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Jenny's Integrated Functional Exercise – Voiced Over Video's To Accompany Live Class

Mobilizations for the beginning and end of the workout: https://vimeo.com/144645133

Jenny's Phase 1: https://vimeo.com/144645164

Jenny's Phase 2: https://vimeo.com/144645228

Jenny's Phase 3: https://vimeo.com/144645193

The password for these videos is: **donotshare**

Here are some blogs that I think you'll find interesting also….

1. Resistance Starches for Gut Health: http://www.burrelleducation.com/2015/adding-resistant-starch-to-your-diet-for-better-gut-health/

2. Diane Lee and other Diastatis References: http://www.burrelleducation.com/2015/2015-diastasis-research-update-16-reasons-why-nutrition-lifestyle-matter/

3. Integrated Core Training During Pregnancy: http://www.burrelleducation.com/2014/modern-pregnancy-exercise-functional-integrated-core-strength-throughout-the-trimesters/

4. Loaded Movement Training During Pregnancy: http://www.burrelleducation.com/2014/loaded-movement-training-pregnancy-exercise/

There is a slide on how to plan the session, but if you need help, please shout in the Facebook Group I can help for everyone to see which is better in terms of my time management.