



POSTPARTUM EXERCISES

VIDEO DEMO HERE



ACTIVITY	TIME	NOTES
EXERCISE 1 Supine Floor Sweeps	10 reps	Do not flare the ribs Neutral lumbar
EXERCISE 2 Belly Breathing	10 reps	Neutral ribs Expand belly Progress with kegal
EXERCISE 3 Pelvic Tilts	10 reps	Use deep core Draw belly in Progress with kegal
EXERCISE 4 Single Arm Shoulder Flexion	10 reps	Do not flare ribs Neutral lumbar Progress with kegal;
EXERCISE 5 Side Lying Thoracic Openers	10 reps	Hips stacked Move through upper back not lower
EXERCISE 6 Glute Bridge	10 reps	Pair with kegal Engage deep core Squeeze bum

Complete each set individually for two rounds or use them as a circuit and perform them back to back

