




Postnatal Core

Phase 2: Establish

We will be adding more Core Progressions, in addition to adding some basic single activation strength moves.

- 1) Emphasize that exercise is not producing stress. For some women, adding 30 minutes to an already packed calendar creates too much stress. Alter the workouts accordingly.
- 2) Check in on your client's nutrition. Refer to Chapter Six for recommendations on the initial 6 weeks postpartum, 6+ weeks postpartum and Breastfeeding needs.
- 3) Remind your client that progress is important, but any goals under the 5/6 month postpartum mark are simply unreasonable. There is stress, lack of sleep and postpartum recovery. Starting on a program that is too intense or resembles her pre-pregnancy workouts will tap into resources that her body does not have yet.

Following the Postnatal SlimDown® Format on page 134, we have created a guide for Phase 2. This will help you combine the exercises in the video with a format that suites your client and/or class.

Warm Up	Performing a gradual warm up that mimics the upcoming exercise is recommended.
Core Training	Ideally you want to activate each core muscle group (obliques, TA, Rectus, back, glutes). Do not move to this phase until Phase 1 is mastered.  See Video
Strength Training	Single muscle activation exercises. Strength should be done every other day.  See Video
Cardio	Walking, gradually add jogging and/or see exercise examples in video.  See Video
Cool Down and Flexibility	Stretching does not get enough praise! It is crucial during the postpartum period. See page 136 in the Instructor Manual for ideas.

Postnatal Phase 2 Core Exercises

***see video**

1. Plank from Floor
2. Hyperextension – includes variations
3. TA Curl in Touch Down with toe tap
4. Butterfly Crunch
5. One Leg Bridge
6. Angled Pelvic Tilt
7. Angled Pelvic Tilt and Crunch
8. Stacked Leg 90 Degree Tap – includes variations
9. Scissor
10. L Crunch
11. Oblique Reach
12. 90 Degree Oblique Crunch

Core Repetitions - Ideally you want to activate each core muscle group (obliques, TA, Rectus, back, glutes). 10-15 repetitions is recommended, using 3-5 different exercises.

Please note that you will need to modify for any postnatal conditions such as Diastasis Recti – see Diastasis Recti video.

