

DAILY PREGNANCY Workout

- ♥ Kegels
- ♥ Squats
- ♥ Pelvic Tilts & Rotations
- ♥ Neck and Shoulder Rotations
- ♥ Hip rotations
- ♥ Leg Raises
- ♥ Dog Pointers
- ♥ Pelvic Sways
- ♥ Downward dog
- ♥ Butterflies

