really, really tall. You should be able to feel your sit bones left and right, right, and left under your body. And then you're going to hug your tailbone. You'll feel that block behind you. Find your sweet spot where you really feel like you're in a deep sea curve. And I want you to hug your abs in, even if there's a belly there, you're going to squeeze the block in. So you feel the muscles coming together. What you're never going to do is let go, right? Bent elbows, drop your shoulders, draw your abs in. Even if you're pregnant, you can hug your baby with your core. So that's what we're doing here. Exhale, Five more. Four, three, two, one. Sit up. Good. How does that feel? Amazing. We're going to do that again.

Exhale. Talk. Round your spine. Squeeze the block. Two, three, four, five, six, seven, eight, nine,

and ten. Good. Sit up. Bring your hands behind you first triseptives float your hips squeeze the block we go down up two three

four five six seven eight nine and ten beautiful you're going to come back into that sea curve position. So sit up, round down, and talk your tailbone for 10.

9, 8, 7, 6, 5,

4, 3, 2, and 1. Hands go back, heels go back.

10 more full range. Down, up, down, up. 8, 7, 6,

and 5, 4, 3, three two and one gorgeous go ahead and remove the block from next to you we're going to lie on our side and then just go ahead and lie on our backs again so lie on your back you're going to keep one foot grounded you're going to extend the right leg or single leg circles i like one leg to stay grounded so we don't tilt the pelvis from side to side. So push that bottom foot into the earth, length in the top leg, circle in, down and around. We have 10,
9,
8,
7,
6,
5,
4,
Three,
two, and one. Good, reset. Strong bottom leg out and around.
Ten,
nine,
eight,
seven,
six, keep breathing. Five,
four, four, Three,
two, and one. Let's go ahead, just lift the hips up,
big breath, place them down, switch sides, single leg, circle, other side. Circle in
down around 10, 9, 8,
7, don't let your pelvis move. Six,
Five,
four,
three,
two, tight quad, one. Make sure energetically, everything's reaching up, abs reaching
in and up. Good, one, two,
three,
four,
five,
six seven eight nine one more ten amazing let's find a happy baby soles of the
feet reach up exhale rock from side to side good come center two breaths hold
stillness
Awesome. Legs are straight. Gentle leg lifts, okay? So pressure palms down,
abs are engaged. I don't want you to go super low, okay? There should feel no
pressure in the back. So you point, lower, pause when you feel a lot of effort.
Exhale, lift up. Lengthen and lower. Exhale, lengthen,
lift. Inhale, lengthen, lower. Exhale, lift. Point.
Lower, flex, lift. Nice long and engaged leg. Lower,
tuck the tailbone. Exhale, lift. Keep activating your pelvic floor. Keep thinking
about your abs leading at the midline. Inhale.

Exhale, four more. Inhale.
 And exhale, and inhale.
 Exhale, last two, lower and lift. Last one,
 lower and lift. Hug your knees in your chest, circle around and around.
 Good, reverse the circles for four, three,
 two,
 and one, beautiful lie on your side. Help yourself up and we'll finish up with a
 spinal stretch forward. So go ahead and flex your feet, sit right on top of your
 sit bones, reach toward your toes, exhale around your spine,
 Inhale, stack. So you want your legs to be so active that your heels pop off the
 floor. Exhale, round.
 Inhale, lengthen. Inhale. Exhale,
 inhale, stack spine. Good. Exhale, reach forward, round,
 and come up. So what you want to feel internally is the pelvic floor lifting up
 like a dolphin kind of diving and then put it all back together again so you're
 rounding your body around your baby and then stacking your spine let's do five more
 exhale round fill that yummy stretch through the posterior chain inhale stack Step.
 Beautiful. Two more. Exhale around.
 Inhale, step. Last one. Exhale, round.
 And inhale, stack. Forgeous. Let's separate our legs. Make sure you're right on top
 of your sit bones. Find a side bend, gaze up. Really reach your arm behind your
 head.
 So link through the side body, ground through your sit bones.
 And try to reach to the outside of your leg. Square your shoulders and
 then switch side. Other side. Gaze at the ceiling. Reach behind your head.
 Breathe. lack of anything that isn't serving you. Let go, let go,
 let go, let go. Length and length and lengthen and and square your shoulders over
 your leg.
 It's amazing. Walk your hands forward. Try to keep your spine really long. Really
 fight to slide your shoulder blades together. feel like you're holding a tennis ball
 under your chin
 and then just surrender go your body will take you forward fold
 And then inhale, come up. Bring your legs together, baby width apart,
 forward fold, see if you can pull your toes back.
 And then bend your knees. Let's see if we can take a little balance, one leg,
 hold,
 and switch. Other leg, hold amazing and then just one more breath center right
 giving your body love one hand to the heart one to baby just
 thank yourself for making time and space to celebrate you to connect to your baby
 to build and to maintain strength flexibility Just to clear the mental chatter.
 It's really awesome how much movement can just clear the mind and allow you to stay
 present. The mind usually pulls us far into the future or makes us sit in the
 past. There's something magical about movement that just brings us right here and

right now. So find one thing that you're grateful for about the here now see it
taste it smell it acknowledge it and then take one more deep inhale reaching up
exhale seal your practice have a beautiful day mama and i look forward to seeing
you again soon bye