



Video Transcript

Prenatal Power Workout

Hello, Mama. Hi, baby. How are you? Guess what? You get to be pregnant for 40 weeks or more or a little less. And then you have the privilege of pushing your baby out of your body, we hope, unless you need some support. So we're going to keep our body strong in these next 20 minutes together and I'm going to teach you how to practice to push your baby out. It's basically like the biggest number two you've ever done, but the cutest one. And so we are going to start by just connecting to our body, our pelvic floor are transversive abdominals and then we'll get moving a little bit more to feel strong. So with that said, I want you to exhale. Think about lifting your pelvic floor like three layers up on an elevator, and inhale down. You have a front and a back kegles, so vaginal and anal muscles, engage, lift, and inhale, relax. Good. Three more times. Exhale, engage, and lift. Inhale, relax. Two more. Exhale, lift like you're holding urine and a tooth, and then let it all go. And one more time, hold it for 10 seconds, nine. You do a little dance seven and six and five four three two one let it go like you just sat on the toilet and you're like woo so relieved okay now i you understand how to engage those muscles i want you to completely relax the muscles as we practice to push so when you're pushing your baby out in a traditional hospital setting you will have a contraction And when that contraction comes and you're fully dilated, they're going to go, all right, mama, let's push. And you're going to push for 10 seconds. And I want you to look at your belly, blow that last little bit of air out. Big breath, push, but you're down 10 seconds, pull that last little bit of air out one more time. So ideally we push three times on each contraction, take a break until the next one, and do it again. Okay, babies tend to do this thing where they come down and slide back and come down and slide back and come down. So we want to learn to effectively push our baby out so that each push is

accomplishing moving that baby down and out so you can meet them, right? So I want you to come into a half squat position because we want to get the hips used to being open for childbirth. We don't want the first time your hips are like cranked all the way open real time. So we are going to practice. So while you sit here, I want you to engage your core and then just bear down. Hold 10, 9, 8. Keep relaxing the pelvic floor for 6. 5. Look at your core. Keep squeezing it, shrinking your belly. Blow that last little bit of air out big breath and bear down down and out visually think down down down down down relax your forehead relax your jaw hold five four three two one and last 10 seconds push 10 nine eight seven six five four three two and release and You need to go to the bathroom, run and come back. And then we're going to go to the other side, right? So both hips are equally as open. And then you're going to bear down, right? 10 seconds, nine, eight. You should see your tummy shrink and hug your baby for four. Three, two, one. Blow that last little bit of air out. Big breath, mama, don't down, down, down, down. Down and out. Real time, you're going to be holding your mouth closed and pushing all of the energy down. One more big breath. Exhale, bear down and push 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. So your whole work every day is to activate your pelvic floor, right, with that exhale and inhale relaxation, and then shift gears, right? Let that pelvic floor completely relax. And then you're going to do your practice for pushing. Engage the TA for 10 seconds, three times in a row. Take a breather for a minute and do it again. Three times in a row, maybe do that three to five times, right? You don't have to overdo it, but we really want those muscles to understand how to activate and how to relax. So the first time that you do it is not in the moment, possibly with an epidural and no sensation. Okay. So we're going to come into a tabletop knee tap. Flex your feet. Exhale, hug your abs in. See if you have a yoga block. I want you to squeeze it. Float your knees up. Inhale, tap. Again, squeeze the block. Exhale, float your knees. Inhale, two more times. Exhale, float your knees. And inhale, tap. One more time, exhale, squeeze, hug your abs in, float your knees, and we're going to pulse 10, 9. Keep hugging your baby with your abs. Seven, six, five, four, three, two, and one. Amazing. Remove that block. Take the blocks side by side. So they're there if you feel like you're losing your balance. I want you to exhale, float your knee. You're going to tap and lift for eight. Good. Seven, neutral pelvis. Six, five, four, three, beautiful, two, and one. Hands come down to the earth. Sweep your leg behind you. Bend your left knee, lift and tap. Nice tabletop. Building the glute and the back body. Try to have even weight in both hands, both arms. Squeeze your butt as you lift up. Good. You have four more. Up three, up two. Hold that lift. Pulse it up. Two, three, four,

five, six, seven. Square your hips tug your tailbone hug your baby with your body belly rather flex your foot we go down and up for 10 nine eight imagine you have a 50 pound dumbbell behind your knee how would that change things right no motion in the pelvis pelvic floor engaged transverse abdominals engaged and then you're going to lift and pulse 10 9 8 breathe mama 6 5 4 three two one extend your leg straight keep your foot flex straight leg hug your baby with your core lift 10 nine eight seven six five four three two one and done give me a flexed foot on both sides exhale round your spine
 inhale gaze up exhale lift your hips downward facing dog bend one knee stretch the other and switch bend stretch
 beautiful you're going to go ahead tap your knees hands to blocks and then step the opposite foot forward go ahead and Stand up tall, neutral pelvis, activate your core and your pelvic floor, and then we tap for eight. Seven, six, exhale as you lift. Always exhale on exertion. When you're defying gravity, that's when you want the breath to leave your body. For three, push, two, push, one push, tap the knee, sweep that leg back, hands to the earth for your tabletop. You're going to point the right toes, lift and tap for 10. Good. 9.
 8.
 6. 5. 4. 3. 2.
 Pulse it up. 10, 9. 8. 6. four, three, two, flex your foot, full range of motion, two, three, four, five, six, seven, eight, nine, ten pulses, two, three, four, square your hips, hug baby with your belly, tuck your tailbone, four, three, three, two, one, straighten your leg, Woo, big breather. Hug, baby, in it away from the floor and then lift for 10. Full range. Nine, you're almost there, mama. Seven, six, five, four, three, two, ten little squeezes and pulses. Ten, eight, five, four, three, two, and one. Fantastic.
 You're going to go ahead and angle your fingertips in, pop the block between your inner thighs. Squeeze the block with your thighs, hug your baby, 10 little push -ups in tabletop. That's one. Two, pig press.
 Three,
 four,
 five,
 six,
 seven,
 eight, eight good nine and ten amazing go ahead and flip onto your side for a side plank you're going to reach your arm up to the sky and just hold here squeeze the blocks with the inner thighs tuck your tailbone and try to feel your obliques activate as well as your transverse abdominals and then you're going to just Do a little lower and a lift. Good. We have eight more.
 And seven,
 six,

five, four, three,
 two, and one. Lower your hips. We're going to carefully roll onto our backs.
 So keep the block in between your thighs and with the other block just hold it in
 between your hands so actively press the block with your hands and your thighs tuck
 the tailbone hover the hips pulse up two three squeeze two three up and in and up
 and up and
 and in good and up and in and up and up good and in now full range down and up
 for eight seven six five four three fill the glutes two one eight little pulses two
 three three three four five six seven eight and release you're going to go ahead
 and keep squeezing the block point your toes bring your knees right over your hips
 try to pressure a little back into the earth squeeze that block as you inhale lower
 pause exhale lift knees to 45 inhale lower the legs exhale drop your ribs down
 towards your spine as you lift you don't want the ribs to splay okay exhale lift
 let's do six more inhale lower exhale lift and inhale lower exhale left last three
 inhale and big exhale last two and big push and one more go out and lower the
 legs all the way down flex your feet this time full range for eight seven six five
 four three two one little pulse two three three five six seven eight hold that
 squeeze the inner thighs seven six Five, four, three, two,
 and one. You're going to roll onto the opposite forearm and find your side plank.
 So I want you to look at my low back. Make sure this is not happening, right? So
 you want to tuck the tailbone, neutralize the pelvis, support yourself as you come
 up into a side plank, right? Reach up and now a little lower and lift for eight,
 seven,
 six, five,
 or mama's on the ground. So you bend and you extend. Okay, if you can float your
 hips, make sure your shoulders are right over your wrists and bend stretch. Let's
 try 10, 9, 8, 7, 6,
 10,
 eight,
 five, four, three, two, and one. Amazing. Flip on over,
 and I want you to start with that high plank position and walk your hips up to
 the sky, bend your knees, walk your hands to your feet. We're going to grab one
 block as we come up as well as the other so put your block in between your thighs
 want you to ground through your heels you're going to reach in front of you and
 squeeze at the top not this right so neutral pelvis the entire time inhale exhale
 inhale
 breathe mama breathe right send breath to baby give me five more five press four
 press three press two next one you're gonna hold there pulse ten nine eight seven
 six five four three two and one you feel that good let's go ahead and bend our
 knees we're gonna do some chest opener so reach up, right? And then interlace your
 fingertips behind you. Pull your fist down. Gaze up. I want you to look at me and
 then lift your fists away from your hips. But try not to let your shoulders roll
 forward.

Good job. You're going to take your hands to your hips, kick one leg forward, send your hips back.
and then reach your opposite arm up reach down if you need to hold on to a wall or a chair feel free stretch your quad smile say hi to baby and let's do the other side kick your leg forward send your hips back
reach your arm up and reach down stretch open your chest open your hip lengthen your quad
amazing I want to show you a standing cat cow is kind of nice to do so as you get bigger and you don't want to get on the floor you can just round your spine and gaze up round your spine stretch your back low middle and upper gaze up two more
good last one exhale roll up reach up grab your elbow pull your elbow points back take your arm across your chest drop your ear to your shoulder
And then switch, reach up, grab your elbow, lengthen your spine, drop your shoulders, and arm across the chest.
And then just drop your arms to your side, little neck circles.
And Then when you're ready, just take one hand to your ear, roll your shoulder back and down. Gaze at the floor.
And switch, other side, shoulder rolls back and down.
Interlace your fingertips out in front of you, round your spine, reach up and reach back, fill the expansion in the chest and the shoulders, and then just take a nice little side bend. Make sure you still feel rooted through both feet, lengthen up and over, then come up. Let's see if you can try the other side. Side bins are really, really nice as we enter the third trimester, that moment where you feel like you have no more space it's really good and then just kind of reach up like you're picking apples
good five more four three two and one just close your eyes connect to your baby fill your feet rooting in the earth fill
your forehead soften fill your knees soften and just remind yourself that you have permission to create space and time to pour into yourself at any point during your day no matter how quick or long those moments you need may take just continue to come back to the breath and during this beautiful pregnancy connect to baby remembering that they're on this journey with you you have all of the strength that you need to thrive when
you're ready gently gently allow the eyes to float open.
Congratulations for making time for yourself and thank you for sharing it with me. I'm honored. Again, I'm Rachel and I look forward to sweating with you again soon. Bye Mama. Bye baby.