

# Second Trimester Workout

This workout will require a set of dumbbells and a band. Complete 8-12 repetitions of each exercise and complete each exercise once in a circuit style. Rest 1-2 minutes and then repeat the circuit 2-3 times.



Sumo Squat



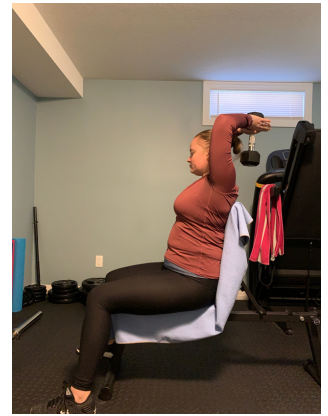
Bicep Curl



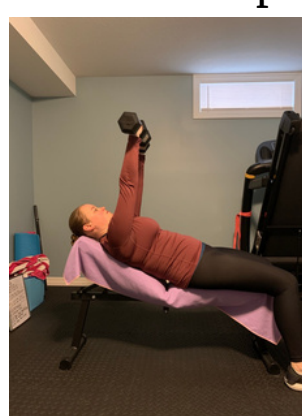
Sumo Romanian Deadlift



Seated Overhead  
Tricep Extension



Split Squat



Incline Chest Press

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Kickback + Row



Seated Overhead Press