

Postnatal Strength & Cardio

Phase 2 Single Activation Exercises

Strength

1. Squat
2. Plie
3. Lunge
4. Lunge Extension
5. Biceps Curl
6. Triceps Extension
7. Reverse Row
8. Reverse Fly
9. Chest Press
10. Push Up – it's great to start working these into a routine. Use the proper assessment tools for a plank/push up position.

Single muscle activation is recommended so muscles can produce properly. Why? Weak muscles tend to recruit the stronger muscles. This is the time to build a healthy foundation.

The above exercises activate every major muscle group, except the abdominals.

Format – Alternating an upper body exercise with a lower body exercise is recommended. 10-15 repetitions or use the format found on page 134. Ideally working each major muscle group, which would be 4-5 exercises for the upper and lower body.

Cardio Ideas

1. High Knees
2. Punches
3. Lateral Hops
4. Swims
5. High Lows
6. Kicks
7. Front Shuffle

Format – Alternating 30 seconds of one exercise with 10-30 seconds of rest is recommended. Use the format found on page 131.

*There are plenty of other single activation strength exercises and cardio exercises. These are just a few!

