



## Program 4

### Description:

Your final Program! Do this program for 3 weeks or again longer if you need to.

If you still have a diastasis ensure you still take it slowly. Aim now to do the workout as one, should still take less than 30mins

### Exercise

Key Tips and Video link description

Reps & Sets

#### Ballerina



You may be able to speed this exercise up now, keep thinking about your posture.

Perform 10-12 reps and repeat 2-3 times

#### Wall or Couch Press Up



If your diastasis has healed you could even try press ups on the floor.

Aim to do 10-15 reps

\* Circuit the above 2 exercises-

## Squats



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

Perform 10-15 reps and repeat 3 times

Concentrate on using your glutes and perfect activation of your TA and PFM

## Couch Tricep Press



Watch your stomach muscles as you do this exercise, ensure you are keeping perfect connection with your core muscles and correct spinal alignment.

Perform 8-12 reps and do 2-3 sets

Use the wall to decrease the pressure if you still have a large/deep DR.

Circuit Your Squats and Tricep Push

## Reverse Lunge Backs



Place your hands on your TA to maintain contraction and good hip stability. It is also a good idea to watch in a mirror

Perform 3 x 10-15 reps

## Bent Knee Side Planks



You must maintain perfect TA and PFM contraction, lift and lower- do not hold

Perform 6-12 reps

You can choose straight legs if you wish. Just ensure you don't see your belly button protrude forward.

Circuit Lunges and side planks

### Bent Knee Fall Out



This is a great variation of a corrective core muscle activation exercise, as you need to control the movement sideways. Perform 3 x 10-12 reps

### Stretches:

#### Hamstrings:



#### Quads:



#### Lower Back



#### Side Stretch



### Tips:

You can do this program 3-5 times a week. You can add any of the 4 cardio sessions to increase the intensity and duration.

Maintain correct core muscle activation throughout Program 4 to ensure optimal recovery of your diastasis.

This program should take no longer than 30 minutes.

Remember to always Exhale, Engage-→Move