

Motherwell Maternity Fitness Plan

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After reading Motherwell Maternity Fitness Plan, the participant will be able to: 1. Understand how to achieve proper body alignment. 2. Understand how back discomfort can be prevented. 3. Explain the recommended exercise intensity level for pregnant women. 4. Understand the importance of weight training for pregnant women. 5. Identify the muscles involved in core stability and spinal ...

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