



Program 3

Description:

This is the third program of the Birth2FitMum. Do this program for 3 weeks or again longer if you need to. The intensity and difficulty of the exercises has now increased as your fitness and strength improves.

If you still have a diastasis ensure you still take it slowly. Exercises can be split in to two workouts during the day if needed. Workout should take no longer than 30 minutes in total.

Exercise	Key Tips and Video link description	Reps & Sets	
<p>Leg Lifts 90 degrees</p> 	<p>The challenge is to maintain neutral spine and to keep your pelvis still</p>	<p>Perform 10-12 reps and repeat 2-3 times</p>	<p>Harder than it looks, keep it slow</p>
<p>Hip Bridge with One Leg butt blaster.</p> 	<p>Increasing the difficulty</p>	<p>Perform 6-10 reps and repeat 2-3 times</p>	
			<p>* Circuit the above 2 exercises- Perform one set of each and then repeat</p>

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

Wall or Couch Press UP



Watch your stomach muscles as you do this exercise, ensure you are keeping perfect connection with your core muscles

Perform 8-12 reps and do 2-3 sets

Use the wall to decrease the pressure on weakened abdominals. Choose your LEVEL

Circuit Your Squats and Wall Press up.

Ballerina



Use the wall or your couch if you still need to stabilize yourself.

Perform 10-12 reps slowly

Wall Sits with Leg Lift



Now this is one tough exercise keep it slow and don't squat down to low.

Aim to do 6-12 lifts holding for 1 second

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