



- **Please contact Melissa to change or cancel a booking via email melissa@bumpspilates.com.au, text message or phone call 0412 297 057 (>24 hrs notice is required)**
- **Please update your instructor if you have any changes to your medical condition during your pregnancy or post natal recovery**

Exercise & Safety Guidelines:

- Perform ALL exercises in a SLOW & CONTROLLED manor
- Try to engage your deep abdominal & pelvic floor muscles throughout the pilates exercises while continuing to breathe comfortably
- Try to maintain good posture through all the exercises & also in daily activities
- Be very careful when adjusting springs on your reformer, NEVER leave the carriage without any springs, especially when you are on it!
- NEVER step onto and over the carriage of the reformer always step around it
- Please work within your OWN limits of strength, flexibility & pace
- Modifications can always be made for each exercise
- Perform all stretches gently, NEVER bounce or overstretch
- Keep your breathing rhythm regular, avoid holding your breath.
- Make sure you drink plenty of fluids & eat a carbohydrate snack 1-2 hrs before the class
- Monitor your Rectus Diastasis (separation of the abdominals sometimes seen as a gap, peak or bulging in the tummy muscles) and advise your instructor if you notice it getting bigger so modifications to exercises can be made
- If you are developing any lower pelvic pain or front pubic pain (**known as pelvic girdle pain**) some single leg loading exercises should be avoided and you may need physiotherapy treatment
- Exercises on your back position) will be avoided due to potential supine hypotension.

Stop Exercising immediately if you experience any of the following symptoms:

- **Sudden pain or numbness**
- **Dizziness, faintness, headaches, blurred vision**
- **Nausea or vomiting**
- **Excessive shortness of breath**
- **Vaginal bleeding**
- **Contractions, leakage of amniotic fluid or reduced movement of your baby**
- **Extreme fatigue or feeling unwell**
- **Hot & sweaty**