

PREGNANCY EXERCISE

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Post Natal Exercise Program Weeks 3-6

Program goals: Rehabilitation after labour and birth. Continue to activate core strength. Improve posture.

After following your post-natal program for two-three weeks it should now feel a little easier to activate your core muscles. You still need to focus on activating your TVA during the day and check you are engaging your muscles during your exercise with your hands. Don't go sticking your tummy out!

If you rush through your program too quickly you may develop muscular aches and pains further down the track and I want you to avoid this, don't rush take your time. If you start to feel your lower back aching, check your posture and do your T.V.A exercises daily for 1-2 weeks.

Once your baby is 6kg+ they are heavier to lift/change/bathe/carry and it becomes crucial that you have developed and maintain a strong core. You can only do this with specific exercises. So keep up your exercises even if you just do some of them at night for 10 minutes, it is better than nothing.

Warm Up: You can walk 10-20 minutes before you start your program but it is not necessary		Stretches Quads & I.t Bands: Lying on your side Hamstrings: Lying on your back Lower back: Upper Body Cross Over:		
Exercise	Training Tips	Sets	Repetitions	Rest period
Lower Ab. T.V.A Supine Activation 	Try to relax your upper body and continue to breathe as you activate your T.V.A's	3	Count 30 seconds	30 seconds
Side Leg Raise  Hold Abs to check your activation!	Activate T.V.A's Engage your Glutes Lift your leg back not straight up Avoid arching your lower back	2	10-12	Stretch your Quadricep & I.T band before you start this exercise

<p>Hip Bridge</p> 	<p>Engage T.V.A & Obliques Push through your heels, engaging your glute muscles keep hips level</p>	<p>2</p>	<p>8-10reps hold for 8-10 seconds</p>	<p>You can now circuit these 2 exercises Side leg and hip bridge</p>
<p>One Leg Squat</p> 	<p>Make sure you maintain good knee alignment when you perform this exercise</p>	<p>3</p>	<p>10-12</p>	
<p>Body Weight Squat</p> 	<p>Chest Up T.V.A Activated Weight into heels. Try to engage and feel exercise in your butt muscles when you stand up out of the squat</p>	<p>2-3 Choose 2 sets if you are tired or if you didn't exercise through your pregnancy</p>	<p>12</p>	<p>Circuit One leg Squat and Body weight Squat, check your abs are on during the exercises</p>
<p>Ballerina</p> 	<p>Chest up, shoulders back avoid arching lower back. Concentrate on abs and glutes</p>	<p>3</p>	<p>10</p>	
<p>Medicine Ball Pass over/One leg</p> 	<p>Activate your glute on the support leg, perform 10 pass overs on each leg and avoid dropping out on the support hip</p>	<p>3</p>	<p>20 pass overs</p>	<p>Use a water bottle if you don't have a ball a 1.5-2litre works well</p>
<p>Wall Press Up</p>	<p>Engage T.V.A Oblique's Maintain Neutral Spine as you lower to the floor. Just lower to the point that you can hold</p>	<p>3</p>	<p>10-12</p>	<p>Make sure you engage your abdominals, look down at your tummy to check they are activated. Rest with a</p>

	good technique			lower back stretch Circuit 3 exercises Ballerina, pass over and wall press up. Do without a rest if you can
Tricep Dips 	Chest up Stay Close to the bench/chair as you descend Bend to 80 degrees Push up using your upper body strength	2-3	10	
4 point Kick backs 	Hold in your abs, maintain neutral spine and kick back using your glutes	3	10 each leg	Circuit Triceps and kickbacks
Lower Back stretch 		1 x 30 seconds to 1 min		
T.V.A Lower Abdominal Leg Slides 	Try to avoid pushing your lower back into the floor. You should have a small lumbar curve, just enough to slide your hands underneath	3	12	Keep your shoulders and chest relaxed Keep your hip still as you change legs Rest 30-40 sec

You need to do this program 2-3 times a week as per program for 4 weeks.

Try not to worry if you miss sessions. It is very hard looking after a new born, they are your priority. If your baby isn't sleeping well or if you are finding it hard adjusting to all the changes try not to worry just do what you can. You will soon be able to manage some exercise even if you just do your T.V.A exercises. It sometimes helps to split the exercises into blocks of 10 minutes spread out during the day

If you feel any pain or discomfort whilst exercising, stop. If pain continues consult you L.M.C or G.P

The information included in this site has been written by Lorraine Scapens: She is not able to provide you with medical advice the information is used as guidelines. You cannot hold Lorraine liable in any way for any injuries that may occur whilst training.

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