



Sharon Lombardi Releases A Video On Workouts For Pregnant Women

October 22, 2019

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Sharon Lombardi is a personal fitness trainer who provides training tips and health plans on social media. She has become an Instagram fitness expert with many videos and recently, she posted a video with workout tips for pregnant women.

On the video, the fitness expert said, "Workouts you can MOST LIKELY do when Pregnant. For the past couple weeks I have been feeling absolutely miserable. All day nausea and vomiting isn't really fun. Laying in bed all day was getting painful on my body and mind. I wanted to do SOMETHING. So I finally decided I had to get out my resistance bands so at least I could do something even if it meant laying in bed. Here are some of the exercises I did and you can do them too! If you are pregnant, really sick, or bed ridden for some reason most likely you will be able to try some of these exercises. Obviously consult a doctor before, but chances are if you were pretty active before pregnancy you will be able to do most of the same things with some modifications. Hopefully these exercises make you feel good and healthy about yourself because that is what exercise is really all about. I know it brought some positivity to me when I was really feeling miserable."

Following her on her social media page will give access to the health and fitness tips and plans she regularly posts.

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HIIT FIT Boxing

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