

GO MOM FITNESS

PATREA'S Prenatal FITNESS for the entire body

6 15-minute workouts include:

- CREATIVE STRENGTH TRAINING
- PILATES
- YOGA and more!

15 TO FIT



Stimulate Baby's brain with music by:



GO MOM FITNESS

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15 TO FIT

RD 0423



GO MOM FITNESS, in conjunction with ob/gyns, physical therapists specializing in Women's Health, nurses, and most importantly, pregnant women, has designed a workout that can be used your entire pregnancy and postpartum period. Choose between six different exercises. **OVER 90 MINUTES** of exercises to choose from plus 20 minutes of pregnancy and wellness information. Regardless of your current level of fitness, these exercises will help you strengthen all of the muscles needed to achieve a **MORE COMFORTABLE PREGNANCY, DELIVERY AND RECOVERY** for you and your baby.

- YOGA AND GENTLE STRETCHING**
Involve the entire family! Designed to be used with or without a partner
- PILATES**
Low intensity, lower body workout designed for the days when you really don't feel like getting off the couch
- GET YOUR BELLY FLAT AGAIN**
This essential workout safely trains your abdominals and minimizes back pain.
- HIGH ENERGY**
Upper and lower body exercises with resistance training that will boost your metabolism during and after pregnancy.



BONUS FEATURES:

- The Benefits of Kegal Exercises
- Diastasis Recti Information and Self Test
- How Breastfeeding helps you get back in shape
- A closer look at Majors for Minors Music



- Uniquely developed award-winning classical series
- Designed to control baby's brain development from 6 months to Utero
- Developed together with a Dr. of Education



Patrea is a personal fitness trainer with a BS in Exercise Science and Fitness, NSCA Certified Strength and Conditioning Specialist as well as a two-time Ms. Fitness USA Finalist and ESPN2 Series Fitness America Fitness Champion. She lives in Indianapolis, IN with her husband and two beautiful children.

Language: English Color Aspect Ratio: 4:3 Approx. 90 Min. Dubby Stereo

NOT RATED



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