

Postnatal Core

Phase 3: Adaptation and Adherence



Again, 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.

Is she able to adhere to the schedule provided to her? As her mentor you should expect she will miss a workout. Have a backup plan, an at-home workout you can provide for her, maybe something as simple as a 10-15 minute workout. If you are interested in purchasing the Postnatal SlimDown DVDs and/or Downloads from Moms Into Fitness, simply email themoms@momsintofitness.com for bulk discounts.

Core awareness should be coming more habitual. The repetitions should be creating muscle memory, and TA activation might even be happening automatically!

Check in on your client's nutrition. Refer to Chapter Six for recommendations on 6+ weeks postpartum and Breastfeeding needs.

Following the Postnatal SlimDown® Format on page 134, we have created a guide for Phase 3. 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 2 is mastered.  See Video
Strength Training	Compound exercises. Perform one exercise for 30 seconds, repeat 2-4 times with ample rest/recovery in between sets. In Phase 3 you can alter time in either the Cardio/Strength portion OR the Rest/Recovery portion. Strength should be done every other day.  See Video

Cardio	Add in some new cardio exercises, adjusting to your clients increased endurance
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 3 Core Exercises

***see video**

1. Plank Variations
2. Boomerang
3. Butterfly Crunch Reach Through
4. Stacked Bridge
5. Hyperextension Star – includes variations
6. Isometric Scissor – includes variations
7. Reverse Plank – includes variations
8. Side Plank – includes variations
9. Reverse Curl – includes variations
10. Plank to V Walk
11. Long Lever Crunch
12. Functional Oblique

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.

