# P3T EXERCISE CHART

# TG 255X

**August 2017**

Approved for public release, distribution unlimited

P3T
PREGNANCY POSTPARTUM PHYSICAL TRAINING

APHC

**TG255X is a guide for use by P3T instructor trainers when training exercise leaders; as well as a condensed handbook for planning and leading P3T exercise sessions.**

**SUMMARY OF PREGNANCY SAFETY PRECAUTIONS**

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| Soldiers must have written approval from a health care provider that clears them to exercise during pregnancy. The DA3349 (pregnancy profile) will indicate if they are allowed to exercise at their own pace. |
| Soldiers are to be encouraged to continue to run/jog through the 2nd trimester at their OWN pace. Written provider approval is required to run/jog during the 3rd trimester. |
| Soldiers must bring water to exercise sessions and are to be encouraged to drink water as needed. |
| Soldiers are to be allowed to be excused to use the restroom as needed. |
| Soldiers are to be encouraged to consume a small amount of calories BEFORE the exercise session. |
| Soldiers are to be reminded to exercise at their own pace, but to the highest level at which they are comfortable. They should not be criticized for a low level of effort, but rather encouraged for participating. |
| Soldiers are allowed to modify exercises to reduce physical discomfort (i.e., nausea, fatigue, back or sacroiliac pain, etc.) |
| Soldiers are to be led in muscular strength/endurance (MSE) exercises at a SLOW pace. |
| Pregnant Soldiers are not to be allowed to exercise to exhaustion, breathlessness, or fatigue. If they exhibit signs of overexertion they are to be told to slow down their intensity, or if needed, stop the exercise. |
| Pregnant Soldiers should be led in slow, deep breathing during all phases of exercise to prevent hyperventilating. |
| Pregnant Soldiers are not to be allowed to do squats (knee benders) that extend beyond hands to mid-calf. |
| Soldier > 20 weeks of pregnancy are not to be allowed to perform supine exercises (lying on the back). |
| Soldiers > 20 weeks of pregnancy are required to splint their abdomens during all abdominal exercises. |
| Soldiers > 20 weeks of pregnancy must avoid standing still for long periods. |
| Weight bearing activities, (i.e. running, jogging, cycling, swimming, etc.) for pregnant Soldiers should range between 20 – 45 minutes to prevent decreased blood flow to the heart and uterus. |
| Pregnant Soldiers are not to perform activities that put them at risk of falling or being hit in the abdomen. |
| Soldiers > 20 weeks of pregnancy must use low impact movements that do not require swift changes in direction, jumping, or twisting to prevent injury, and decrease their chances of falling due to changes in center of gravity and joint laxity. |
| Pregnant Soldiers can combat the effects of gravity by modifying exercises as such: use pelvic tilts to relieve low back discomfort, alter their stance with feet wider apart, shorten their jog stride, avoid rapid leg abduction, lower the step, decrease depth of squats. |
| If/when a Soldier falls during an exercise session: If < 20 weeks gestation, rest for 10 minutes on her left side and tell her health care provider at her next visit. If there are any symptoms of injury (i.e., cramping, bleeding, swelling) she needs to make an appointment to be seen by her health care provider. If 20 weeks or more gestation, she needs to go to the medical treatment facility to be seen immediately. |
| Soldiers are to be sent to their provider if they exhibit any of the signs or symptoms of needing medical attention. Pregnant Soldiers with the following symptoms are to be referred to health care provider immediately: swelling of face and hands, severe headaches, persistent dizziness, chest pain, palpitations, difficulty walking due to pain, vaginal bleeding or discharge, fever, ruptured membranes, and/or contractions that increase in intensity/frequency/duration. |
| Soldiers are to be led by trained exercise leaders that can assist them in modifying exercises to fit their pregnancy or postpartum condition, and are NOT pregnant Soldier participants themselves. |
| The exercise session must always have at least two exercise leaders in attendance. |
| Exercise leaders are to correct exercise performance and position to prevent injury and ensure stable positions. |
| After 20 weeks and throughout the 2nd and 3rd trimesters, many of the PRT activities must be modified or substituted for safe performance. |

**EXERCISE GROUPS –** You may give the exercise groups fun names (i.e., animals, descriptive names, etc.) or group numbers (1,2 ,3, 4) or letters E (early pregnancy), M (middle pregnancy), L (late pregnancy), P (postpartum) to make it easier. The groups/divisions must to stay the same as indicated below:

- Less than 20 weeks
- 20 to 28 weeks
- More than 28 weeks
- Postpartum (may divide into initial and advanced if necessary)

## SUMMARY OF POSTPARTUM SAFETY PRECAUTIONS

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| Ask postpartum Soldiers if they had a cesarean-section, other delivery complications, or profile limitations that will influence their exercise performance. Offer guidance as to the appropriate modifications required by their individual condition or limitations. |
| Postpartum Soldiers that have had a cesarean-section will need to recondition more slowly; modify exercises to reduce jumping, twisting, and pulling on the abdomen. |
| Ask postpartum Soldiers if they have a separation of their rectus abdominal muscles, and give guidance as to the appropriate abdominal exercises based on their condition. A Soldier with a diastasis of more than 2 fingers in width must splint her abdomen during abdominal exercises. |
| Ask postpartum Soldiers if they exercised during convalescent leave and given a 1:1:1 fitness test to assess their initial fitness level before reconditioning begins (usually one day in the first week of their return). |
| Joints are still loose during initial postpartum. Encourage Soldiers not to move or change direction quickly, and do exercise at a slow pace for the first 10 weeks after delivery. |
| Watch for Soldiers with pelvic pain, low back or sciatic nerve pain, difficulty walking, limping, and/or with deep abdominal pain as they may need to further modify exercise performance and check with their provider for exercise restrictions. |
| Dehydration is still a concern, especially for a mom who is breastfeeding. Encourage frequent hydration (preferably with water. |
| Give postpartum Soldiers a monthly diagnostic APFT and measure their body composition to assess their fitness level and assist them in returning to required fitness standards. |
| Progress postpartum Soldiers from the reconditioning level I to reconditioning level II to the toughening stage before returning to full sustainment PRT. |
| Schedule time during the exercise session for postpartum Soldiers to perform the 4-for-the-core, plank, and hip stability drills to strengthen their core muscles. |
| Watch for symptoms of postpartum depression that may occur between 3-4 months postpartum. Encourage Soldiers that exhibit these symptoms to seek professional assistance, and alert their unit of a potential concern. |

## P3T EXERCISE SESSION PLAN OPTIONS

| | **Exercise Preparation** | | **Muscle Strength/ Endurance** | **Special Exercises** | **Cardiovascular** | **Flexibility** | **Stress Management** |
|---|---|---|---|---|---|---|---|
| | **Balance & Coordination** | **Warm-up** | | | | | |
| **PREGNANT** | 2-3 min | 5-7 min | 10-20 min | 3-5 min | 20-45 min | 5-10 min | 3-5 min |
| **POSTPARTUM** | 2-3 min | 5-10 min | 10-20 min | 3-8 min | 30-45 min | 5-10 min | 3-5 min |
| | **BEGIN & END OF CLASS** | **CHOOSE ONE** | **CHOOSE TWO** | **CHOOSE ONE** | **CHOOSE ONE or TWO** | **MATCH WITH MSE** | **CHOOSE ONE+ MUSIC** |
| | Centering (standing or seated) | Walk | Chest and back MSE | Birth Squat (pregnant) | Walk/jog/run | Chest and back MSE | Music |
| | Core Compressions | Jog | Shoulders and arms MSE | Carpal tunnel release (pregnant) | Aerobics and/or step aerobics | Shoulders and arms MSE | Imagery |
| | | Dynamic stretches | Abdominal/ core strength MSE | Piriformis release and stretch (pregnant) | Pool PT/water aerobics | Abdominal/ core strength MSE | Visualization |
| | | Slow aerobic steps | Quads and hamstrings MSE | Hip stability drill (postpartum) | Circuit training | Quads and hamstrings MSE | Meditation |
| | | PRT Prep Drill | Buttocks, inner/outer leg MSE | Four-for-the-core (postpartum) | Military movement drills | Buttocks, inner/outer leg MSE | Deep Breathing |
| | | | Conditioning drill 1 | Plank (postpartum) | Speed drills | Recovery Drill | Progressive muscle relaxation |
| | | | Conditioning drill 2 | Shoulder stability drill (postpartum) | Release run | | |
| | | | Climbing drill 1/2 | | Ability group run | | |
| | | | Circuit training drill | | Hill repeats | | |
| | | | | | Endurance training machines | | |

## EXERCISE PREPARATION/BALANCE & COORDINATION

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

| MSE EXERCISE | BODY SEGMENT | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATIONS FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| Components explained below | Abdominals | All exercise groups | NA | None | NA |
| Mental Focus – purposeful attention to how the body feels during movement and exercise | | | | | |
| Balance – stance in neutral position with rocking back and forth to establish equivalent weight in all directions that allows the body and mind to adjust to the changing center of gravity as pregnancy progresses; rock each direction 3-4 times | | | | | |
| Deep Breathing – abdominal breathing that relaxes the body to prepare for exercise and includes a 'hiss' as the breath is released and contracts the deep abdominal (transverse) muscles to strengthen the core; perform 3 times | | | | | |
| Core Compressions – short contractions of the abdominal muscles (especially the transverse muscle that acts like a corset) to pull in or compress the abdominal area as you exhale. This strengthens the core and helps with healing of the rectus abdominal muscle after delivery; perform for 1 minute; encourage to repeat on own for 5-10 minutes each day | | | | | |

## EXERCISE PREPARATION/WARM-UP

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 MODIFICATIONS FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| **PRT PREPARATION DRILL** | | | | | |
| Bend and Reach | Hips, thighs, back, trunk, shoulders | All exercise groups | NA | None | After 20 weeks, modify with bend only to knees. |
| Rear Lunge | Hips, thighs, lower legs, back, trunk | All exercise groups | NA | None | After 20 weeks, modify with a smaller step backward and only slight squat while doing pelvic tilt. |
| High Jumper | Hips, thighs, lower legs, back, trunk, shoulders | All exercise groups | NA | None | After 20 weeks, and cesarean-section (CESAREAN) modify with no jump and only come up on toes and lower reach; 3 trimester will do calf raises if feel unbalanced. |
| Rower | Hips, thighs, lower legs, back, trunk, shoulders, arms | All exercise groups | NA | None | After 20 weeks, substitute with curl-downs and splinting; CESAREAN substitute with head lift or curl up. |
| Squat Bender | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | All exercise groups | NA | None | After 20 weeks, modify with squat reaching hands to knees and slight bend at waist. |
| Windmill | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | All exercise groups | NA | None | After 20 weeks, modify with only small twist of the trunk and reach to knees. |
| Forward Lunge | Hips, thighs, lower legs, back | All exercise groups | NA | None | After 20 weeks, modify with only a slight squat. |
| Prone Row | Hips, chest, back, trunk, shoulders, arms | All exercise groups | NA | None | After 20 weeks, substitute with upper back extension or standing bent over row; postpartum use modified prone row when first return to PRT after convalescent leave. |
| Bent Leg Body Twist | Hips, thighs, back, trunk | All exercise groups | NA | None | After 20 weeks, substitute with standing or seated side bending exercise with no resistance. |
| Push up | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | All exercise groups | NA | None | After 20 weeks, do modified pushup from 6-point stance or wall push up once abdomen is too large and touches the ground. |
| **WALK** | Hips, thighs, lower legs | All exercise groups | NA | None | After 20 weeks, modify with smaller stride and speed at own comfort level. |
| **JOG** | Hips, thighs, lower legs | All exercise groups | NA | None | After 20 weeks, modify with smaller stride and speed at own comfort level. |
| **DYNAMIC STRETCHES** | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | All exercise groups | NA | None | After 20 weeks, modify with stretches that are not as deep and at own comfort level. |
| **SLOW AEROBIC STEPS** | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | All exercise groups | NA | None | After 20 weeks, modify with smaller stride and squats and stretches that are not as deep to suit own comfort level. |

## MUSCULAR STRENGTH & ENDURANCE (MSE) EXERCISES

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

- **MSE EXERCISES ARE TO BE PERFORMED IN A SLOW CADENDCE UNLESS OTHERWISE STATED.**
- **PERFOM 3 SETS FOR 8-12 REPETITIONS (4 TO 6 4-COUNTS).**
- **BANDS OF MODERATE RESISTANCE ARE RECOMMENDED (GREEN, BLUE); DUMBELLS AND KETTLEBELLS ARE SOLDIER 'S CHOICE BETWEEN 5, 8, 10, AND 12 LBS**
- **AN UPPER AND A LOWER BODY MSE EXERCISE MAY BE COMBINED WHEN APPROPRIATE (EXAMPLES ARE THE FRONT ARM RAISE OR THE OVERHEAD PUSH PRESS WITH THE SQUAT)**

**P3T SPECIFIC EXERCISES**

| MSE EXERCISE | BODY SEGMENT | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATION FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| Shoulder retraction | Upper back | All exercise groups | Upper back stretch | Band, partners | Use as modification option for prone row for after 20 weeks and cesareans. |
| Seated Row | Upper back | All exercise groups | Upper back stretch | Band, partners | Use as modification option for prone row for after 20 weeks and cesareans. |
| Horizontal Arm Extension | Upper back | All exercise groups | Upper back stretch | Band | Use as modification option for prone row for after 20 weeks and cesareans. |
| Upper Back Extension | Upper back | Beginning at 20 weeks through delivery | Upper back stretch | None | Replaces prone row for after 20 weeks and cesareans. |
| Pull downs | Upper back, lats on back | All exercise groups | Side stretch | Band | Additional exercise to improve back strength. |
| Push up | Major muscles of upper and lower body | All exercise groups | NA | None | After 20 weeks can modify push-up to a 6-point stance or wall push-up once abdomen touches the ground. |
| Triceps Extension | Triceps | All exercise groups | Overhead arm pull | Band, dumbbells, weighted bar | None |
| Flies | Chest | All exercise groups | Chest & biceps stretch, modified chest stretch | Dumbbell weights or resistance band | Modify to flies seated with a resistance band after 20 weeks through delivery. Substitute with isometric chest exercise after 28 weeks if flies and push-ups are too difficult. |
| Isometric Chest Exercise | Chest | After 28 weeks pregnant | Chest and biceps stretch, modified chest stretch | Ball, weight | Substitute for push-ups, flies, and chest press. |
| Supine Chest Press | Chest | Pregnancy diagnosis up to 20 weeks, initial and advanced postpartum | Chest and biceps stretch, modified chest stretch | Dumbbell weights, weighted bar, kettlebells, or resistance band behind the back | Substitute for push-ups and flies; keep head on the ground throughout exercise. |
| C-curve | Abdominal and core muscles | All exercise groups | Abdominal stretch | None | None. |
| Biceps Curl | Biceps | All exercise groups | Chest & bicep stretch, modified chest stretch | Band, dumbbell weights, weighted bar, kettlebells | None. |

| MSE EXERCISE | BODY SEGMENT | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATION FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| Inner and outer rotator cuff | Rotator cuff muscle in shoulder | All exercise groups | Arm and shoulder stretch | Partners or with a band if done individually | Keep elbows tucked in at waist and do not hold breath as press against each other's hands |
| Front & lateral arm raises | Shoulders (Deltoids) | | | Band, 5 lbs or less dumbbell weights | Do not raise arms above shoulder height |
| Hip extension on hands and knees | Buttocks and hips | All exercise groups; after 28 weeks is standing | Hip and back stretch, Single leg over | None | Modify to hip extension standing after 28 weeks, or after balance is challenged by maintaining position on hands and knees. |
| Pelvic tilt | Buttocks and hips | All exercise groups | Hip and back stretch, Single leg over, Hands and knees stretch | None | May not be performed in supine position after 20 weeks. |
| Squats | Legs | All exercise groups | Quad stretch standing, thigh stretch, hip flex or stretch | Bands, weights | Reduce depth of the squat as pregnancy progresses; during pregnancy, squats are not to go beyond hands to mid-calf; legs may be at straddle or wide-leg stance. |
| Leg curls | Legs | All exercise groups | Hamstring stretch | Band | Increase difficulty by using a band around the ankle for resistance. |
| Kegels | Pelvic floor muscles | All exercise groups | None | None | None. |

| PRT CONDITIONING DRILL ONE – primarily for < 20 weeks and postpartum, but there are modifications for ≥20 weeks. | | | | | |
|---|---|---|---|---|---|
| **MSE EXERCISE** | **BODY SEGMENT** | **WHO CAN DO THIS?** | **MATCHING STRETCH** | **RESISTANCE OPTIONS** | **SAFETY MODIFICATION FOR PG/POSTPARTUM** |
| Power Jump | Hips, thighs, lower legs, back, trunk, shoulders | Pregnancy diagnosis up to 20 weeks, advanced postpartum | Recovery drill | None | Modify cadence to slow as needed. Only jump and squat to personal comfort level. After 20 weeks, may squat so hands reach mid-calf and reach up with arms overhead, but not jump. |
| V-Up | Hips, thighs, lower legs, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Recovery drill | None | Modify cadence to slow as needed. Alter height of legs so legs are raised to own comfort level. Do not jerk legs and trunk when rising to V-position. After 20 weeks, modify with starting in seated position and lift legs as are comfortable. May alternate lifting of legs. May substitute with curl-down or c-curves for >28 weeks. Cesareans may substitute with head lift or curl up. |
| Mountain Climber | Hips, thighs, lower legs, back, trunk, arms, shoulders, chest | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Recovery drill | None | Modify cadence to slow as needed. As pregnancy progresses step legs from front to back rather than sliding, alternating legs to the front. May also stay in front leaning rest position and pull knees toward elbow, alternating legs. After 28 weeks, option is to do knee lifts standing. |

| MSE EXERCISE | BODY SEGMENT | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATION FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| Leg Tuck and Twist | Hips, thighs, lower legs, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Recovery drill | None | Modify cadence to slow as needed. As pregnancy progresses, reduce twist, do not pull legs in as far, and do not extend legs fully. After 20 weeks may modify by leaving feet on the floor and only pulling legs in and extending slightly. |
| Single Leg Push-up | Hips, thighs, lower legs, back, trunk, shoulders, chest, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Recovery drill | None | Modify cadence to slow as needed. Not to be performed unless can do regular push-up to standard. May modify with 6-point or wall pushup. |

| PRT CONDITIONING DRILL TWO – primarily for <20 weeks and postpartum, but there are modifications for ≥20 weeks. | | | | | |
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| **MSE EXERCISE** | **BODY SEGMENT** | **WHO CAN DO THIS?** | **MATCHING STRETCH** | **RESISTANCE OPTIONS** | **SAFETY MODIFICATION FOR PG/POSTPARTUM** |
| Turn and Lunge | Hips, thighs, lower legs, back, trunk, shoulders, chest, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Recovery drill | None | Modify lunge to reach with the hand only to the knee if pain or instability occurs when reach toward the ground. Modify with lunge to the side with hands on hips. |
| Supine Bicycle | Hips, thighs, lower legs, back, trunk, shoulders, chest, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Recovery drill | None | Modify extension of leg on counts 1 and 3, and reduce twisting motion as pregnancy progresses; twisting of trunk may cause discomfort for those with a cesarean; substitute with standing side bends or oblique curl-up. |
| Half Jacks | Hips, thighs, lower legs, back, trunk, shoulders, | Pregnancy diagnosis up to 28 weeks, Initial and advanced postpartum | Recovery drill | None | Modify jump as pregnancy progresses; After 28 weeks, may step quickly out to the side on alternating counts. |
| Swimmer | Hips, thighs, lower legs, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum; after 20 weeks have substitute exercise | Recovery drill | None | As pregnancy progresses, replace with standing hip extension; initial postpartum and those with a cesarean substitute with modified prone row or standing hip extension with addition of row for upper back if abdominal stretching causes pain. |
| 8- count Push-up | Hips, thighs, lower legs, back, trunk, shoulders, chest, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum; after 20 weeks have substitute exercise | Recovery drill | None | After 20 weeks, do modified pushup from 6-point stance or wall push up once abdomen is too large and touches the ground. |

| PRT CONDITIONING DRILL THREE – primarily for postpartum | | | | | |
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| **MSE EXERCISE** | **BODY SEGMENT** | **WHO CAN DO THIS?** | **MATCHING STRETCH** | **RESISTANCE OPTIONS** | **SAFETY MODIFICATION FOR PG/POSTPARTUM** |
| "Y" Squat | Hips, thighs, lower legs, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks and advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce depth of squat as pregnancy progresses and postpartum begin with squat less deep and progress to lower position as/are able. |
| Single Leg Dead Lift | Hips, thighs, lower legs, back, trunk, | Pregnancy diagnosis up to 20 weeks and advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce forward bend and height of back leg as pregnancy progresses and postpartum begin with bend and leg raise less deep and progress to higher position as/are able. Modify with straight leg dead lift. |
| Side to Side Knee Lifts | Hips, thighs, lower legs, chest, back, trunk, shoulders | Pregnancy diagnosis up to 20 weeks and advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce height of knee and take out hop as pregnancy progresses and postpartum begin with lower leg raise and progress to higher position with hop as/are able. |
| Front Kick Alternate Toe Touch | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks and advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce forward bend and height of raised leg; as pregnancy progresses and postpartum, begin with bend and leg raise lower and progress to higher position as/are able. |
| Tuck Jump | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce height of jump; as pregnancy progresses and postpartum begin with lower jump and progress to higher position as are able; omit if jumping is painful. |
| Straddle Run Forward and Backward | Hips, thighs, lower legs, trunk | Advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce intensity of bounding, replacing with a step as pregnancy progresses; postpartum begin with a fast step, and progress to bounding movement as/are able. |
| Half-Squat Laterals | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce depth of squat and replace hop with step as pregnancy progresses; postpartum begin with fast step and less deep squat and progress to hop and half-squat as/are able. |
| Frog Jumps Forward and Backward | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce squat depth and replace hop with fast step as pregnancy progresses; postpartum begin with fast step and less deep squat and progress to hop in half-squat position as/are able. |

| MSE EXERCISE | BODY SEGMENT | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATION FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| Alternate ¼ Turn Jump | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce twist movement to 45-degrees and replace jump with fast step as pregnancy progresses; postpartum begin with fast step and twist to only 45-degrees and progress to 90-degree twist and jump as/are able. |
| Alternate Staggered Squat Jump | Hips, thighs, lower legs, back, trunk, shoulders | Advanced postpartum | Recovery drill | None | Perform to standard for 5 reps, at own pace; reduce forward squat to not touch the ground and replace forceful jump with hop and then fast step to alternate legs as pregnancy progresses; postpartum begin with half-squat and fast step and progress to hop then jump, reaching closer to the ground as/are able. |

| **PUSH-UP and SIT-UP DRILL** | | | | | |
|---|---|---|---|---|---|
| **MSE EXERCISE** | **BODY SEGMENT** | **WHO CAN DO THIS?** | **MATCHING STRETCH** | **RESISTANCE OPTIONS** | **SAFETY MODIFICATION FOR PG/POSTPARTUM** |
| Timed Push-up | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks and advanced postpartum | Chest stretch, extend and flex | None | Perform to standard at own pace for timed sets, alternating between pushup and sit-up; modify timed sets to start at 15 seconds progressing to 60 seconds; modify to 6 point pushup if tire before time elapses. |
| Timed Sit-up | Hips, thighs, lower legs, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks and advanced postpartum | Abdominal stretch, extend and flex | None | Perform to standard at own pace for timed sets, alternating between push-up and sit-up; modify timed sets to start at 15 seconds progressing to 60 seconds; modify to curl-up if tire before time elapses. |

| **CLIMBING DRILL ONE & TWO -** Two Soldiers must serve as spotters, and positive control of the exercising Soldier must be maintained at all times. Do not progress beyond 5 repetitions. | | | | | |
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| **MSE EXERCISE** | **BODY SEGMENT** | **WHO CAN DO THIS?** | **MATCHING STRETCH** | **RESISTANCE OPTIONS** | **SAFETY MODIFICATION FOR PG/POSTPARTUM** |
| Straight arm pull | Back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Overhead arm pull, upper back stretch | None | As pregnancy progresses or if had a cesarean delivery, movement should be reduced to individual comfort level if straight arm pull cannot be completed without straining. May substitute shoulder retraction. |
| Heel hook | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Advanced postpartum | Recovery drill | None | As pregnancy progresses or if had a cesarean delivery, movement of the legs toward the bar should be reduced to individual comfort level if heel hook cannot be completed without straining. |

| MSE EXERCISE | BODY SEGMENT | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATION FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| Pull-up | Back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Overhead arm pull, upper back stretch | None | As pregnancy progresses or if had a cesarean delivery, movement should be reduced to individual comfort level if pull up cannot be completed without straining. |
| Leg Tuck | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Advanced postpartum | Recovery drill | None | As pregnancy progresses or if had a cesarean delivery, movement of the knees toward the chest should be reduced to individual comfort level if leg tuck cannot be completed without straining. |
| Alternating Grip Pull-up | Chest**,** back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Overhead arm pull, upper back stretch, chest and biceps stretch | None | As pregnancy progresses or if had a cesarean delivery, movement should be reduced to individual comfort level if pull up cannot be completed without straining. |
| Flexed arm hang | Back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Overhead arm pull, upper back stretch | None | As pregnancy progresses or if had a cesarean delivery, movement should be reduced to individual comfort level if flexed arm hang cannot be completed without straining. |

**STRENGTH TRAINING CIRCUIT -** perform exercises for **60 seconds at each station** using kettlebells, dumbbells, or weighted bar for resistance, movement between stations incorporates either verticals, laterals left, laterals right, and a run using modifications as required. Kettlebell and dumbbell weights will not exceed 15 lbs.

| MSE EXERCISE | BODY SEGMENT | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATION FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| Sumo squat | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modify . | Recovery drill | Dumbbell weights, weighted bar, kettlebells | As pregnancy progresses or if had a cesarean delivery, modify squat so do not allow upper legs to be parallel to the ground; Reduce weight used to maintain exercise performance with correct technique. After 20 weeks, use caution. |
| Straight leg dead lift | Hips, thighs, lower legs, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution | Recovery drill | Dumbbell weights, weighted bar, kettlebells | As pregnancy progresses or if had a cesarean delivery, reduce weight to maintain exercise performance with correct technique, or perform without any resistance. $2^{nd}/3^{rd}$ trimester reduce flexion at the waist so hands do not pass the knees. Keep knees slightly bent. |
| Forward lunge | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution | Recovery drill | Dumbbell weights, weighted bar, kettlebells | As pregnancy progresses or if had a cesarean delivery, reduce depth of squat so the thigh is not parallel to the ground. Reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. |

| MSE EXERCISE | BODY SEGMENT | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATION FOR PG/POSTPARTUM |
|---|---|---|---|---|---|
| 8-count step-up | Hips, thighs, lower legs, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution | Recovery drill | Dumbbell weights, kettlebells | Lower height of step as pregnancy progresses or if had a cesarean delivery. 3rd trimester may use aerobics platform. Reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. |
| Pull up or straight arm pull | Back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Upper back stretch, overhead arm pull | None | As pregnancy progresses or if had a CESAREAN delivery, perform pull up at slow cadence. Perform straight arm pull if pull up cannot be completed without straining. |
| Supine chest press | Chest, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Upper back stretch, overhead arm pull, chest and bicep stretch | Dumbbell weights, weighted bar, kettlebells | As pregnancy progresses or if had a cesarean delivery, reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. After 20 weeks, substitute with flies with resistance band. |
| Bent over row | Back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution | Upper back stretch, overhead arm pull | Dumbbell weights, weighted bar, kettlebells | As pregnancy progresses or if had a cesarean delivery, reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. 2nd and 3rd trimester may perform seated row with the band as a substitute exercise. No deep flexion at the waist. |
| Overhead push press | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution | Recovery drill | Dumbbell weights, weighted bar, kettlebells | As pregnancy progresses or if had a cesarean delivery, reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. |
| Supine body twist | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum | Recovery drill | None | As pregnancy progresses or if had a cesarean delivery, reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. For those with a cesarean, discontinue exercise if there is any pain at incision site upon twisting movement. May substitute with oblique crunches or side bends with weights. |
| Leg tuck | Hips, thighs, lower legs, chest, back, trunk, shoulders, arms | Advanced postpartum | | None | As pregnancy progresses or if had a cesarean delivery, movement of the knees toward the chest should be reduced to individual comfort level if leg tuck cannot be completed without straining. |

| GUERILLA 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. |

**SPECIAL EXERCISES**

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

| MSE EXERCISE | BODY PART | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICATIOSN 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 Readniess Training, for detailed exercise descriptions and photos.

| MSE EXERCISE | BODY PART | WHO CAN DO THIS? | MATCHING STRETCH | RESISTANCE OPTIONS | SAFETY MODIFICTIOSN 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 Readniess 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 MODIFICATIOSN 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, 2nd and 3rd 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.

| 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. |
|---|
| Music – quiet and calming (i.e., instrumental, nature sounds, orchestra, etc.). Voice guidane 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