

GUERRILLA DRILL – Pregnant Soldiers after 20 weeks and initial postpartum Soldiers will NOT participate in guerrilla drills. Exercise 1 (Shoulder Roll) and Exercise 3 (Soldier Carry) will not be performed by any pregnant or postpartum Soldiers.

Lunge Walk	Hips, thighs, lower legs, back, trunk, shoulders	Pregnancy diagnosis up to 20 weeks, advanced postpartum	Recovery drill	None	As pregnancy progresses or if had a cesarean delivery, reduce depth of lunge so the thigh of stepping leg is not parallel to the ground and rear knee does not touch the ground. Reduce or eliminate distance of the step forward to keep balanced.
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SPECIAL EXERCISES

Refer to TG255 B, P3T Exercise Manual, or FM 7-22. Physical Readiness Training, for detailed exercise descriptions and photos.

MSE EXERCISE	BODY PART	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Birth squat	Pregnancy exercise for the pelvic floor muscles	Pregnancy diagnosis through delivery	NA	None	Hold position for 30 seconds; perform at least 3 times a week to be beneficial during delivery. As pregnancy progresses, extra care should be taken when getting into position, and Soldier may have to alternate keeping feet on the floor.
Carpal tunnel release and stretch	Pregnancy exercise for discomfort at the wrist, neck and shoulder	Pregnancy diagnosis through delivery	NA	None	Perform as needed to relieve carpal tunnel discomfort. All pregnant women can perform this since the amount of time on the back is so minimal; once lean knees to the side the body rolls out of the supine position.
Piriformis release and stretch	Pregnancy exercise for discomfort in the buttocks, sciatic nerve	All exercise groups	None	None	Substitute for other buttock and hip stretches during pregnancy.

FOUR FOR THE CORE – SCHEDULE ONCE OR TWICE A WEEK

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Bent Leg Raise	Abdominal and back muscles	Pregnancy diagnosis up to 20 weeks; Initial and advanced postpartum	Abdominal stretch standing or supine, Extend and Flex, Single Leg Over	None	When Soldier can no longer maintain the same degree of pressure on her fingers, brings legs back to the 90-degree position for 3 to 5 seconds, and repeat until 1 minute has elapsed. Modify by raising legs higher or extending only one leg at a time, alternating legs and progressing from 10-second holds to the full minute; begin postpartum that have had a cesarean by holding legs at 90 degree angle with no leg extension.
Side Bridge	Abdominal and back muscles	Pregnancy diagnosis up to 20 weeks; Initial and advanced postpartum; modified version for after 20 weeks	Abdominal stretch standing or supine, Side stretch	None	For those unable to remain stable in the standard position (usually 2nd and 3rd trimester), bend the legs at 90 degrees with the knees together, and reduce the hold time as needed.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Back Bridge	Abdominal and back muscles	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Extend and Flex, Child's pose, Single leg over	None	If the spine begins to sag, arch, or tilt, lower to the starting position, rest for 3 to 5 seconds, Then, try again. Modify to hold in bridge position without leg extended if cannot hold hips and trunk in a straight line, i. e. have had a cesarean. After 20 weeks, pregnant substitute with standing hip extension.
Quadraplex	Abdominal and back muscles	Pregnancy diagnosis up to 28 weeks, Initial and advanced postpartum; modified version for after 28 weeks	Extend and Flex, Side stretch	None	Hold for at least 5 seconds, recover to the starting position if lose balance. If balance is uncontrolled, as center of gravity changes in 2nd and 3rd trimester, modify to only extend alternating legs.
PLANK	Abdominal and back muscles, legs, shoulders, arms	Pregnancy diagnosis up to 28 weeks, Initial and advanced postpartum; modified version for after 28 weeks	Extend and Flex, Child's pose	None	Keep back straight and trunk parallel to the ground. Modify to hold in position on knees if cannot hold hips and trunk in a straight line. As pregnancy progresses, may modify into a high plank on hands.

HIP STABILITY DRILL - BEST USED AS PREPERATION ON RUN DAYS (i.e., AGR, SPEED DRILLS)					
MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Lateral Leg Raise (Abduction)	Buttocks, Hips, and outer thighs	All exercise groups	Hip and back stretch, Single leg over	Band	Upper body is on the ground to increase trunk support; arm extended above head, bend knee of bottom leg to 90 degrees to increase stability. Foot is flexed with toe pointed toward the ground.
Medial Leg Raise (Adduction)	Buttocks, Hips, and inner thighs	All exercise groups	Groin stretch seated or standing	None	Upper body is on the ground to increase trunk support; arm extended above head, top leg bent at 90 degrees with the foot flat on the ground IN FRONT of the exercising leg. Foot is flexed with toe pointed toward the ground. May substitute with isometric leg exercise.
Bent Leg Lateral Raise	Buttocks, Hips, and outer thighs	All exercise groups	Hip and back stretch, Single leg over, Hands and knees stretch	None	Upper body is on the ground to increase trunk support; head resting on extended arm; Raise the top leg about 6-8 inches above the ground. May substitute with butterfly exercise, in seated position with band above knees and move knees apart slightly.
Single Leg Tuck	Buttocks, Hips, and outer thighs	All exercise groups	Single leg over, Hands and knees stretch	None	Upper body is on the ground to increase trunk support; rest head on extended arm, bend knee of top leg toward chest as far as are able before contacting abdomen. May bend bottom leg to provide more stability of trunk.
Single-Leg over	Buttocks, Hips, and lower back	All exercise groups	NA	None	Twisting of trunk may cause discomfort for those with a cesarean delivery; substitute with piriformis stretch or figure 4 stretch. After 20 weeks, substitute with hands and knees buttocks stretch.

SHOULDER STABILITY DRILL – SCHEDULE ONCE A WEEK					
MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
"I" Raise	Shoulders and Upper back	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Upper back stretch	None	Lift upper body only as far as possible without discomfort to lower back; SM with a cesarean delivery may require delayed performance and need to substitute with pregnancy exercise modification. Pregnant SM substitute with shoulder retraction, seated row, upper back extension, or standing bent over row.
"T" Raise	Shoulders and Upper back	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Upper back stretch	None	Same for all shoulder stability drill exercises as written above
"Y" Raise	Shoulders and Upper back	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Upper back stretch	None	Same for all shoulder stability drill exercises as written above
"L" Raise	Shoulders and Upper back	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Upper back stretch	None	Same for all shoulder stability drill exercises as written above
"W" Raise	Shoulders and Upper back	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Upper back stretch	None	Same for all shoulder stability drill exercises as written above

CARDIOVASCULAR ACTIVITIES

Allow to perform at own pace; pregnant SMs are not to exercise to point of exhaustion or breathlessness

Refer to TG255 B, P3T Exercise Manual, or FM 7-22. Physical Readiness Training, for detailed exercise descriptions and photos.

MSE EXERCISE	BODY PART	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATIONSN FOR PG/POSTPARTUM
Military Movement Drill 1 (Verticals, Laterals, Shuttle sprint)	Buttocks, quads, hip flexors, hamstring & calves	All exercise groups	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform in ability groups according to Soldier's own pace.
Military Movement Drill 2 (Power skip, Crossovers, Crouch run)	Buttocks, quads, hip flexors, hamstring & calves	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform in ability groups according to Soldier's own pace.
Speed Drills 30:60s 60:120s	Buttocks, quads, hip flexors, hamstring & calves	Pregnancy diagnosis up to 28 weeks, Initial and advanced postpartum	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform in ability groups.
300-yd Shuttle Run	Buttocks, quads, hip flexors, hamstring & calves	Pregnancy diagnosis up to 28 weeks, Initial and advanced postpartum	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform in ability groups according to Soldier's own pace.
Hill Repeats	Buttocks, quads, hip flexors, hamstring & calves	Pregnancy diagnosis up to 28 weeks, Initial and advanced postpartum	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Include both up and down hill repeats. Perform individually according to Soldier's own pace. Perform with NO LOAD.

MSE EXERCISE	BODY PART	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Ability Group Run	Buttocks, quads, hip flexors, hamstring & calves	All exercise groups	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform in ability groups according to Soldier's own pace.
Unit Formation	Buttocks, quads, hip flexors, hamstring & calves	Pregnancy diagnosis up to 20 weeks, advanced postpartum	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform at a pace that accommodates ALL the members of the unit; to be used as a special event, not on a regular basis.
Release Run	Buttocks, quads, hip flexors, hamstring & calves	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform individually according to Soldier's own pace, pregnant members should not run in formation; to be used as a special event, not on a regular basis.
Terrain Run	Buttocks, quads, hip flexors, hamstring & calves	Pregnancy diagnosis up to 20 weeks and advanced postpartum	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform individually according to Soldier's own pace; to be used as a special event, not on a regular basis; not to be performed with IBA or a load.
Foot Marching	Buttocks, quads, hip flexors, hamstring & calves	Pregnancy diagnosis up to 20 weeks, and advanced postpartum	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Perform individually according to Soldier's own pace; to be used as a special event, not on a regular basis; not to be performed with IBA or a heavy load.
Conditioning Obstacle Course	Buttocks, quads, hip flexors, hamstring & calves	Not recommended for pregnant or postpartum	None	None	Due to the increased risk of falling and being performed against time, this activity is not recommended

MSE EXERCISE	BODY PART	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Endurance Training Machines (treadmill, stair step trainer, recumbent cycle, upright cycle, arm ergometer)	Buttocks, quads, hip flexors, hamstring & calves	All exercise groups	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	None	Adjust training mode, frequency, duration, and intensity of the machine to fit the fitness needs of the individual. 3rd trimester should limit use to treadmill, elliptical trainer, recumbent bike, and arm ergometer.
Floor & Step Aerobic Dance	Buttocks, quads, hip flexors, hamstring & calves	All exercise groups	Quad stretch standing, hip flexor stretch, thigh stretch, hamstring stretch, calf stretch, groin stretch, hip and back stretch, single leg over, rear lunge	Step and risers	All can do low impact aerobics; 2nd trimester may only use single step, and 3rd trimester may not do step aerobics; good substitute for running.
Pool PT/Water aerobics	Chest, back, arms, shoulders, buttocks, quads, hip flexors, hamstring & calves	All exercise groups	Choose stretches specific for the MSE exercises performed – see above	Pool weights, noodles, kickboards, flotation belts	Non-swimmers are to stay in water below shoulder height.
Circuit Training	Chest, back, arms, shoulders, buttocks, quads, hip flexors, hamstring & calves	All exercise groups	Choose stretches specific for the MSE exercises performed – see above	2, 3, 5, 8, 10, 12 lb Dumbbell weights, resistance bands	Allow choice of weights that allows Soldier to complete all sets and reps; usually will decrease as pregnancy progresses.

COMBATIVES - Combatives Training will be scheduled separately from unit PRT. Pregnant and postpartum Soldiers will NOT participate in Combatives Training.

FLEXIBILITY

Refer to TG255 B, P3T Exercise Manual, or FM 7-22. Physical Readiness Training, for detailed exercise descriptions and photos.

***Indicates that the stretch is included in the PRT Recovery Drill**

UPPER BODY STATIC STRETCHES				
STRETCH	BODY PART	WHO CAN DO THIS?	RESISTANCE OPTIONS	SAFETY MODIFICATIONN FOR PG/ POSTPARTUM
Upper back stretch	Upper back	All exercise groups	none	Do not over stretch as ligaments become lax as pregnancy progresses.
*Extend and Flex	Lower back	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	none	Not to be performed after 20 weeks through delivery; Initial postpartum may modify position 1 with forearms on the ground.
Child's pose	Back , buttocks	All exercise groups	none	Widen leg position to make room for enlarged belly as pregnancy progresses.
C-curve	Lower back	All exercise groups	none	Do not over stretch as ligaments become lax as pregnancy progresses.
Chest and bicep stretch	Chest and biceps	All exercise groups	none	Do not over stretch as ligaments become lax as pregnancy progresses; use modified chest stretch without bicep stretch as pregnancy progresses.
*Overhead arm pull	Triceps	All exercise groups	none	Do not overstretch as ligaments become lax as pregnancy progresses.
ABDOMINAL STATIC STRETCHES				
STRETCH	BODY PART	WHO CAN DO THIS?	RESISTANCE OPTIONS	SAFETY MODIFICATIONS FOR PG/POSTPARTUM
Abdominal stretch standing, seated or supine	Rectus abdominals and transverse muscle	All exercise groups	None	Most intense stretch obtained supine or seated; reduce bend at waist. After 20 weeks, do standing.
Side stretch standing or seated	Obliques	All exercise groups	None	After 20 weeks, bend only to personal comfort level.
LOWER BODY STATIC STRETCHES				
STRETCH	BODY PART	WHO CAN DO THIS?	RESISTANCE OPTIONS	SAFETY MODIFICATIONS FOR PG/POSTPARTUM
Hip and back stretch	Buttocks, hips, outer thigh	Pregnancy diagnosis up to 28 weeks, Initial and advanced postpartum	None	Cesarean deliveries may need to delay use due to twisting movement.
*Single leg over	Buttocks, hips, outer thigh	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	None	After 20 weeks, substitute with hip and back stretch, hands and knees stretch, piriformis release and stretch.
Figure 4 stretch	Buttocks, hips, outer thigh	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	None	After 20 weeks, substitute with hip and back stretch, hands and knees stretch, and/or piriformis release and stretch.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS
Hands and Knees stretch	Buttocks, hips, lower back	After 20 weeks through delivery	None	Not recommended for individuals with knee profiles.
*Thigh stretch	Quadriceps, hip flexors	All exercise groups	None	Do not push on knee joint, 2 nd and 3 rd trimester keep trunk on the ground.
Hamstring stretch	Hamstrings	All exercise groups	None	No deep flexion at waist after 20 weeks; later pregnancy may prefer seated with one leg at a time.
*Rear lunge	Quadriceps, hip flexors	All exercise groups	None	Reduce bend in knee if feel unbalanced. Modify step backward, so as not to over-extend back leg.
Groin stretch standing or seated	Inner thigh	All exercise groups	None	After 28 weeks, do seated to prevent deep flexion at waist.
Calf stretch	Calf	All exercise groups	None	None.
Piriformis release and stretch	Buttocks, sciatica	All exercise groups	None	Substitute for other buttock and hip stretches during pregnancy.

STRESS MANAGEMENT

Refer to TG255 B, P3T Exercise Manual, for detailed exercise descriptions and photos.

<p>SPEND 4-5 MINUTES ON RELAXATION AND STRESS MANAGEMENT. (APPROXIMATELY THE LENGTH OF A SINGLE SONG). REPEAT AS NEEDED THROUGHOUT THE DAY. ACTIVITIES TAUGHT IN MILITARY RESILIENCY TRAINING ARE APPROPRIATE FOR THIS COMPONENT.</p>
Music – quiet and calming (i.e., instrumental, nature sounds, orchestra, etc.). Voice guidance with music is recommended.
Imagery – using the mind to imagine yourself in a calm, peaceful setting with descriptions of what is experienced with the senses (i. e., a beach, vacation setting, mountain meadow).
Visualization - using the mind to imagine an event that is to take place in the future that is positive, encouraging, and/or happy; generally this is related to the baby and its arrival.
Meditation – concentration and repetition of a word or phrase that leads the individual to a state of calm, relaxation, and/or sense of peace and contentment.
Deep Breathing – slow paced abdominal breathing.
Progressive muscle relaxation – alternatively contracting and relaxing major muscle groups to enhance muscle relaxation, (may move from head to feet or from feet to head).

REFERENCES FOR EXERCISE DURING PREGNANCY AND POSTPARTUM

FM 7-22, ARMY PHYSICAL READINESS TRAINING, 26 OCTOBER 2012

SPECIAL PROGRAMS

3-11. Leaders must follow training guidelines for individual, reconditioning, pregnancy, and post-partum, weight control, APFT failure, and new Soldier programs.

PREGNANCY AND POSTPARTUM TRAINING

4-21. The U.S. Army Medical Command has responsibility for the Army Pregnancy Postpartum Physical Training (P3T) Program. The Army P3T Program is designed to maintain health and fitness levels of pregnant Soldiers, and to assist them in returning to pre-pregnancy fitness levels after the end of their pregnancy. The goal is to integrate the Soldier into her unit PRT program with an emphasis on meeting the standards for the Army Body Composition Program (ABCP) and APFT. Pregnancy postpartum physical training program standards, policies, procedures, and responsibilities are set forth in the United States Army Public Health Command (APHC), Technical Guide Series 255A-E, U.S. Army Pregnancy Postpartum Physical Training Program. The APHC is responsible to ensure that the Technical Guide Series 255A-E manuals are updated periodically and made available in a web-based format. APHC is responsible for training P3T instructor trainers and health care experts who provide training for the P3T program as specified in the Technical Guide Series 255A-E.

Senior Commanders

4-22. Senior Commanders have responsibility for P3T program execution and will ensure the following:

- All eligible Soldiers will participate in the installation level P3T program.
- Soldiers maintain health and fitness levels throughout their pregnancy and return to pre-pregnancy fitness levels.
- Soldiers will safely reintegrate into their unit's PRT program.
- Soldiers meet ABCP and APFT standards.
- Medical consultation and support are provided.
- Healthcare instruction is available for the local P3T program.
- Facilities and equipment are available for conducting the P3T.
- Personnel are designated to conduct the PT portion of the P3T program.

Publications

4-23. Adhere to the content, standards, policies, procedures, and responsibilities in the guide series and regulation.

- AR 350-1, *Army Training and Leader Development*.
- APHC Technical Guide Series 255A-E, U.S. Army Pregnancy/Postpartum Physical Training Program. The APHC provides and updates this series of guides, which provides the standards, policies, procedures, and responsibilities that Medical Command must follow in administering the P3T program.

Reserve Component and Remotely Located Soldiers

4-24. Reserve component Soldiers, geographically remote Soldiers, and those assigned to installations with a small population of pregnant Soldiers, may use the materials designed for an individualized P3T program. These materials are available from APHC.

Eligibility

4-25. Soldiers diagnosed as pregnant or who are recovering from childbirth are exempt from regular unit physical training and APFT for the duration of the pregnancy and 180 days past the end of their pregnancy. These Soldiers are required to enroll in the Army P3T Program. Before they may participate in the physical training portions of the P3T program, they must receive clearance to do so from their health care provider. Before they start convalescent leave, postpartum Soldiers receive a postpartum profile. This 45-day temporary profile starts the day of the birth or end of the pregnancy. It specifies that the Soldier may engage in physical training at her own pace. Soldiers are encouraged to use the at-home component of the Army P3T Program while on convalescent leave. Postpartum Soldiers may return to regular unit physical training before 180 days after the end of their pregnancy, but must receive health care provider clearance to do so.

RECOVERY FROM INJURY, ILLNESS, OR MEDICAL CONDITION

6-6. Soldiers recovering from injury, illness, or other medical conditions must train within the limits of their medical profiles (DA Form 3349 [Physical Profile]) and be afforded a minimum train-up period of twice the length of the profile. Prescribed train-up periods must not exceed 90 days before APFT administration or other unit physical readiness goal requirements according to AR 350-1.

RECONDITIONING

6-8. Injuries, illness, and other medical conditions impact readiness. Commanders are faced with the daily challenge of controlling injuries in the conduct of rigorous military training. Leaders must be familiar with the factors that influence injury risk. Adherence to the fundamental principles of PRT allows the commander to manage injury risk effectively. When injuries, illness, or other medical conditions limit the Soldier's ability to participate in PRT, units should offer organized and effective reconditioning programs that expedite his return to unit PRT.

EXECUTING UNIT RECONDITIONING PROGRAMS

6-16. The following paragraphs assist leaders as they plan and execute a reconditioning program within their units. Army Reserve and National Guard units may tailor this program to meet their specific requirements. The purpose of a reconditioning program is to safely restore a level of physical readiness that enables Soldiers to successfully re-enter unit PRT after injury, illness, and/or other medical condition. A physical profile defines, in writing, limitations to physical activity due to injury, illness, and/or medical condition. The authorized forms for written profiles in the Army are the DD Form 689 and DA Form 3349. DA Form 3349 is better than DD Form 689, because it requires a much more detailed description of the Soldier's injury and the activities and exercises that the Soldier can perform with the injury. Soldiers assigned to the reconditioning program include:

- Soldiers on temporary medical profile.
- Soldiers in the recovery period after a temporary profile expires.
- Soldiers on permanent medical profile with specific limitations and special fitness requirements.

OTHER REFERENCES

- Physical Activity Guidelines for Americans, CH7 Additional Considerations for Some Adults, Women During Pregnancy and Postpartum, 2008
- American Congress of Obstetricians and Gynecologists, Committee Opinion 650, Physical Activity and Exercise During Pregnancy and the Postpartum Period, December 2015
- American Congress of Obstetricians and Gynecologists, Frequently Asked Questions 119, Exercise During Pregnancy, May 2016
- Exercising Through Your Pregnancy, 2nd edition, James F. Clapp III, M.D., and Catherine Cram, M.S. July 2012

