

Prenatal Program

FAQs

Is this program for me?

If you are currently pregnant then this training program is for you! This full term program starts at Week 5 of your pregnancy and will train you all the way up to 42 weeks. Upon purchasing you will receive an email letting you know how to set your start date so you are in the correct gestational week. We also offer this program in trimesters - First Trimester, Second Trimester, Third Trimester. 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 is a stand alone program. We offer a Mind Body Connection (B! Basics), Warmup, Strength/Skill, Conditioning and a Mind Body Reflection for each day. We truly believe in training for birth and that shifting into a programming that supports that is the best way to have a beautiful and strong birth.

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

This program is 37 weeks long with 3-4 training sessions a week. Each day is 45-75 minutes in length. We highly recommend always preparing for your training day in advance. Look at the workout, watch the videos and know what you are doing the day before.

What equipment is needed for me to do this program?

This program requires at least a single Kettlebell or set of Dumbbells, a box or stair, and a resistance band. A full gym set-up is always ideal but we add notes on how to adjust for your equipment availability.

Do I get one on one support for any questions I have?

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! At this time, when you miss a day you cannot reschedule the following days all at once. If you have any issues please reach out to us!

How long do I get access to this program?

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

I had a program 3-4 years ago and see that I no longer have access – can I regain access?

Over the course of the last 2 years BIRTHFIT has been evolving and growing! We have emailed numerous times letting everyone know about our transition of programs to a new platform and what to expect moving forward with BIRTHFIT. Sadly, email doesn't always make it through. For us to better assist you please email us and we can check your account.

