

## Re-energised Postnatal Recovery week nine

Equipment: floor space, incline option, (door)step, bands, light weights (filled bottles/tins)

Exercise	Reps and Sets	Notes	Rest
<b>DYNAMIC WARM-UP</b>		Exhale always refers to exhaling gently (approx. 30% effort) & contract TVA muscles. Think and maintain neutral stacked posture throughout.	
1a. Standing core connection	10 x 1	Stand against a wall or free stand	-
1b. Squat and press	6-10 x 1	Inhale down, exhale to stand and press	-
1c. Incline Mountain climbers	10 x 1	On incline/bench, low impact	-
1d. Incline press-ups	10 x 1	Against incline, inhale down, exhale to push-up, chest in line with hands	-
1e. Floor angels	10 x 1	Keep ribs down, inhale down, exhale to reach up	-
1f. Glute bridges		Focus on glutes, exhale to lift hips.	-
<b>CARDIO (3 minute circuits, each minute side step and 5 x squat (+mini jump))</b>			
2a. 1 Incline press-up: 4 incline mountain climbers	3 mins	Inhale down into press-up	60 secs
2b. 2 Curtsey lunge: 2 steam engine	3 mins	Keep hips square, Inhale down into lunge, exhale up. (Reverse lunge if hip pain) Exhale to crunch steam engine	60 secs
2c. 2 Incline alternating leg lifts: 4 mountain climbers	3 mins	Exhale to lift leg, keep core engaged to lift legs.	60 secs
2d. 2 Reverse lunge: 2 front kick	3 mins	Inhale down to lunge, exhale to stand and kick	60 secs
<b>STRENGTH, As many rounds as possible (AMRAP) in 10 OR 15 mins</b>			
3a. 4 point kneeling shoulder taps <small>(consider/trial kneeling plank)</small>	8-10	Keep body still, exhale and connect to tap opposite shoulder	As required
3b. Feet raised glute bridge butterflies	8-10	Exhale to lift hips, squeeze glutes to butterfly out, inhale down	As required
3c. Seated row (band anchored around feet)	8-10	Exhale to row back, inhale forward. Elbows low easier, elbows	As required
3d. Half kneeling lateral raise (light weight/bodyweight)	8-10	Engage downward leg glute, Exhale to lift arms to shoulder height,	As required
<i>Stretches – Glutes, shoulder, half kneeling quad/hip flexor and shoulder, quad, doorway chest, hami, back, childs pose forward and sides</i>			