

Exercises to Strengthen Muscles During Pregnancy



Modified push-up



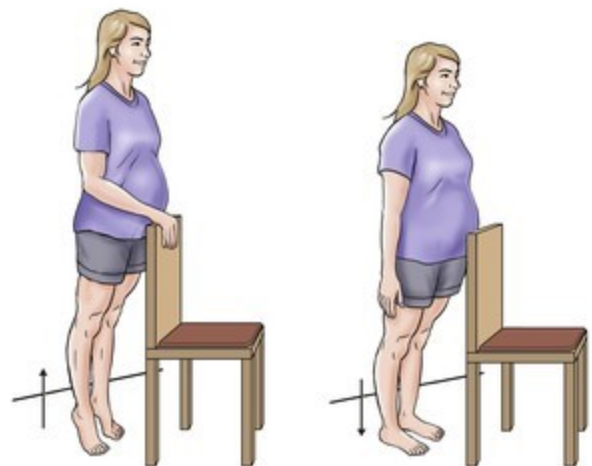
Quadruped arm/leg raise



Lunge



Wall squat



Heel raise