



ALKALIGN PREGNANCY

THE PLAYBOOK

Your Guide To *What To Expect*
While Alkalining



Erin Paruszewski



Mackenzie Israel-Trummel

Hi beautiful mama!

We are so thrilled to be joining you on this journey. You are growing a tiny human! Just take a moment to recognize how amazing you are. This time of life is certainly like none other.

It has ups & downs (sometimes called squats) and everything in between. Our goal is to help you learn about your body and to embrace all the changes. Together we will build strength, both physically and mentally, from the inside out.

We are here to support you every step of the way.. You've got this.

Xo,
- Erin, Mackenzie and the Alkalign Team

Erin Paruszewski, Founder, Owner and CEO of Alkalign Studios is a lifelong athlete, fitness enthusiast and mom of 2 girls. Erin has taught functional strength classes for over 13 years, studied biomechanics with Katy Bowman, all things fascia with Jill Miller, and completed her health coaching certification with the Institute for Integrative Nutrition.

Erin is particularly passionate about helping pregnant women, as it was during her own pregnancies that she discovered the importance of prioritizing what is on the inside (quite literally) vs. the outside. This was a significant shift in mindset and monumental disruption of a belief system she clung to for three decades. Being "healthy" was no longer about six-pack abs or looking good in a bikini. It was about truly nourishing herself and her baby with nutritious food and movement. She went cold turkey on junk food and "junk fitness" in favor of practices that actually made her feel better both mentally and physically. The change she experienced was so empowering that it ultimately inspired the birth of her third baby, Alkalign.

Mackenzie Israel-Trummel is a former Alkalign instructor, current client, and an all around bad-ass mom and human who holds a PhD in Political Science from Stanford University. When we say Alkalign is "smart exercise for smart people", we aren't kidding. Dr. Mack and Erin collaborated on this program during her second pregnancy. She is extremely knowledgeable about the human body and has a particular passion and gift when it comes to modifications and adjustments for pregnant women.

QUESTIONS? Please email erin@alkalignstudios.com or pregnancy@alkalignstudios.com

WHAT TO EXPECT WHILE YOU'RE ALKALIGNING



OH BABY! At Alkaline, we help you find your way to a safer and healthier pregnancy. Our focus on alignment, strength and nourishment benefits you and your baby!

WHAT YOU NEED

- Yoga mat or carpet that is easy on your joints...especially your wrists and knees.
- Stable surface for balance (pro tip: if your crib is set up it makes a perfect stable surface).
- [Light weights](#)
- [Block](#)
- [Alkaline squishy ball](#)
- [Yoga tune up balls](#)
- Mirror recommended for alignment.

A FEW HELPFUL TIPS

- Listen to your body and ask us how to additionally modify exercises. Your coach and visual demo will help you in the video, but please reach out if you have questions.
- Nourish your body & baby. Eat a small healthy snack before exercising and hydrate properly.
- Use a mat or soft surface.
- Plank on your knees once you're showing (protect your linea alba!).
- Be gentle with your abdominals during spinal rotations.
- Never do anything that hurts.

Many well-respected sources agree that moderate intensity exercise in pregnancy is safe and has multiple health benefits for both mother and baby. Please make sure you have your medical provider's approval to exercise. Check in with your coach to mention any special considerations you may have.

THE IMPORTANCE OF PROPS



Invest in yourself as much as you are investing in your baby. Trust us on this one.

While taking care of your tiny human is important, there is no rule in the new mama book that says you have to put yourself on the back burner. In fact, the better you take care of you, the better you can care for your baby, whether inside or outside of the womb.

Consider the [Premium Prop Kit](#) the “snoo” for YOU! It will help you move, feel and sleep better throughout your pregnancy. Stockpile that sleep now while you can.

Everything in this prop kit will help you find alignment and support your body during the workouts and rolling.

GET 15% OF YOUR FIRST PURCHASE
USE CODE STRONG MAMA

[PLUS a special FREE gift](#)

“Let us make pregnancy an occasion when we appreciate our female bodies.”

– Merete Leonhardt-Lupa



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THE 7 FUNCTIONAL MOVEMENTS

Squat, lunge, push, pull, hinge, rotate, and walk are the **seven functional movement patterns** that your body relies on to do everything, everyday! At Alkaline, our workouts are based on the 7 functional movements, but these movements are about way more than just working out. They are necessary for **everyday life, both during pregnancy and post-partum**. Think about how you squat to pick up the package off the front porch or how you will hinge to pick up your baby.

These movements are essential for your body and have deep roots in our well-being. While pregnant, your center of gravity will change as your baby grows. This shifts proprioception, impacts balance and alters the load on your joints. **The Alkaline practice will help you tap into both your brain and body to keep you feeling as good as possible throughout your pregnancy and beyond.**



ROTATION



PUSH & PULL



SQUAT



WALK



LUNGE



HINGE



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MOBILITY, STABILITY & STRENGTH IN PREGNANCY & POSTPARTUM

When it comes to functional movement (and everything in life really), it's important to have a system in place so you focus on the right things vs the wrong things. The major components of Alkaline's program are built on the 7 functional movements and the functional movement pyramid. You need all of these parts to be working to support your body as it is changing.



MOBILITY: You need mobility to gain strength. The terms mobility and flexibility get tossed around (and often mixed up) in the fitness world, but usually get brushed aside when it comes to exercise programming. There is a belief that if it's not burning calories, it's not worthy. There is also a level of inherent discomfort in SLOWING DOWN and paying attention. The fact is, **mobility is the foundation of the pyramid** because without it, you cannot improve flexibility, stability or strength. A lack of mobility can lead to pregnancy-induced aches, pains, injuries and joint issues, many of which linger long after pregnancy.

STABILITY: Stability is the ability to control your body position from head to toe through movement. The stability training you will receive from Alkaline will support and enhance your pregnant body by increasing your body awareness, coordination, joint stability and reaction time. These elements are not only great for everyday life as your baby grows, but also during labor and your postpartum recovery. Stability is in the middle of your pyramid because it's essential to building strength.

STRENGTH: Stronger muscles means a healthy body. Proper strength training during pregnancy will help prepare you for the physical demands of labor and motherhood. Alkaline will move you safely through strength training workouts, in proper form, that will increase the integrity of your muscle fibers, improve your form/technique, decrease the chances you'll suffer from pregnancy-induced injuries and help your body recover faster in the 4th trimester.

Throughout the Alkaline Pregnancy program, we will show you how to increase your mobility so that your strength and stability can continue to grow...just like your baby!



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PROGRAM SCHEDULE

This program consists of video-based content for you to follow along with each day. The exercises are designed to be done from home with minimal equipment. You will find it beneficial to have a yoga block, some light weights (2-4 lb.), a squishy ball, Recharge balls and a loop band. You can purchase these props from our online store at a [15% discount using promo code STRONGMAMA](#).

It's designed for you to take it at your pace, however we stress consistency for best results. We know you are a busy mom, but making time for your health now will benefit your family for all the wonderful years ahead of you!

This program is yours to keep to repeat as needed. Simply visit your [Alkaline Modules in the Pregnancy Program](#) to maintain your strength gains. Join our [Livestream](#) or [On Demand](#) studios for more workouts and connection to our knowledgeable instructors.

Session 1 - Meet, Greet, Ground Rules +
Goal Setting

Session 2 - Getting Started: What (and Who)
You Need to Know

Session 3 - Incorporating Breath

Session 4 - Bio-Individuality + Modifications

Session 5 - Can I Work My Abdominals During
Pregnancy?

Session 6 - The Linea Alba

Session 7 - Stability + Mobility vs Hypermobility

Session 8 - Other Delightful Pregnancy Issues

Session 9 - You're On a Roll!

Session 10 - I Like to Move It Move It

Session 11 - Putting It All Together

Session 12 - Feedback



Live Present. Be Forward. Alkalign For a Better Life



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Disclaimer - Results will vary, and you should check with your doctor to determine whether Alkalign Pregnancy is right for you. Our Coaches are not doctors or psychologists. They are your Health Coaches. Alkalign Pregnancy is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional. Trained health coaches may not make any medical diagnosis, claims and/or substitute for your personal physician's care. As your Alkalign Pregnancy Coaches, they are not providing a second opinion or in any way attempting to alter the treatment plans or therapeutic goals/recommendations of your personal physician. It is their role to partner with you and to provide you with ongoing support and accountability as you create an action plan to meet and maintain your health goals.

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