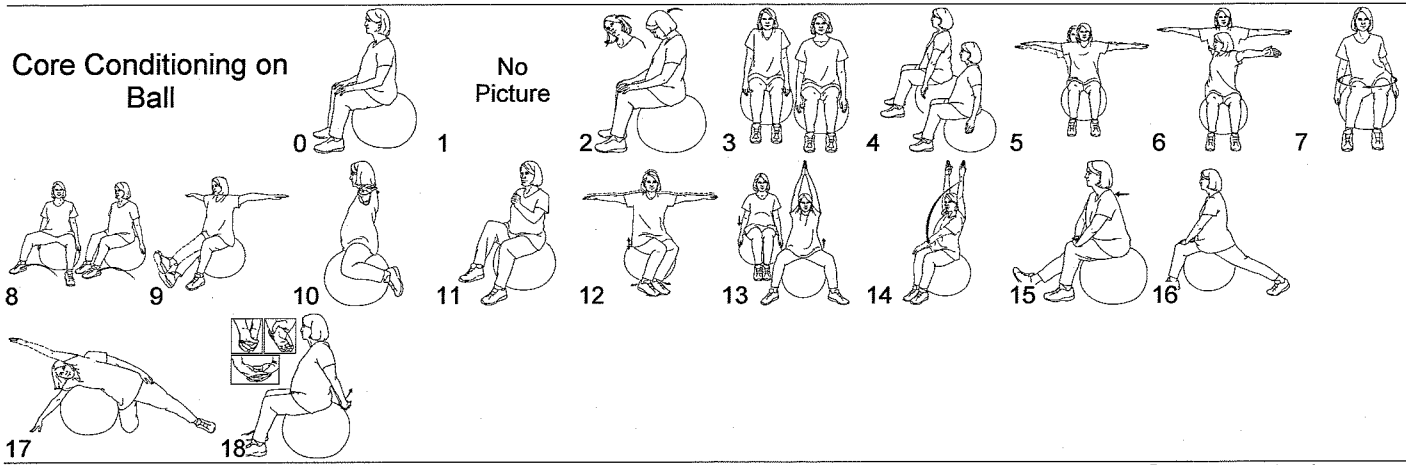
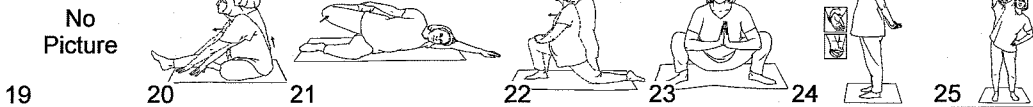


# Pre/Postnatal Kit

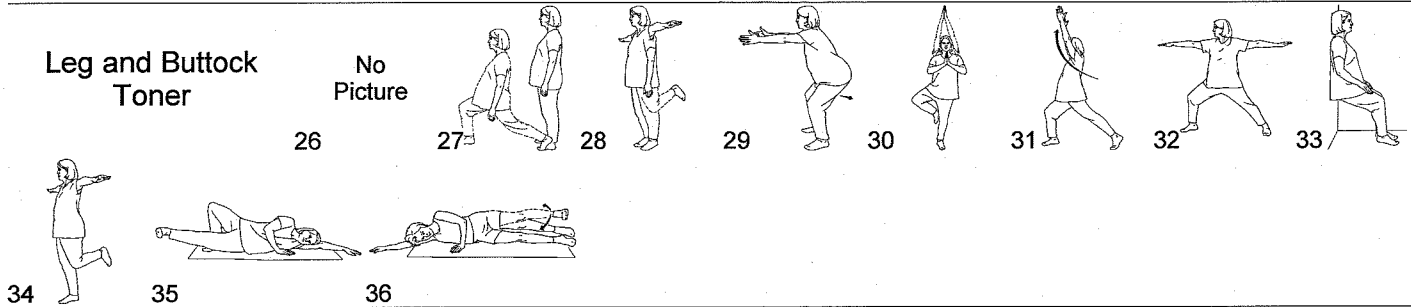
## Core Conditioning on Ball



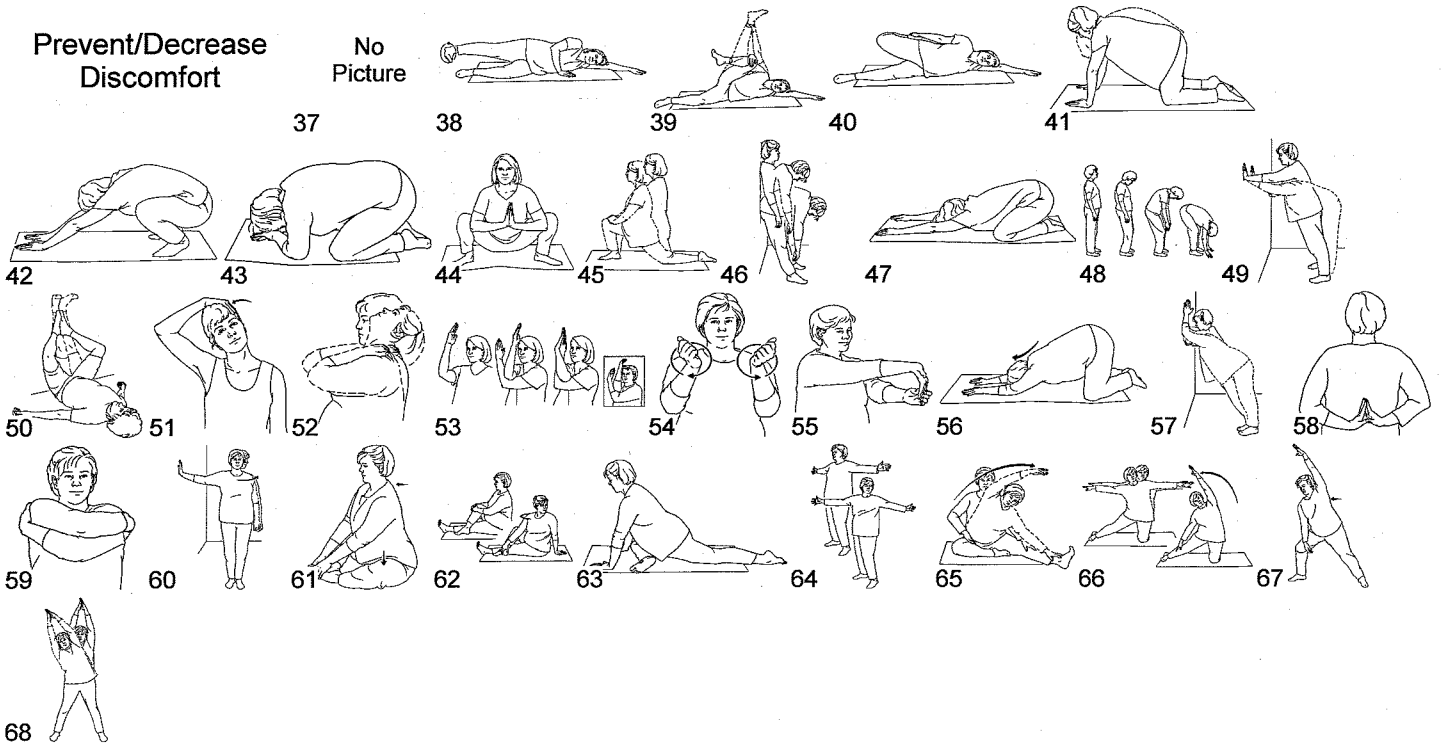
## General Stretch



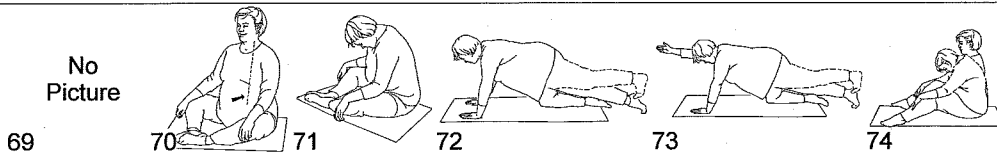
## Leg and Buttock Toner



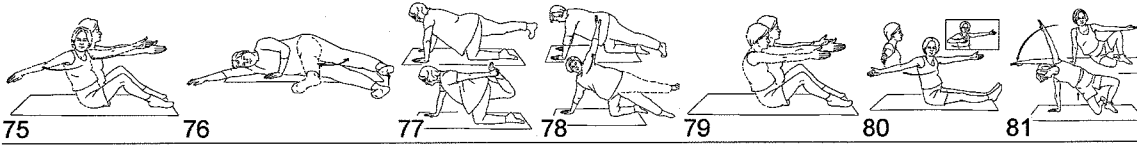
## Prevent/Decrease Discomfort



## Torso Toner



# Pre/Postnatal Kit

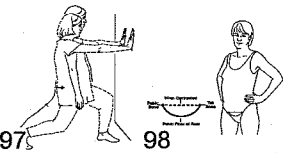


## Upper Body Toner

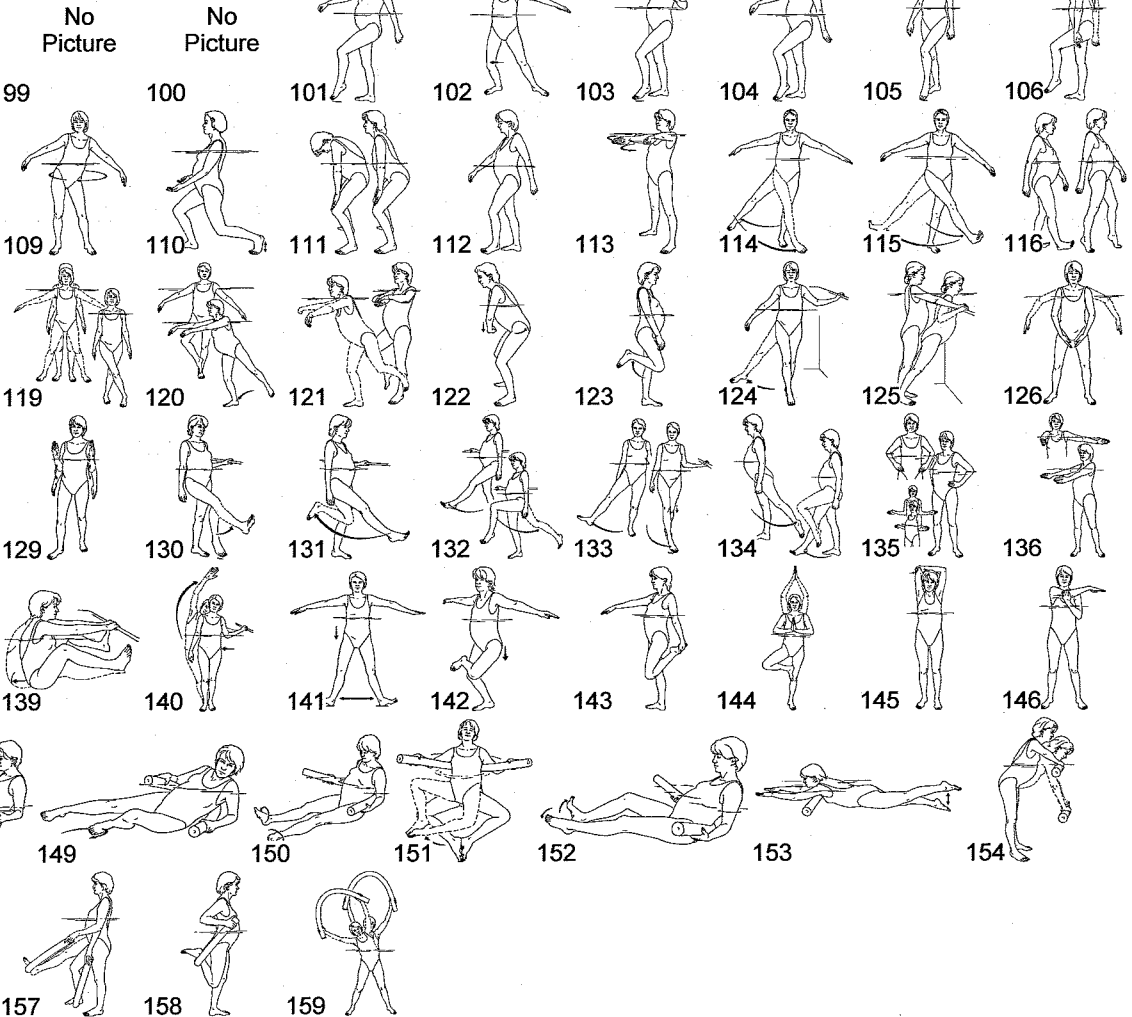


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## Warm-Up



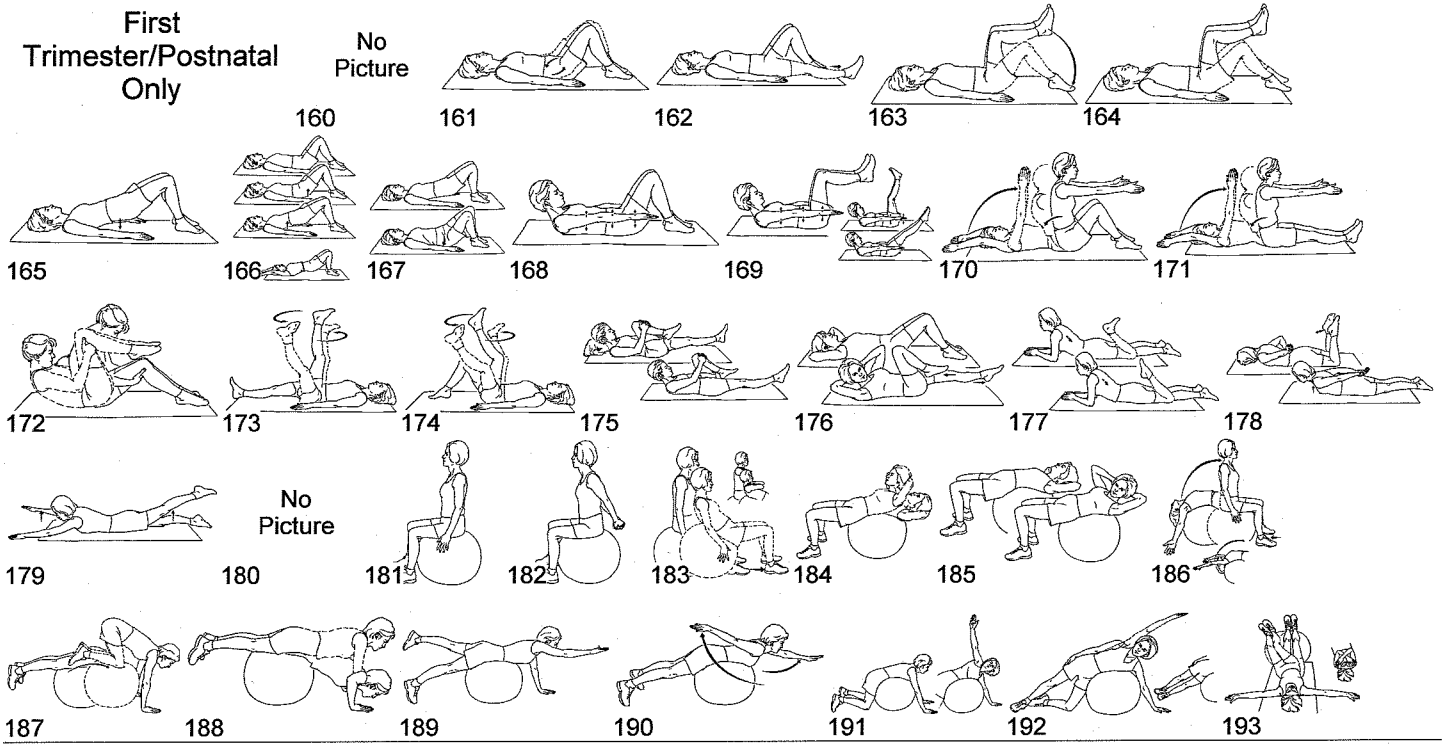
## Water Fitness



# Pre/Postnatal Kit

## First Trimester/Postnatal Only

No Picture



## With Baby

