



## PILATES PRE & POST NATAL WORKOUT

Millie Dobie, a highly qualified personal trainer to the stars with over ten years of experience, brings you a comprehensive workout designed to guide you through the Pre & Post natal period of pregnancy.

Pilates focuses primarily on the tummy, back and pelvic floor muscles making it an ideal form of exercise for pregnancy.

This complete Pilates workout has been specifically created to accommodate each of the three trimesters during pregnancy for an effective and safe workout that will help to prepare your body for the months ahead.

Millie will take you through each trimester with specially adapted exercises, helping your body to be strong, aiding labour, and easing discomfort during pregnancy.

A fourth section covering the first few weeks after the birth is also included, so that you can begin to get back into shape as soon as you feel able.

These short workouts can fit in to your life at any time and done regularly will not only help make your pregnancy more comfortable and enjoyable, will help you to regain your pre-baby body in no time at all.



Special Thanks to



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This programme is exempt from BBFC classification

**WARNING:** If you are suffering from any medical conditions, you should always consult with your doctor first before taking part in this programme.

Directed and Produced by **Rod Rodrigo**  
Executive Producer **Ken Gray**

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PRESENTED BY MILLIE DOBIE



## PILATES PRE & POST NATAL WORKOUT



INCLUDES  
SECTIONS FOR ALL  
TRIMESTERS & POST  
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