

Re-energised Postnatal Recovery week two

Progress as you are able, if you are still in the 4-6/7 week postnatal range you may need to tread with caution depending on how you are feeling, [listen to your body!](#)

Equipment: Floor space, wall, chair, light weight resistance band, (+/- light weight)

Exercise	Reps and Sets	Notes	Rest
DYNAMIC WARM-UP		Exhale always refers to exhaling gently (approx. 30% effort) & contract TVA muscles. Think and maintain neutral stacked posture throughout.	
1a. Core connection breath	10 x 1	Lying down on your back	As required
1b. Clamshells	10/side x 1	Exhale to lift you knee, keep hips stacked on top of each other, and keep hips stable	As required
1c. Tall kneeling bow & arrow	10/side	Exhale as you open your chest and reach backwards	As required
1d. Arm circles & band overheads	10 each	Arm circles forward/back, Exhale to reach overhead	As required
FOUNDATIONAL CORE EXERCISES, repeat 1-2 sets			
2a. Lying leg extensions, arms up, keeping extending leg off floor	8-10/side x 1-2	Exhale to extend your leg	As required
2b. Glute bridge, arms up +/- knee lift	8-10 x 1-2	Exhale to lift your hips, inhale going down	As required
REST as required and focus on correct technique for optimal results			
STRENGTH, repeat 1-2 sets			
3a. Deadlift (use bodyweight, light weight or resistance band anchored under feet)	8-10 x 1-2	Inhale bending over and exhale to stand up straight again	As required
3b. Incline wall press-up with open twist	8-10 x 1-2	Inhale going towards the wall, exhale to push away and open twist reaching to the sky	As required
3c. Squat to chair with arms up	8-10 x 1-2	Inhale squatting down, exhale to stand up, use you core and glutes to stand rather than leaning forward for momentum	As required
3d. Chariot pulls (band anchored)	8-10 x 1-2	Exhale to pull straight arms down beside your body, inhale as arms go forward	As required
RESt as required and focus on correct technique for optimal results			
<i>Stretches – Shoulders, chest, quads, seated glutes</i>			