

# ***Elite Personal Fitness***

## **Fitness Tips**

### ***Tailor Exercises***

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The following exercises help to strengthen and tone the muscles you will be using during labor and delivery. Try to perform these exercises every day.

#### **Tailor Sitting**

1. sit on the floor
2. bring feet close to your body and cross your ankles (Indian style) maintain this position for as long as you feel comfortable

#### **Tailor Press**

1. sit on the floor
2. bring bottoms of your feet together as close to your body as you feel comfortable
3. place hands under your knees and press down with your knees while resisting the pressure with your hands
4. count slowly to three, then relax
5. gradually increase the number of presses until your doing them 10 times, twice a day

#### **Tailor Sitting and Stretching**

1. sit on the floor with your back straight
2. stretch your legs in front of you with your feet about a foot apart
3. allow your feet to flop outward
4. stretch your hands forward toward your left foot, then back
5. stretch your hands forward toward center, then back
6. stretch your hands forward toward your right foot, then back gradually increase the set of stretches until you are doing then 10 times, twice a day

#### **Benefits of tailor exercises**

- helps eliminate unnecessary pressure in the pelvic area which improves circulation to the legs.
- uses the bones of the pelvis to support your weight, preventing unnecessary discomfort of using the pelvic floor to support your weight.
- allows you to lean forward, taking the weight of the uterus off your back & pelvic floor.
- stretches the inside of your legs to help prepare you for second stage labor.
- allows you to stretch your back, helping to reduce or eliminate backaches.