

*Inclusion criteria were:*

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- 1) Being pregnant women aged 25-40 years old with a normal pregnancy course.
- 2) Answering “no” to all questions on the PARmed-X for pregnancy.
- 3) Being able to walk without assistance.
- 4) Being able to read and write properly.
- 5) Being capable and willing to provide written consent.

*Exclusion criteria were:*

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- 1) Having an acute or terminal illness.
- 2) Having malnutrition.
- 3) Being unable to conduct tests for assessing physical fitness or exercise during pregnancy.
- 4) Being underweight.
- 5) Having pregnancy risk factors (such as hypertension, type 2 diabetes, etc.).
- 6) Having a multiple pregnancy.
- 7) Having chromosopathy or foetal malformations.
- 8) Having uterine growth restriction.
- 9) Having foetal death.
- 10) Having upper or lower extremity fracture in the past 3 months.
- 11) Suffering neuromuscular disease or drugs affecting neuromuscular function
- 12) Being registered in other exercise program
- 13) Performing more than 300 minutes of at least moderate physical activity per week
- 14) Being unwilling either to complete the study requirements or to be randomised into control or intervention group