

EXERCISES



To Avoid



During Pregnancy



Crunches or sit-ups



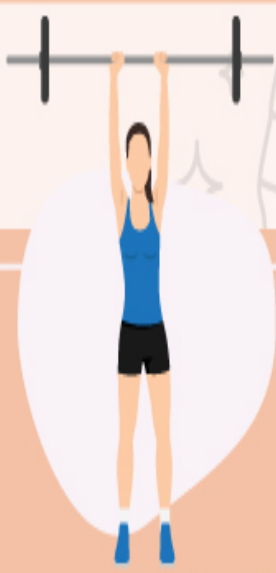
High-intensity interval workouts



Scuba diving



Lying flat on your back



Overhead shoulder press



Hot yoga



Weight lifting



Aerobic exercises