



Delivering Fitness: Your Guide to Health And Strength Training During Pregnancy

Christine Quatro, Erinn Mikeska

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The authors have devised a unique fitness program incorporating key strength-training exercises specifically designed for each trimester and for the postpartum period. **UNIQUE TO THIS BOOK ARE FOUR LARGE FOLD-OUT POSTERS (ONE FOR EACH TRIMESTER AND ONE FOR POSTPARTUM) THAT ILLUSTRATE THE EXERCISES AND CAN BE DISPLAYED ON THE WALL OF YOUR EXERCISE AREA. THE INSTRUCTIONS ARE CLEARLY WRITTEN AND EASY TO FOLLOW.**

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