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Baby Weight: The Complete Guide to Prenatal and Postpartum Fitness

By Micky Marie Morrison

Body Works. Paperback. Book Condition: New. Paperback. 196 pages. Dimensions: 9.2in. x 7.4in. x 0.6in. Baby Weight, an innovative prenatal and postpartum fitness plan, helps you control weight gain and maintain muscle tone during pregnancy and get your body back faster after baby comes. Baby Weight is unique to other books on the market today in that it was developed by a licensed Physical Therapist and certified Perinatal Fitness Educator, offering the insight of an experienced healthcare professional aware of the unique needs of the prenatal and postpartum mother. Learn all you need to know about the changes in your body and how to counteract adverse body changes and common aches and pains through specific exercises that isolate the exact muscles weakened during pregnancy and childbirth. Baby Weight features the CoreMama exercises, which teach you to work the muscles that need it most in a progressive and intense program that caters to all fitness levels. Since the exercises were developed by a Physical Therapist and Perinatal Fitness Educator specializing the treatment of women during and after pregnancy, you can rest assured that the intense exercises will safely challenge you within the limits of your abilities to push to the next level....



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