5MinuteBack Pregnancy

Health & Safety Tips

1. If you are experiencing contractions, or any other complications, stop exercising and contact your doctor immediately.

2. Each exercise should be comfortable, pain free and performed at your own pace. Do not force or push aggressively into the ends of your ranges of motion or into painful movement.

3. Discontinue exercise(s) if you become dizzy, nauseous or uncomfortable.

4. Do not push yourself into pain or discomfort during any of the exercises.

5. Don't perform exercises near sharp objects or furnishings.

6. Do not move too fast or to extremes on any exercise.

7. You should seek the advice of your physician on the safety of this or any other exercise program, especially if you are deconditioned, overweight or suffer from an adverse health condition. This video is for educational purposes only and is not a substitute for your health care provider's advice.

8. You will want to modify your routine if you become fatigued, are overweight, are experiencing back pain, or any other type of pain.

9. Don't hesitate to gradually work up to the recommended number of sets if you don't feel ready or strong enough yet.

10. Remember that your balance may be impaired with pregnancy.

11. Remember that each person begins pregnancy with a different state of health, endurance and strength.

12. If you are conditioned and healthy, you may perform most, if not all exercises efficiently.

13. This program can be performed in its' entirety through the third trimester if you are healthy, conditioned and perform them daily - from the beginning of your pregnancy.

14. Your personal safety is important and we encouraged you to visit your physician before starting this program. Especially if you have specific concerns or have a known health history that may put you at risk from non-impact activities or movements that are equivalent to low grade exercise routines.

The safe, fun and effective back strengthening program designed specifically for each trimester of your pregnancy.