

## Re-energised Postnatal Recovery week five

Equipment: Floor space, wall/bench, chair, light weight resistance band, +/-light weight

Exercise	Reps and Sets	Notes	Rest
<b>DYNAMIC WARM-UP</b>		Exhale always refers to exhaling gently (approx. 30% effort) & contract TVA muscles. Think and maintain neutral stacked posture throughout.	
1a. Sitting <a href="#">Core connection breath</a>	10 x 1	Sit on a swissball or chair	-
1b. Marching, lateral step out with arm reach, squats, front kicks & punches, butt kicks	20 secs each x 2	Get your heart rate up and muscles moving with some cardio warmup movements	-
1c. Bow and arrow	10/side x 1	Exhale to pull back	-
1d. Leg swings & hips circles	10/side x1	Hold onto something or balance for swings	-
<b>CARDIO; 40 secs on: 20 secs rest, x 2-3 sets</b>			
2a. Reverse lunges	40 secs	Inhale to lunge down, exhale to stand up	20 secs, or as required
2b. Punches (forward, up, bent over +/- light weight)	40 secs	Keep neutral back, push and pull strongly with each punch	20 secs, or as required
2c. Squat front kicks	40 secs	Inhale squatting down, exhale to stand up and kick	20 secs, or as required
<b>CORE &amp; STRENGTH; 1-3 sets, rest as required</b>			
3a. Deadlift and bent over fly combo (band or light dumbbells)	8-10/side x 1-3	Inhale to hinge over, exhale to perform fly with arms, inhale arms down and exhale to deadlift up.	As required
3b. Incline press-up + open twist	8-10 press-ups x 1-3	Choose your incline level, Inhale to go down into press-up, exhale to push-up & open twist	As required
3c. Glute bridge arms up + alternating leg extension (or previous weeks regression)	8-10 bridges	Exhale to lift your hips, reconnect by inhaling and exhaling again for leg extension	As required
3d. Lying deadbug (or previous weeks regression, arm/leg extension)	5-10 sec holds x 3	Exhale while holding position	As required
<b>Bonus Finisher: 2 minutes, repeat at your own pace 6 bicep curls and 6 tricep extensions</b> (exhale to bicep curl up, exhale to lift and straighten arms for tricep extensions)			
<i>Stretches – Shoulders, chest, quads, seated glutes, seated hamis, adductors, back, triceps, biceps</i>			