



The 3-Plan Your Complete Pregnancy and Postnatal Exercise Plan

By Lucie Brand

Paperback. Book Condition: New. Paperback. 136 pages.
Important note: This book is designed for the KINDLE FIRE and will not display clearly on other Kindle models. A comprehensive exercise plan with over 75 unique exercises and combinations for pregnancy and the 9 month postnatal period. Book of the month in Prima Baby April 2013. Flexible, safe, effective and easy to follow, the 3-Plan will have you looking fantastic in just 3 hours a week! The only book you need from the first days of your pregnancy to slipping back into your pre-pregnancy wardrobe. . . . Get your body strong and healthy for a smooth labour and delivery, discover the secrets of the celebrities, running advice, tummy flatteners and pelvic floor exercises, cardio ideas, back stretches and warm up guide, diet and calorie guidelines, exercise instructions, photos and journal template, real women. Your all encompassing pregnancy and postnatal fitness and health guide - this is the book you have been waiting for! The 3 plan is a really innovative and user friendly approach to exercising in pregnancy and the postnatal period. An invaluable book for any newly pregnant mum, full of helpful tips with clear guidance and instructions. Jenny...



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