

Advanced Postpartum Exercises

***Before performing the advanced exercises here, ensure your core and pelvic floor function are 100%. Unsure? Visit your pelvic floor PT to be tested!

Advanced Exercise

Postpartum Progression

FULL PLANK

- ON BACK
- AT A WALL
- AT A HIGH TABLE
- ON THE FLOOR, KNEES DOWN

CRUNCHES

- SIDE LYING CANISTER BREATHS
- 90/90 BREATHS
- CANISTER BREATHS WHILE MOVING
- BALLOON BREATHS

BICYCLES & TWISTING

- ALL 4'S CANISTER BREATH
- BIRD DOG / ALTERNATING ARM & LEG
- BIRD DOG W/ ELBOW TO KNEE
- STANDING SPLIT LUNGE W/ TWIST

BOAT / PIKES

- FEET DOWN, HANDS DOWN
- LIFT ONE FOOT
- LIFT TWO FEET
- LIFT BOTH FEET, THEN ARMS

DOUBLE LEG DROPS

- SINGLE LEG - BENT KNEE
- SINGLE LEG - STRAIGHT KNEE
- DOUBLE LEG - BENT KNEE
- DOUBLE LEG - STRAIGHT KNEE