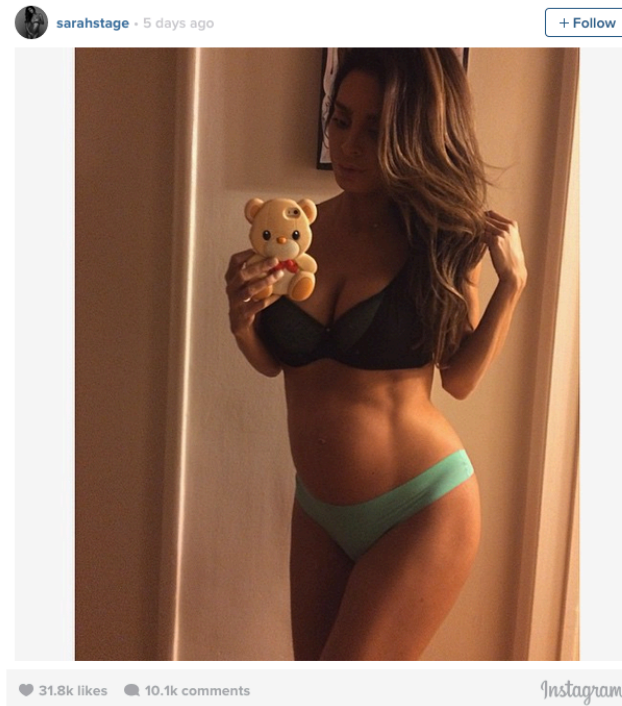




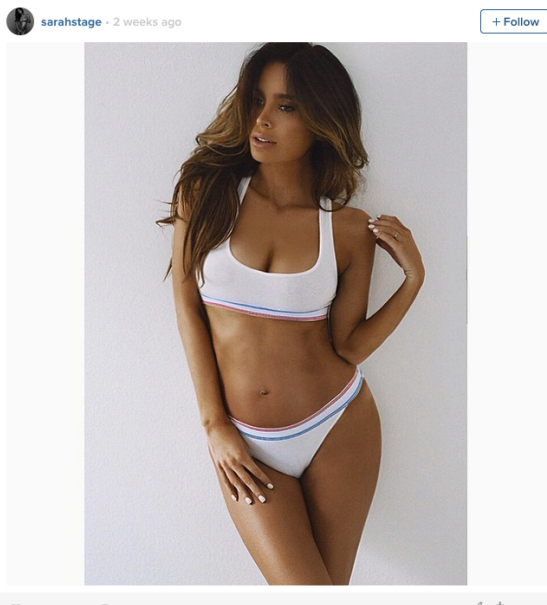
# This Is How Sarah Stage's Viral Pregnant Six Pack Is Possible

You can have insane abs during your pregnancy — here's how.

Cosmopolitan.com



Comments exploded online over the past few days when lingerie model Sarah Stage's beautiful, fit pregnancy photos surfaced online. *How is this body possible?*, people wondered. *Is it safe? Healthy?* **Franci Cohen, a personal trainer, exercise physiologist, and certified nutritionist** who went back to teaching workout classes days after giving birth to each of her four children (most doctors will tell you to wait four to six weeks), says a body like that during pregnancy is possible and can be done in a healthy way — but several factors must be considered.



One path to tight abdominal muscles like Stage's is by eating smaller meals throughout the day, which will help maintain the integrity of the muscles so they don't stretch, says Cohen. Another major factor in how fit and healthy you remain *during* your pregnancy is how fit and healthy you are going *into* your pregnancy. "The main thing is, before you go into your pregnancy, I would say get as fit as you can."



sarahstage · 4 days ago

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Any doctor will tell you to continue, for the most part, at the same level you were," she says. "You can continue until the day you give birth as long as you're not so extended with the belly that it throws your balance off or if you're carrying dangerously low."

Cohen, who says her six-pack began to resurface a few days after giving birth to each of her children, says that despite personal efforts, a lot of what a woman's pregnancy body looks like does depend on her height, genetics, and whether she starts her pregnancy overweight, underweight, or at a healthy weight. "I saw [Sarah's] body, and I know people like that. A lot of it has to do with genetics, and if she's watching her diet and is extremely fit, and she's genetically predisposed to carry small to begin with, then it's three things in her favor," Cohen says.