

## TIP

To work your triceps, do this sequence again with your arms shoulder-distance apart and your elbows brushing the sides of your body as you bend them.



## 3 PUSH-UP AT THE BARRE (OR WALL)

**WHY** This will keep your arms toned and taut.

**HOW** Standing about 1 metre from your support, lean forward and place your hands on it just wider than shoulder-width apart. Bend

at the elbows and rise onto your tiptoes, keeping your body in a straight line, from neck to heels.

Push away from the wall, then come back down. Do 10 reps for two slow counts down and up; 10 reps for one count down and up; hold at the bottom for 10 pulses.

## TIP

Engage your pelvic floor by imagining it's a clock face. Gently (aim for 30 per cent effort) draw the numbers in towards the centre of the clock and up towards your belly button each time you lift off the floor. Release as you lower down.



## 4 SIDE STRETCH

**WHY** This is a beautiful side-body stretch, which is ideal for pregnancy as it gently works the oblique muscles and lengthens the body.

**HOW** Sit on a yoga mat or other soft floor covering with your legs out to

the side and bring your top foot in front of the other as you point your top knee to the ceiling. Then, as you reach your arm up and over, lift your hips off the floor, stretching to the other side (pictured). Lower with control, making the movement as smooth and steady as possible. Do this slowly 5 times on each side.