

Mode	Example	Intensity	Duration	Frequency	Progression
Aerobic	<ul style="list-style-type: none"> • Walk/Jog • Swim • Elliptical 	Inactive – Moderate (70% HRmax)	15 mins with 5 mins bout	Start with 3 progress to at least 4 days a week	30 mins with 10 mins bout
		Already active – Moderate to High (70-80% HRmax)	30 mins		45 mins
	<ul style="list-style-type: none"> • Aquatic activities • Prenatal exercise classes 		45-60 mins		
Anaerobic	Weight Training Light free weight	50% 1RM Moderate weight 15 repetitions of 2-4 sets	4 exercise	Twice per week (non-consecutive days)	8 exercises
	Moderate machine weight	70-80% 1RM Heavy Weight 8-12 reps 2-4 sets			
Flexibility	Stretching Light body work exercises		45 mins	1-2 times per week	
	Prenatal Yoga class				