



POST PREGNANCY WORKOUT THE PLAN

Michelle Bridges
12WBT

This page contains all you need to complete your post pregnancy workout. Each exercise is clearly illustrated on the following pages. **Have a great workout!**

Tip #1



Remember to take plenty of sips of water throughout the workout to avoid dehydration.

Tip #2



Your pelvic floor has been through a lot during birth so it's very important to make sure you engage it throughout the whole workout!!

Tip #3



Remember this isn't a race, take things at your own pace and make sure you are comfortable.

Your Workout

Step 1: Warm up



Power Walking or March on the Spot. 3:00 mins

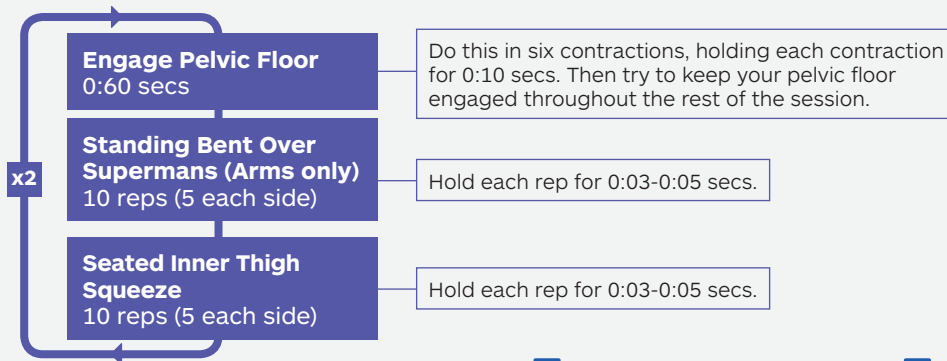
Sit Down Stand Up 10 reps

Wall Push Ups 10 reps

Step 2: Pelvic Floor & Core



Mini Circuit: Do two rounds of the following Mini Circuit.

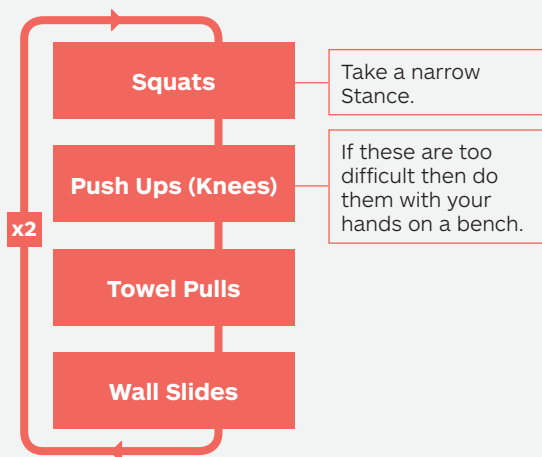


Step 3: Workout



Power Walking 10:00 mins

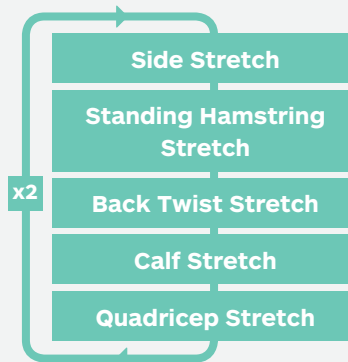
Circuit: Do two rounds of the following Circuit completing 10 reps for each exercise.



Step 3: Stretch



Circuit: Do two rounds of the following circuit stretching for 0.15 secs on each side.

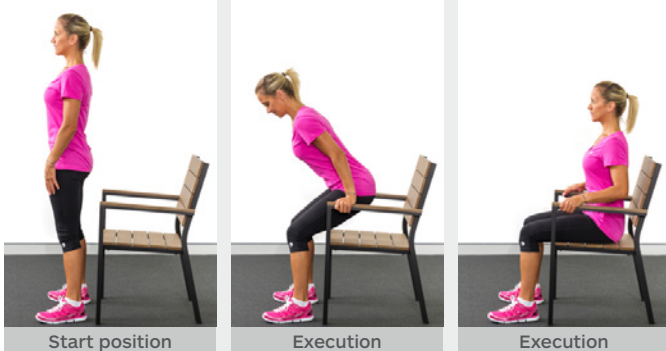


* After pregnancy, hormones can continue to make your joints more flexible than usual, so don't push beyond your normal range.

POST PREGNANCY WORKOUT THE EXERCISES

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Sit Down Stand Up



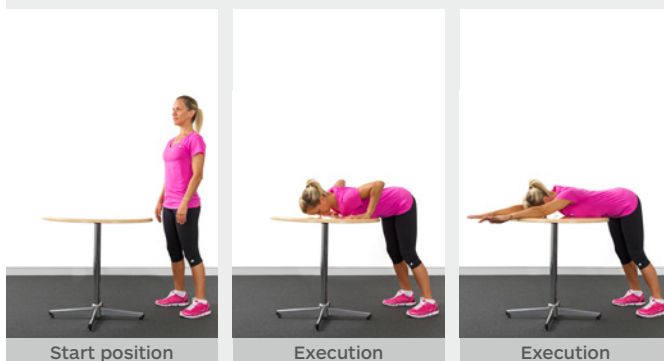
Wall Push Ups



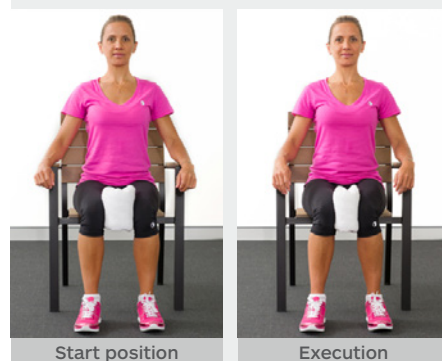
Engage Pelvic Floor



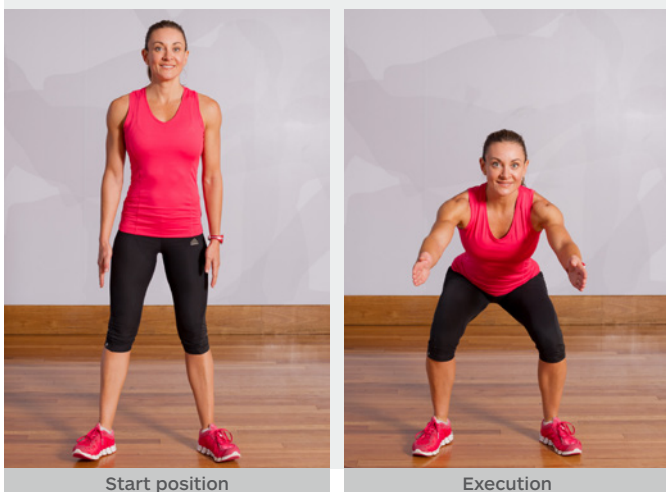
Standing Bent Over Supermans (Arms)



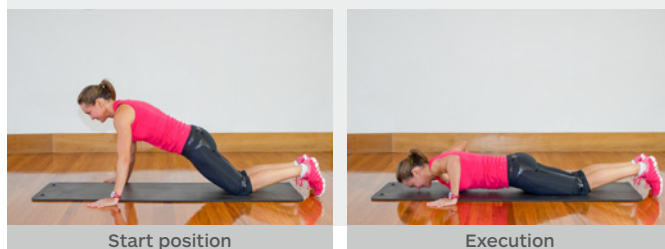
Seated Inner Thigh Squeeze



Squats



Push Ups (Knees)



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Towel Pulls

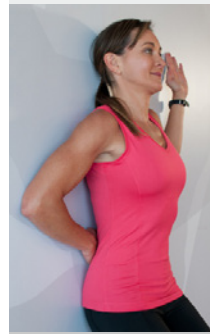


Start position



Execution

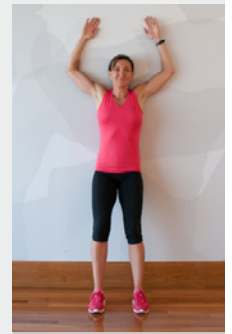
Wall Slides



Spine Neutral



Start position



Execution

Side Stretch



Standing Hamstring Stretch



Back Twist Stretch



Calf Stretch



Quadricep Stretch

