

# BARRE BUMP



# CONTENTS

## TRIMESTERS ONE - FOUR

A guided plan by-trimester to grow with you as your baby develops. And yes, the fourth trimester is a "thing." You'll see..

## SMOOTHIE RECIPIES

Make these tasty smoothies throughout your pregnancy for a nutrition packed bonus to your day. You can also add these in for snacks!

## FREEZERMEALS

Fail to prepare, prepare to fail. Each week you'll prepare one extra meal to store. These will come in handy when the exhaustion really sets in :)

## LACTATION RECIPIES

Because boob milk is the best milk. These recipes will help increase your supply. If you are unable to breastfeed, don't stress.

## SATISFY CRAVINGS

Find lots of healthy alternatives to your cravings. Sweets? We got you. Comfort food without all the junk? Yep!







DISCLAIMER:

THERE ARE MANY SCHOOLS OF THOUGHT ON WHAT IS PERMISSIBLE TO EAT DURING EACH TRIMESTER OF PREGNANCY. THIS MENU IS BROAD AND MEANT AS A GUIDE TO PROVIDE A VARIETY OF HEALTHY AND NUTRITIOUS OPTIONS FOR YOU TO CHOOSE FROM.

IF YOU FOLLOWED EACH MENU FOR THE MONTH AS WRITTEN, YOU WOULD NEVER LEAVE THE KITCHEN! AND LET'S FACE IT; GROWING A HUMAN IS EXHAUSTING AND YOU'LL SPEND JUST AS MUCH TIME RUNNING TO EMPTY YOUR BLADDER IN BETWEEN BATCHES. THE MENU IS WRITTEN TO PROVIDE A BALANCE OF PROTEIN, CARBS, HEALTHY FATS, FRUITS, AND VEGETABLES FOR EACH DAY. BUT, WE WOULD SUGGEST SELECTING 2 OR 3 OPTIONS PER WEEK OF EACH MEAL TYPE AND DOUBLING OR TRIPLING THE RECIPE TO COVER YOU FOR THE WEEK. THIS WAY, YOU CAN SPEND LESS TIME IN THE KITCHEN AND MORE TIME FEELING THOSE KICKS.

PAY ATTENTION TO THE VARIETIES OF FOODS YOU CHOOSE TO CONSUME ON A GIVEN DAY. THE MORE DIFFERENT COLORS YOU EAT, THE MORE THE NUTRIENTS WILL VARY! THE GUIDANCE YOU HAVE RECEIVED FROM YOUR DOCTOR REGARDING WHAT YOU SHOULD OR SHOULD NOT CONSUME DURING YOUR PREGNANCY AND WHAT YOUR DOCTOR RECOMMENDS BASED ON YOU AND YOUR BABY'S PERSONAL HEALTH AND HISTORY OVERRIDES ALL SUGGESTIONS PROVIDED HERE IN THIS GUIDE.

WITH THAT BEING SAID, IF THERE IS A MENU CHOICE THAT DOES NOT ALIGN WITH THE GUIDANCE GIVEN TO YOU BY YOUR DOCTOR, YOU SHOULD ABSOLUTELY SUBSTITUTE THE INGREDIENT FOR SOMETHING ELSE OR JUST SKIP THAT MENU OPTION ALTOGETHER.

PLAY IT SAFE.

YOU'LL SPEND THE NEXT 50 YEARS WORRYING ABOUT YOUR BABIES HEALTH ... YOU MIGHT AS WELL AIR ON THE SIDE OF CAUTION NOW, TOO.

barre ALLEY



# BARRE BUMP

barreALLEY

barreBUMP is a low impact fitness program with pregnancy modifications to progress with you as your bump grows.

barreBUMP is a program designed by certified yoga and prenatal barre expert, Kendra Alley. It will help pregnant barreBABES maintain a healthy and active lifestyle while expecting. These classes will have all of the barreALLEY style, but will have extra focus on stability, balance and posture to support a comfortable pregnancy, smoother labor + delivery, and assist in post-partum recovery. Any classes offered during that specific trimester are safe for women who fall within that trimester, assuming you're having a normal/ healthy pregnancy. But we are all different, so if something doesn't feel right- back off to prevent injury.

barre exercise can be a mother's (who have an uncomplicated pregnancy and clearance for exercise from their doctor) ideal solution to an active pregnancy. Since barre is considered no/low-impact, it is ideal for pregnant women. The intensity of the workout is easily controlled and the use of a bar (or chair/wall) allows additional assistance for stability and balance.

Important things to consider before barre-ing with your bump:

With hormonal changes, such as an increase in relaxin, hypermobility in the joints can occur. You may be less stable and more prone to injury due to the movement beyond your normal range of motion. It is important to be mindful of your body as it goes through changes throughout the pregnancy.

Hypermobility in the joints under increased body weight can make certain exercise positions uncomfortable and/or difficult to perform. The modifications offered during class, including but not limited to, eliminating hand weights, are completely acceptable and encouraged.





Is core work safe?

The short answer is YES. But you will require additional parameters that we follow in class, particularly when your belly starts to get bigger.

Supine (laying on your back) abdominal work should be avoided from the beginning of the second trimester until birth. Maintaining a strong core (abs and back) is essential during pregnancy to counteract the changes in posture as well as assist during delivery.

When exercising regularly you can improve cardiovascular function which benefits both the mother and the baby.

Refer to our heart rate chart. You want to be challenged but you need to make sure you aren't pushing too hard. Keep your BPM (beats per minute) between 128-134.

Stay hydrated and take frequent water breaks. You need to be drinking at least half of your body weight in ounces, every day. Keep in mind, your body weight is going to be changing constantly; therefore you need to constantly increase your daily ounces.

Maintain stability. As your bump grows, your center of gravity alters and you may feel off balance. Don't take risks. Grab the back of a chair or use a wall for support.

barreBUMP will prepare you for the strength needed to care for your baby while healing (and beyond) This program provides full-body functional fitness training and get you ready to lift that little nugget in their car seat, with a green tea in the other hand.

The importance of balancing your counter-active poses is vital during your pregnancy. Whether you stretch or strengthen a muscle group, you must do the same to the opposing muscle group to protect your joints (don't worry, all of your classes are set up within this format - we gotcha babe).

We Recommend 3-6 barreBUMP classes per week, along with active living and a healthy diet. Naps are encouraged, too.

# IN THE KNOW

Recognize the difference between tension pain and loose joint pain. Pregnancy has a tendency to make you feel tight, but pregnancy hormones loosen your joints.

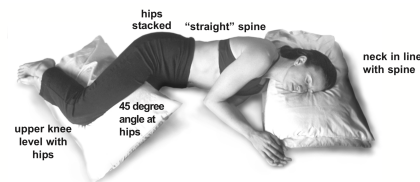
The importance of balancing your counter-active poses is vital during your pregnancy. Whether you stretch or strengthen a muscle group, you must do the same to the opposing muscle group to protect your joints (don't worry, all of your classes are set up within this format - we gotcha babe). As important as proper alignment is during class, SLEEPING in alignment is majorly important. Here are some tips for some quality shut-eye:

Alignment. All day. All night.

1. Be sure your back is straight (not curved), your bodyweight is resting on your side with your hips and shoulders stacked directly on top of one another. Try not to lean/roll forward (I place a pillow behind back - lean into the pillow allowing chest to slightly open).

2. Support your head evenly between your shoulders and in line with your back. Be aware of your neck protruding out in front of your chest or your head leaning toward one shoulder.

3. Put a pillow between your knees and ankles so your knees/ankles are level with your hips and slightly bend your hip keep your knees below your waist (close to a 45 degree angle) . If you curl "into a ball" it shortens the hip flexor muscles and rounds the back.



# Heart Rate Chart

1 very light activity | breathing not changed

2-3 light activity | easy to breathe & carry on a conversation

4-6 moderate activity | breathing more heavily, can carry on a conversation but it requires more effort

7-8 vigorous activity | on the verge of becoming uncomfortable - conversation requires maximum effort

9 very hard activity | difficult to maintain exercise or speak

10 maximum effort activity | full out effort, no conversation possible

during pregnancy, you should never exceed level 7-8





# BENEFITS OF *barre* PRE AND POSTNATAL

- Improved mood
- Ease of labor and length of delivery
- Increased flexibility
- Relief from aches & pains (pelvic tilts)
- Less weight gain
- Decreased risk in developing preeclampsia
- Reduced risk of developing gestational diabetes
- Reduced chance of postpartum depression
- Faster recovery
- Better sleep
- Better health during and after pregnancy
- Healthy birth weight



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# EAT.SLEEP.BARRE.REPEAT

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TAKE BEFORE, DURING, AND AFTER PHOTOS.  
(THESE ARE HARD TO DO WHEN YOU'RE NOT FEELING  
YOUR FINEST- BUT YOU'LL WANT THEM LATER.)



DON'T FORGET, ONCE POSTPARTUM, ALWAYS  
POSTPARTUM. BUILDING AND MAINTAINING  
POSTURE IS A LIFESTYLE (AND BARREALLEY IS THE  
KEY TO YOUR HAPPINESS)

WE WANT TO SEE OUR MAMAS! SEND US YOUR  
BARREBUMP BELLY PICS AND TAG @BARREALLEY  
DURING YOUR JOURNEY!





# FIRST TRIMESTER

BARREBUMP

You would never attempt to run a marathon without training, I hope. So why would you attempt to tackle labor and delivery - a true endurance event - without preparing your body?

Having a fit pregnancy has little to do with maintaining your weight & figure and more to do with strengthening the key muscles used during your pre and postnatal journey

The first trimester is tough. You will be beyond exhausted but exercise and a quality diet will help give you a boost of energy to make it through your day - promise!

Drink water and once you think you've had enough - drink more.

No additional calories are needed during the first trimester. (shocking we know.) Focus on quality, not quantity, you'll feel fuller that way.

Stay cool. Take breaks when needed and don't overheat.

Expect your exercise routine to change as your body does. Take things slow to avoid a spill, modify when needed and nix equipment to avoid injury. o what you can - the main goal is to move.

Don't forget your prenatal vitamins - ask your doctor what's right for you.

AGOG clinical & scientific findings:  
Physical Activity and Exercise During Pregnancy and the Postpartum Period