



baby bump

FITNESS

~ SYSTEM ~

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Baby Bump Boot Camp 40 Minutes	Light Cardio of Choice 30 Minutes or REST DAY	Baby Bump Yoga 40 Minutes	REST DAY	Baby Bump Barre 40 Minutes	Bodyweight Shred 10 Minutes	MOMMY DAY ME TIME!*
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Baby Bump Boot Camp 40 Minutes	Light Cardio of Choice 30 Minutes or REST DAY	Baby Bump Yoga 40 Minutes	REST DAY	Baby Bump Barre 40 Minutes	Bodyweight Shred 10 Minutes	MOMMY DAY ME TIME!*
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Baby Bump Boot Camp 40 Minutes	Light Cardio of Choice 30 Minutes or REST DAY	Baby Bump Yoga 40 Minutes	REST DAY	Baby Bump Barre 40 Minutes	Bodyweight Shred 10 Minutes	MOMMY DAY ME TIME!*
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Baby Bump Boot Camp 40 Minutes	Light Cardio of Choice 30 Minutes or REST DAY	Baby Bump Yoga 40 Minutes	REST DAY	Baby Bump Barre 40 Minutes	Bodyweight Shred 10 Minutes	MOMMY DAY ME TIME!*

*MOMMY DAY ME TIME IDEAS:

- Get a pedicure or manicure
- Take a nap
- Buy new Pajamas
- Take a relaxing bath
- Buy fresh flowers
- Start a journal
- Have lunch with a friend
- Meditate
- Buy a new candle
- Read a good book
- Make a face mask
- Watch an old movie