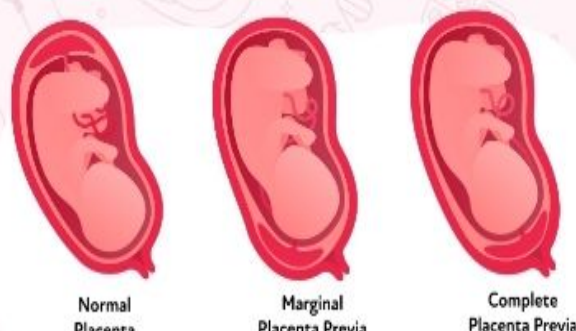


When To Not Exercise To Induce Labor



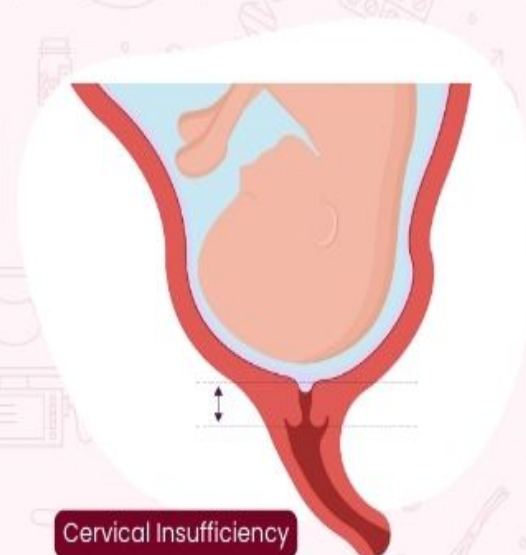
If the doctor has advised complete bed rest.

If you've been diagnosed with placenta previa.



If you're experiencing amniotic fluid leakage.

If you have a history of premature birth and labor.



If you've been diagnosed with cervical insufficiency.

Sometimes, pregnant women with twins may also be advised to avoid such exercises.

