

# BABY BUMP FITNESS SYSTEM

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Baby Bump Prenatal Boot Camp 40 Minutes	Light Cardio of Choice 30 Minutes or DAY OFF	Baby Bump Prenatal Yoga Flow 40 Minutes	DAY OFF	Baby Bump Prenatal Barre 40 Minutes	Total Bodyweight Prenatal Shred 10 Minutes	Mommy Day Me Time
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Baby Bump Prenatal Boot Camp 40 Minutes	Light Cardio of Choice 30 Minutes or DAY OFF	Baby Bump Prenatal Yoga Flow 40 Minutes	DAY OFF	Baby Bump Prenatal Barre 40 Minutes	Total Bodyweight Prenatal Shred 10 Minutes	Mommy Day Me Time
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Baby Bump Prenatal Boot Camp 40 Minutes	Light Cardio of Choice 30 Minutes or DAY OFF	Baby Bump Prenatal Yoga Flow 40 Minutes	DAY OFF	Baby Bump Prenatal Barre 40 Minutes	Total Bodyweight Prenatal Shred 10 Minutes	Mommy Day Me Time
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Baby Bump Prenatal Boot Camp 40 Minutes	Light Cardio of Choice 30 Minutes or DAY OFF	Baby Bump Prenatal Yoga Flow 40 Minutes	DAY OFF	Baby Bump Prenatal Barre 40 Minutes	Total Bodyweight Prenatal Shred 10 Minutes	Mommy Day Me Time

**\*Mommy Day Me Time Ideas** – Get a pedicure or manicure, take a relaxing bath, have lunch with a friend, read a good book, take a nap, make a face mask, meditate, watch an old movie, buy new pajamas, start a journal, buy a new candle, buy fresh flowers\*