

# Basics: Prenatal

## FAQs

### **Is this program for me?**

If you are on your journey to get pregnant or currently pregnant then this training program is for you! We often have our mom's in their first trimester who really enjoy this 30 day program as it allows them to slow down and ride out the waves of early pregnancy. If you need more guidance on when this program is for, please see our BIRTHFIT Timeline.

### **I am currently training at a gym – can I do this program in addition?**

This program can be done in tandem with another program but we highly suggest joining a program that prepares you for birth like our Full Term Prenatal Program. If you decide to continue with your current training, you can add this to the beginning to prepare your body for that day's workout or at the end to reconnect and down regulate.

### **How long is this program and how long is each day's training?**

This program is 30 days long and each day is about 20 to 30 minutes of movement.

### **What equipment is needed for me to do this program?**

This is an equipment free program. Having a yoga mat or soft place to sit or lay is helpful but not required.

### **Do I get one on one support from a coach?**

With our current app, TrainHeroic, we have a community chat option. Our community can post questions there and our team of coaches reply within 24 hours. We do not offer personalized training and support at this time but we do offer our chat support as well as our Monthly Support Calls. If you would like personalized support we have our B! Consultation that you can purchase to work with a coach one on one for 30 minutes!

### **If I stop or need to miss a day, can I reset and start again or reschedule a training day?**

You can absolutely reset your start date if you need to delay and you can reschedule one day at a time as you need!

### **How long do I get access to this program?**

You have active access for the life of the program and the platform.

### **If I purchase this program, do I get discounts on other BIRTHFIT Programs?**

Yes! Within each training program we offer discounts to subsequent programs. We list these in the notes for the daily workout at the end of each program.

### **Can I gift a program to someone else?**

Yes, you sure can! To make this happen you must email us at [info@birthfit.com](mailto:info@birthfit.com)

