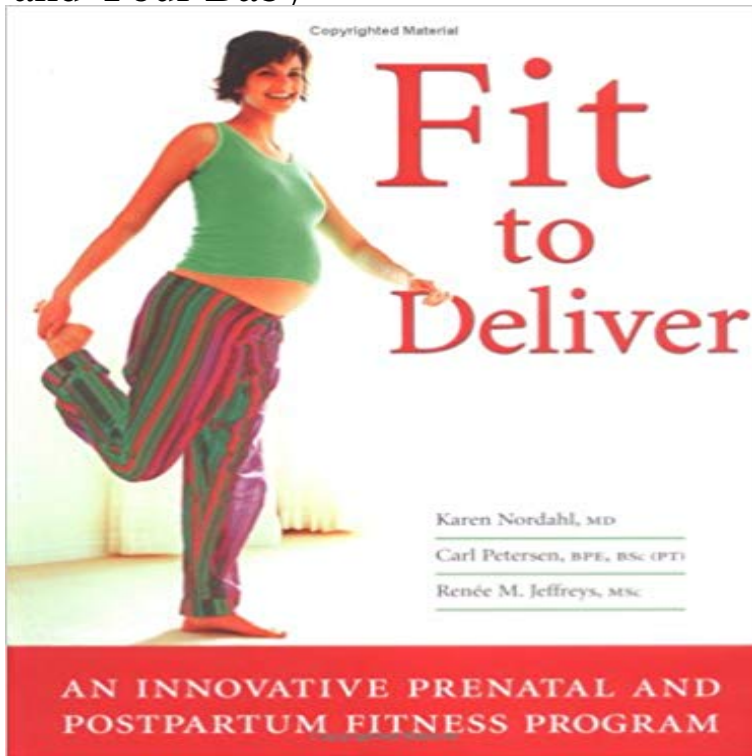


Fit to Deliver: An Innovative Prenatal and Postpartum Fitness Program: Safe and Fun Exercises Tailored by Professionals to Benefit Both You and Your Baby



Fit to Deliver is an innovative prenatal and postpartum exercise program for beginning, intermediate, and advanced fitness levels. The book contains 175 professionally tailored exercises for core strength training, walk-run programs, stretching and relaxation, ball-balance workouts, aerobics, water exercise, pilates, and yoga. While safely maintaining fitness levels, the program prepares women for delivery, decreases common pregnancy ailments, and eases postpartum recovery. Featuring a beautiful two-color design throughout with lay-flat binding, this resource contains over 25 exercise routines for well-rounded workouts. In addition, women can design their own routines to accommodate busy schedules and fluctuating energy levels. The book's user-friendly format contains over 300 black and white photos, sidebars, charts, and tips from the team.

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