



HOT MOMMA WORKOUT PLAN

Complete 3 sets of 8-12 reps for each each superset

Workout #1

- **Squats S.S. Shoulder Presses**
- **Sumo Deadlifts S.S Lateral Raises**
- **Reverse Lunges S.S. Upright Rows**

Workout #2

- **Diagonal Lunges S.S. Bent Over Rows**
- **Weighted Hip Thust S.S. Bicep Curls**
- **Sumo Squats S.S. Hammer Curls**

Workout #3

- **Stationary Lunges S.S. Push Ups***
- **Straight Leg Deadlift S.S. Tricep Dips**
- **Band Kick Backs S.S. Tricep Kickbacks**

Instructions

- *Push-ups can be on your knees or wall push-ups depending on your ability.
- For these workout you'll need resistance bands or dumbbells.
- Aim for 8-12 reps for 3 sets. Use enough resistance to be able to reach 8 reps but no more than 12. If you are able to do more than 12, increase the weight.
- When doing hip thrusts during pregnancy, place DB or BB along upper thighs instead of across your hips to protect your belly.
- Complete each workout on non-consecutive days. For example:
Monday-#1, Wednesday-#2, Friday-#3
- Keep a log of the weight used and the reps completed. Try to improve each workout.

Disclaimer

- **This site is purely for educational purposes only and is not engaged in rendering medical advice, nor does it hold itself out as qualified to do so.**
- **It is strongly recommend that you seek professional medical advice before embarking on any diet or exercise program.**
- **Any exercise program, even in healthy individuals, carries risk.**
- **You have a responsibility to exercise your own personal judgment, as well as any other considerations, before acting on any of the content provided.**