

Post-natal Home Workout

www.fitactive.co.uk
07902 489 417

Mini Workout Pack

Safety

Before undertaking these or any other form of post-natal exercise, you must have received approval from your doctor to do so at your six or twelve week check.

At all times, work at your own pace and progress gradually.

If you feel any pain or severe discomfort during exercise, stop the exercise.

If you experience any vaginal bleeding after or during exercise then consult your doctor before continuing with any exercise.

If you are in any doubt about your technique, consult an exercise professional before continuing with the exercises.

These exercises are undertaken at your own risk.

Neutral Spine

When lying on your back, ensure that you can slip your fingertips under the curve at the middle of your back. As you work through an exercise, make sure your muscles are holding the curve in place. If you feel your back move when it is not described as part of the exercise, then stop at the point just prior to this and return to the start of the exercise. Your strength will gradually improve, it is important to keep practicing with the correct technique.

Breathing

Breathe throughout each exercise. As a rule of thumb, breathe out on exertion - when the exercise is hardest. Never hold your breath during exercise.

Pelvic Tilt



- Lying on your back with your spine in a neutral position, bend your knees and rest your arms comfortably at your sides, palms upwards.
- *Using only your abdominal muscles*, tilt your pelvis to slightly raise the base of the pelvis and press the top of the pelvis into the floor.
- Relax the abdominals to return the spine to a neutral position.
- Repeat 6 - 8 times.

Superman



- From an all-fours position, raise the right arm and extend the left leg.
- Keep the leg straight at the knee and feel your bum muscles working as you raise and hold for 2 – 3 seconds.
- Return the hand and knee to the floor
- Repeat with the other arm and leg.
- If this is tricky at first, start by raising one arm and one leg at a time before progressing to raising the arm and leg together.

Shoulder Bridge



- Start position as for the pelvic tilt. Use your abdominals to tip the pelvis and continue the move by squeezing the bum and pushing down through the feet.
- Raise your pelvis off the floor.
- Notice the straight line from the knee through the hips, down to the shoulder and try to maintain this line when you are in the Bridge position.
- Hold for 2 – 3 seconds, squeezing the bum throughout.
- Lower the hips back down to the floor.
- Repeat 5 – 6 times.
- As you get stronger, hold for longer and increase the number of repeats.

Elbow-knee Plank



- From a seated kneeling position, walk forward with the hands and then transfer your upper body weight on to your elbows.
- Rest your knees on the floor, placing a mat beneath the knees and elbows for comfort if necessary.
- Tighten your abdominal muscles and feel your back muscles working to hold this position.
- Keep the head and neck in line with the rest of the spine.
- Maintain a neutral curve on the spine, neither dropping the hips nor raising the bum in the air.
- Keep the shoulder blades flat against the back.
- Breathe and hold for 4 – 5 seconds.
- Gradually increase the duration of the hold, up to 20 – 30 seconds.

Side plank



- Sit in a kneeling position. Leaning to the side, take the elbow down to rest it on the floor.
- Rest the knee of the lower leg on the floor and extend the upper leg to rest the inside of the foot on the floor.
- Push down with the bent knee and the foot of the extended leg to raise the hips off the floor.
- Maintain a straight line from the lower shoulder to the lower hip to the knee resting on the floor.
- Feel the muscles working in the side of the trunk closest to the floor as you work against gravity to hold the hips high.
- Hold the Side Plank for 4 – 5 seconds.
- Lower the hip back down to the floor and repeat the exercise on the other side.