PRE AND POST NATAL EXERCISE AT KX PILATES & KX BARRE.

PRE NATAAL EXERCISE

It's fantastic that you're considering KX Pilates and KX Barre at this time in your life, as the benefits of a well structured exercise program during pregnancy can be beneficial for both mums and bubs. However, it's no secret that we like to do things a little different and our high intensity classes are of a special variety.

If you are new to KX, we ask that you not start our classes until after pregnancy, unless you book into a private one on one session or have been recently exercising.

If there is pain or discomfort, ease off! Exercise during pregnancy should not be about improving muscle tone. It should be about maintaining health, posture and a positive mental attitude.

Up to 15 weeks:

- Have your Obstetrician fill out the Pregnancy Authorisation to Exercise Form and return to us upon arrival to your first class.
- You may continue group classes up to the 15th week, if/when you are beyond 15 weeks, see below.
- Before booking your first group class, please contact your local studio for a list of pre and post-natal trained instructors.
- Please ensure the instructors are informed what week you are up to at the beginning of each class, as modifications of certain exercises will need to be given.

Beyond 15 weeks:

- Have your Obstetrician fill out the Pregnancy Authorisation to Exercise Form and return to us upon arrival to your first class.
- Barre Bump is a pre natal class specially designed for those of you expecting right up until birth. This class combines strength training, light cardio and gentle stretching appropriate for your body during pregnancy.
- If preferred, Private one on one KX Pilates or KX Barre sessions are also available with our pre and post-natal trained instructors. These sessions are individually tailored to your changing needs at each stage of your pregnancy.
For all pregnant members, extra guidance and or Doctors advice should be sought if you have:

- Diabetes before or during the pregnancy
- High blood pressure or thyroid disease
- Anaemia or blood disorders
- Any cardiac or pulmonary disorders
- A History of premature labour
- Your placenta implanted completely over, or near your cervix
- Had three or more miscarriages
- Experienced cramping, spotting or bleeding during the pregnancy
- Been told or advised you’re expecting more than one baby!

**General exercise tips during pregnancy:**

- Pelvic floor exercises are very beneficial, but it is just as important to practice releasing/relaxing the pelvic floor as it is to contract it (vary the range of contractions, 100%, 50%, 25% etc up and down).
- Avoid exercise in a warm/hot environment as core body temperature increases when pregnant.
- Keep well hydrated and avoid exercising on an empty stomach (your glycogen levels may drop too low). Bring a water bottle to class/exercise.
- Wear a supportive bra.
- Avoid ballistic (bouncing) stretching. Your joints are more flexible through elevated levels of Relaxin.
- Avoid holding prolonged positions, as this may increase blood pressure.

**Things to Remember:**

- Always remind the instructor you are pregnant before EVERY class.
- You must avoid abdominal curls (flexing your upper body). This can make your abdominals separate further than they should. As you progress into your 2nd trimester, your abdominals separate naturally.
- Keep your spine mobile.
- Do not over-stretch. The hormone, Relaxin is released during pregnancy. This can make your joints more flexible (especially applicable to women who are already very flexible).
- Avoid squeezing hard on fitness circles. These can create too much pressure on your pelvis. Slow controlled shallow pulses are best.
- Avoid painful movements and positions. If you are feeling pain in your tailbone, or feel pubic pain, stop exercising immediately.
- Listen to your body! If you feel dizzy, nauseous, experience numbness, pins & needles, or it doesn’t feel right in any other way, please stop!!
• Avoid static (held) positions for long periods. This may increase blood pressure, so keep moving.
• Adhere to the five minute rule. Never spend more than five minutes lying on your back at any one time, particularly in the second and third trimester. Roll onto your left side when laying down and coming up.
• Check alignment. Neutral pelvic position will constantly be changing throughout your pregnancy, so constantly check your alignment and adjust accordingly.
• Remember the general rule, if there is pain or discomfort ease off! Remember that each pregnancy is individual. Remember there will always be cases that don’t fit the norm.

First Trimester
You can pretty much do everything in the first trimester. However, please keep your head down when lying on your back and **DO NOT** overload on springs/resistance.

Second & Third Trimester
You can...
• Exercise when the spine is in neutral position (on a block/box for seated work).
• Perform lots of seated arm work and back and chest. (So you have strength to hold baby!)
• Perform Footwork – again, do not overload on your springs/resistance!
• Place Feet in straps – only perform small range of movement.
• Articulate your spine – cat stretches are recommended.
• Watch your balance, especially in the third trimester

**DO NOT...**
• Lie on your stomach
• Overload on springs/resistance
• Cross your legs to close to your chest.
• Execute abdominal curls lying on your back.
• Perform Hip Rolls or Hip Lifts - Watch for supine hypertensive syndrome, where baby lies on vena cava. This prevents normal circulation of blood back to the heart. This leads to a lack of oxygen in the mother’s blood system that in turn affects the baby’s blood supply.
• Lay or lie down on your back too long. Every 5 minutes roll on your side and pull yourself up using your hands.
POST NATAL EXERCISE

Post Pregnancy

KX Pilates and KX Barre are great ways for new mothers to get back in shape after pregnancy and give themselves some much needed ‘me’ time, following clearance from your GP or Obstetrician. It is also strongly recommended that whenever you start back at KX Pilates or KX Barre after a break; ensure you begin again in a KX1 or KX Sculpt class.

For those of you wanting to train with your baby, we have both a KX Barre Baby and KX Pilates Mums and Bubs class available for you; please ensure you complete the following before attending your first class:

- Ask your GP Obstetrician to complete a clearance to exercise letter.
- Complete our Post Natal Exercise Questionnaire.

KX Barre Baby

A class for mothers with babies up to 15kgs or 22mths. Based on the KX Barre method, this class focuses on reconditioning the body after birth with the support of your baby in a carrier, available in all KX Barre Studios. It is recommended that you use a Manduca baby carrier for maximum support for both mother and child. These will be available for hire at an additional cost of $5 per session.

KX Pilates Mums & Bubs

A class for mothers with babies in capsules under 6 months. With the use of a reformer, this class specialises in regaining your strength and rebuilding your pre baby body. Currently only held on Monday 10am in our Richmond studio.

Tips before you start training:

- Ensure that bleeding has stopped.
- Even with no complications, ONLY fundamental exercises should be performed with a very gradual progression. Some women may find it hard to connect pelvic floor. KX Pilates and KX Barre advises you to concentrate on overall corset contraction and stability in neutral and closed chain.
- If the delivery has involved complications, medical clearance must be obtained before starting back.
- Contraction of the pelvic floor is extremely important and can be completed out of class as well as in.
- The hormone Relaxin stays in the body for about 6 months or till breastfeeding stops. Therefore, watch your mobility and stability after pregnancy (particularly with flexion and rotation).
- Watch stability exercises where the back is unstable, e.g. Plank, push up.