



**Program 2**

**Description:**

This is the second program of the Birth2FitMum 12 week Program. Do this program for 3 weeks or longer if you need to. A little more challenging as we introduce more functional exercises. None of the exercises should increase pain or discomfort. The exercises can now be performed in a circuit as your core strength and fitness increases. A circuit is when you perform 1-3 exercises and then repeat the exercises in the set.

Exercise	Key Tips	Reps & Sets	
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<p><b>Leg Slides</b></p> 	<p>Make sure you do not rush and concentrate on your breathing</p>	<p><b>Perform 10-12 reps and repeat 2-3 times</b></p>	<p>This is a great exercise to do when your baby is asleep</p>
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<p><b>Hip Bridge with Leg lift</b></p> 	<p>Make sure you are contracting your glutes to ensure you keep your pelvis still and level</p>	<p>Perform 6-10 reps and repeat 2-3 times</p>	
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**\* You can now circuit the above 2 exercises- Perform one set of each and then repeat**

## Squats



Perfect technique, activate your TA and PFM as you exhale when you squat up

Perform 10-12 reps and repeat 3 times

You should not feel any pressure on your pelvic floor muscle area. If you do then you may need to leave out and go back to program one for another week or so.

## Wall Sit With Heel Lift



This exercise is a lot harder than it looks! Keep it slow and concentrate on keeping your hips still

Perform 8-10 lifts and do 2-3 sets

Circuit Your Squats and wall Sits with heal lift

## Stretches:

### Hamstrings:



### Quads:



### Lower Back



### Side Stretch



## Tips:

It is still ok to split the exercises up during the day if you get disturbed or don't have time.

You can do this program 3-5 times a week.

Maintain correct core muscle activation throughout Program 3 to ensure optimal recovery of your diastasis.

This program should take no longer than 20- 25 minutes.

Remember to always exhale, engage-→Move