

Postnatal Strength

Phase 3 Compound Exercises

1. Reverse Lunge to Curl
2. Plie to V
3. Curtsy to Overhead Press
4. Squat to One Arm Press
5. Dead lift to Reverse Row
6. Plyo Squat Jump
7. Plie and Triceps Extension
8. Lunge with Chest Fly
9. Plyo Moving Squat
10. Dip
11. Plyo Reverse Lunge

We introduce compound exercises that work multiple muscle groups as well as the cardiovascular system. Do not move to this phase until Phase 2 is mastered and you feel your client is ready.

*You need to accommodate your client; adding compound exercises while making changes to the format will probably be too much if done all at once. As with the Core exercises being progressive, make sure the strength/cardio exercises are also progressive.

