

A woman with long brown hair, wearing a light blue uniform, is leaning over a black stretcher. She is looking at a baby who is lying on the stretcher. The baby is wearing a blue and white checkered shirt. The woman's hands are near the baby, suggesting she is providing care or training. The background is a dark, textured surface, possibly a wall or a piece of equipment.

PREGNANCY AT FORTIS

A GUIDE TO TRAINING WITH US
THROUGH PREGNANCY

FORTIS

WE'VE GOT YOU

FIRSTLY - CONGRATULATIONS!

WE'RE SO GLAD YOU'RE HERE.

WE WILL ALWAYS ADAPT SESSIONS FOR YOU,
BUT UNDERSTANDING HOW TO ADAPT ALONGSIDE
US WILL HELP YOU FEEL:

- SAFE
- CONFIDENT
- IN TUNE WITH YOUR BODY

YOU KNOW YOUR BODY BEST.

THIS IS OUR GUIDE.

FORTIS

THE BIG RULES

ALWAYS LET YOUR COACH KNOW

WITH YOUR BLESSING, I'LL INFORM THE TEAM -
BUT A GENTLE REMINDER TO YOUR COACH IN
PERSON (ESPECIALLY IN THE EARLY STAGES)
IS ALWAYS APPRECIATED

STAY AT A CONVERSATIONAL PACE

NO MAX EFFORTS / NO CHASING PBS

CONTROL OVER INTENSITY

IF IT DOESN'T FEEL RIGHT - STOP

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BREATHE

YOUR BREATH IS YOUR FOUNDATION.

THINK:

- EXHALE ON EFFORT
- AVOID HOLDING YOUR BREATH (NO BRACING OR BEARING DOWN)
- GENTLE LIFT THROUGH PELVIC FLOOR AS YOU EXHALE
- RIBS STACKED OVER HIPS (NOT FLARING)

IF YOUR BREATHING LOSES CONTROL - THAT'S YOUR SIGN TO SCALE BACK.

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TRIMESTER 1

YOU MAY FEEL NORMAL,
BUT THINGS ARE CHANGING.

YOU CAN:

- CONTINUE MOST CLASSES
- KEEP VARIETY IN YOUR TRAINING

START TO:

- REDUCE INTENSITY
- LEARN SCALING OPTIONS
- TUNE INTO FATIGUE

BE MINDFUL OF:

- NAUSEA / DIZZINESS
- OVERHEATING
- PUSHING THROUGH EXHAUSTION

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TRIMESTER 2

THIS IS WHERE WE GET MORE INTENTIONAL.

START TO MODIFY:

- NO PROLONGED LYING ON YOUR BACK
 - REDUCE FRONT LOADING
 - STEP INSTEAD OF JUMP
 - MORE SUPPORTED POSITIONS

WATCH FOR:

- CONING / DOMING THROUGH YOUR MIDLINE
 - PRESSURE WHEN BRACING

FOCUS SHIFTS TO
CONTROL, BREATHING, AND QUALITY.

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TRIMESTER 3

SUPPORT OVER INTENSITY.

EXPECT:

- SLOWER PACE
- MORE REST
- MORE INDIVIDUAL SCALING

FOCUS ON:

- STABILITY
- BREATHING
- PELVIC FLOOR AWARENESS

THIS IS ABOUT KEEPING MOVING,
NOT PUSHING PERFORMANCE.

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CLASS GUIDE

- ✔ **BUILD:** GREAT THROUGHOUT - CONTROLLED STRENGTH WORK (SOME MOVEMENTS MAY NEED ADAPTING)
- ✔ **RIDE:** BRILLIANT OPTION THROUGHOUT - FULLY SELF-PACED, LOW IMPACT
- ✔ **OPEN GYM:** GREAT FOR FULL CONTROL OVER PACE AND MOVEMENT
- ! **ENGINE:** KEEP INTENSITY MODERATE - SCALE WHERE NEEDED
- ! **RIDE:CON:** RIDE WORKS WELL / CON → REDUCE INTENSITY + SCALE MOVEMENTS
- ! **GRAFT:** DEPENDENT ON MOVEMENT + WORKOUT INTENSITY - COACH-SUPPORTED SCALING ESSENTIAL
- ! **WOW:** CAN BE SCALED, BUT MORE UNPREDICTABLE - MAY FEEL OVERWHELMING
- ✘ **BOX:CON:** ROTATIONAL + EXPLOSIVE MOVEMENTS - BEST AVOIDED DURING PREGNANCY

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ADAPTATIONS

START MODIFYING OR REMOVING:

- HIGH IMPACT (JUMPING, BOUNDING)
 - HEAVY BARBELL LOADING
 - FRONT-LOADED POSITIONS
- SUPINE WORK (AS PREGNANCY PROGRESSES)

WE'LL START TO ADAPT GYMNASTICS EARLY ON

AVOID OR SCALE:

- KIPPING MOVEMENTS
- TOES TO BAR / HANGING VOLUME
- HANDSTANDS / INVERSIONS

FOCUS INSTEAD ON:

- CONTROLLED PULLING + PRESSING
- STABILITY AND STRENGTH

NOT SURE?

SPEAK TO YOUR COACH - WE'LL GUIDE YOU ON WHAT'S RIGHT FOR YOU.

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HOW TO ADAPT

WHEN SOMETHING DOESN'T FEEL RIGHT, DON'T JUMP STRAIGHT TO CHANGING THE MOVEMENT.

WORK THROUGH THIS:

- BREATH
- POSITION
- RANGE OF MOTION
- THEN CHANGE THE MOVEMENT

EXAMPLE: SQUAT

- ADJUST YOUR BREATH (EXHALE AS YOU MOVE)
- CHANGE POSITION (BARBELL → DUMBBELL)
- REDUCE DEPTH (BOX / PARTIAL SQUAT)
- THEN CHANGE THE MOVEMENT IF NEEDED

SMALL CHANGES OFTEN FIX THE PROBLEM.
IF NOT - WE'LL ADAPT IT TOGETHER.

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BUMPS & BABIES

YOU MIGHT BE READY TO MOVE TO OUR
BUMPS & BABIES PROGRAMME WHEN:

- YOU'RE HEADING INTO MATERNITY LEAVE
- YOU WANT MORE TAILORED SUPPORT
- YOU'RE UNSURE HOW TO ADAPT MOVEMENTS
 - YOU'RE LATER IN PREGNANCY
- YOU WANT A CALMER, MORE FOCUSED SPACE

MOST TRANSITION:
LATE TRIMESTER 2 → TRIMESTER 3



MOLLIE
HATCH ATHLETIC PRE & POSTNATAL COACH

MOLLIE HEADS UP BUMPS & BABIES, SPECIALISING IN SAFE, SUPPORTIVE STRENGTH TRAINING THROUGH PREGNANCY AND POSTNATAL RECOVERY. HER CALM, ENCOURAGING COACHING HELPS WOMEN FEEL CONFIDENT, CAPABLE, AND CONNECTED TO THEIR BODY AT EVERY STAGE.

FORTIS

YOU'VE GOT THIS

THIS ISN'T ABOUT STOPPING.

IT'S ABOUT:

→ ADAPTING

→ UNDERSTANDING YOUR BODY

→ CONTINUING TO MOVE WELL

WE'VE GOT YOU EVERY STEP OF THE WAY.

#TEAMFORTIS

FORTIS