

Re-energised Postnatal Recovery week six

Equipment: Floor space, wall/bench, chair, light weight resistance band, +/-light weight, step (door step)

Exercise	Reps and Sets	Notes	Rest
DYNAMIC WARM-UP		Exhale always refers to exhaling gently (approx. 30% effort) & contract TVA muscles. Think and maintain neutral stacked posture throughout.	
1a. Standing Core connection breath	10 x 1	Standing against a wall/or free stand	-
1b. Marching, side steps, forward/back box step, arms circles, squats & butt kicks	20 secs each x 2	Get your heart rate up and muscles moving with some cardio warmup movements	-
1c. Kneeling thread the needle	10/side x 1	Exhale to open chest, following elbow with eyes	-
1d. Glute bridge	10 x 1	Exhale for glute activation lift, squeeze and activate glutes.	-
CARDIO; AMRAP (As many rounds as possible) 10 mins, rest when required but challenge yourself too!			
2a. Weighted squat + twist (+/- weights)	12 squats	Inhale to squat down, exhale to stand up and twist and press out as able	As required
2b. Step ups (chair or ? doorstep for lower option)	10-15/side	Exhale to step up, inhale at top (if needed) and exhale for light impact going down	As required
2c. Weighted punches (light weights 1-2kgs)	30 (60/side)	Push and pull each punch	As required
CORE & STRENGTH; 2-3 sets, rest 30-60 secs between sets			
3a. Four point kneeling limb extension/birddog	8-10/side x 2-3	Exhale to stabilise, lift & extend limbs	-
3b. Side plank on knees +/- leg & arm extension	8-10/side x 2-3	Exhale to lift hips +/- reach with arm/leg	-
3c. Lying deadbug hold +/- bent leg drop (or previous weeks regression, arm/leg extension)	Build on 5-10 sec holds x 3 or 8-10/side	Exhale to drop leg down Or connect with your core to breathe through hold. No breath holding!	-
3d. Glute bridge arms up +/- alternating arm & leg extension (or previous weeks regression)	8-10/side	Exhale to lift hips and extend arms/legs	30-60 secs at end of set
Bonus Finisher: 3 minutes, repeat at your own pace 6 bicep curls and 6 tricep extensions, one arm at a time (band or dumbbells)			
<i>Stretches – Childs pose, lying glutes, hamis, back, quads, adductors, hip flexors, shoulder, chest, back, triceps, biceps</i>			