Randomisation (n = 150)

Exercise training (n = 75)
- Discontinued intervention (n = )
  - Reason 1 (n = )
  - Reason 2 (n = )
  - Reason 3 (n = )
  ...  
- Analysed at 37 weeks (n = )
- Lost to follow-up (n = )
  - Reason 1 (n = )
  - Reason 2 (n = )
  - Reason 3 (n = )
  ...  
- Analysed 3 months Postpartum (n = )

Usual care (n = 75)
- Discontinued intervention (n = )
  - Reason 1 (n = )
  - Reason 2 (n = )
  - Reason 3 (n = )
  ...  
- Analysed at 37 weeks (n = )
- Lost to follow-up (n = )
  - Reason 1 (n = )
  - Reason 2 (n = )
  - Reason 3 (n = )
  ...  
- Analysed 3 months Postpartum (n = )