

# 10 Pregnancy Workouts You Can Try on YouTube

## 01 Prenatal Cardio Workout

<https://youtu.be/khljsJKuGKc>



## 02 Pregnancy Bodyweight Workout

<https://youtu.be/GSKw35zMQzg>

## 03 Prenatal Pilates

[https://youtu.be/38QKU7P\\_yxs](https://youtu.be/38QKU7P_yxs)

## 04 Pregnancy Dance Workout

<https://youtu.be/8CQOIYCq2UQ>



## 05 Pregnancy Core Workout

<https://youtu.be/Dnq91nbrjCs>

## 06 Prenatal Yoga Workout

<https://youtu.be/LwL9RnsU3i4>

## 07 Pregnancy Glutes/Butt Workout

<https://youtu.be/EjkJnljz-0l>

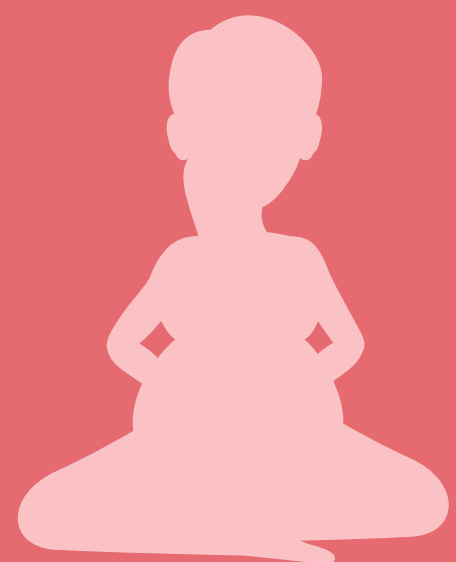


## 08 Prenatal Barre Workout

[https://youtu.be/XK2PXZo\\_yws](https://youtu.be/XK2PXZo_yws)

## 09 Pregnancy Strength Workout

<https://youtu.be/gNGOGWnvMqQ>



## 10 Prenatal Pilates Stretches

<https://youtu.be/1SKCq-hfB00>