

FREE SAMPLE · EXTRAIT GRATUIT

Formation Grossesse

Prenatal & Postnatal Training Curriculum

The complete decision logic for AI agents handling pregnancy fitness and nutrition — safely.

WHAT'S IN THIS SAMPLE / CE QUE CONTIENT CET EXTRAIT

- ! Table of contents (8 modules overview)
- ! Module 01: First Trimester (weeks 1–13) — full preview
- ! Module 06: Prenatal Nutrition Architecture — introduction
- ! Purchase CTA: get the full 47-case curriculum for €30

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First Trimester (weeks 1–13)

Safe exercise parameters, nausea management, fatigue adaptation, caloric needs.

! PREVIEW INCLUDED IN THIS SAMPLE

02

Second Trimester (weeks 14–26)

Program intensity progression, belly size adaptations, supine exercise restrictions.

03

Third Trimester (weeks 27–40)

Low-impact modifications, pelvic floor focus, labor preparation exercises, SPD protocols.

04

Postpartum Recovery (0–12 weeks)

C-section vs vaginal birth protocols, diastasis recti screening, hormonal recovery windows.

05

Return to Exercise (12+ weeks)

Progressive return protocols, pelvic floor rehabilitation, high-impact clearance criteria.

06

Prenatal Nutrition Architecture

Macro needs by trimester, key micronutrients (folate, iron, DHA), nausea-adapted meal plans.

! PREVIEW INCLUDED IN THIS SAMPLE

07

Breastfeeding Nutrition

Caloric surplus needs, galactagogue foods, exercise & milk supply interactions, recomposition windows.

08

47 Medical Edge Cases

Complete decision protocols for complications: gestational diabetes, preeclampsia, hyperemesis, multiples, and more.

01

First Trimester

Premier trimestre — Semaines 1–13 / Weeks 1–13

Safe Exercise Parameters / Paramètres d'exercice sécurisés

- **Heart rate ceiling / Plafond de fréquence cardiaque**

Keep HR \leq 140 bpm during T1. First trimester cardiac output increases 30–50% — intense exercise compounds this stress. Use RPE 3–5 / 10 (moderate, can hold a conversation).

- **Exercise duration / Durée des séances**

20–30 min sessions recommended T1. Fatigue and nausea levels vary; build up from 15 min if needed. Full 45–60 min sessions appropriate once symptom tolerance established.

- **Avoided movements / Mouvements à éviter**

No heavy Valsalva maneuver. No contact sports. No exercises with high fall risk. Avoid extreme heat (no hot yoga, saunas).

- **Core training / Entraînement du core**

Planks, bird-dogs, and dead bugs remain safe T1. Avoid supine core work past week 16 (vena cava compression). Begin pelvic floor activation education early.

Nausea Management / Gestion des nausées

Up to 80% of pregnant users experience nausea in T1. Exercise prescription must adapt:

- Schedule sessions for the time of day when nausea is lowest (often mid-morning or evening)
- Prefer walking, swimming, prenatal yoga — lower intensity reduces nausea triggers
- Ginger supplementation (250 mg 4x/day) shown effective in 3 RCTs; recommend if severe
- If hyperemesis gravidarum (severe vomiting, weight loss \geq 5%) ! halt exercise, refer to OB immediately

You've seen the structure. The full course has 8x more.

Vous avez vu la structure. La formation complète a 8x plus de contenu.

Ø=ÜË All 8 modules — Trimesters 1, 2, 3 · Postpartum · Return to exercise · Nutrition · Breastfeeding · 47 Edge Cases

Ø=Ý, 47 medical edge case protocols — gestational diabetes, preeclampsia, PCOS, diastasis recti, C-section, hyperemesis, and 41 more

Ø=ÜË Decision trees and flowcharts — structured for direct RAG ingestion by AI agents

Ø<ß Bilingual FR/EN — full content in both French and English

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