

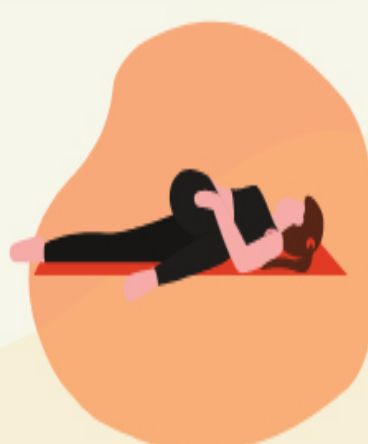


Increase repetitions or add weight to ab exercises in the first trimester.



Reduce the intensity or stop certain exercises in the second and third trimesters.

Avoid supine positions after the first trimester.



Stay hydrated and avoid exercising in hot, humid conditions.

Don't overdo abdominal exercises, and stop if feeling exhausted or have an increased heartbeat.



If you're new to exercise, gradually increase exercise time from 5 minutes to 30 minutes per day under supervision.