



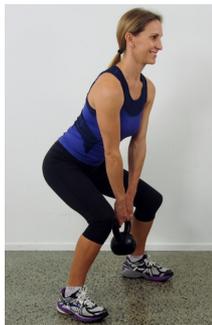
Gym Workout

If you would like to go back to the gym this is the program that you can follow once you have completed approx.. **8 weeks of Birth2FitMum**

Exercise	Key Tips and Video link description	Reps & Sets
5 Min Warm Up	Cross Trainer Or Treadmill	
Ballerina 	Can add dumbbell's in each hand if you wish	3 x 10-12 reps Use 3-5 kg weights
Resistance band Side to side steps 	Maintain good posture and have toes turned out slightly	3 x 20-30

Circuit Ballerina and side steps

Squats with a Kettle bell or dumbbell



If you don't feel strong or stable enough don't add a weight.

3 x 10-12

Use a 5-8kg KB or DB

Keep the weight low all the time

Cable One Arm Press



Make sure you keep your TA and PFM contracted as you press and exhale

3 x 8-10 slow
Weight approx. 10kg

Use from the first to second plate and have the cable height at your shoulder level

Wall leg lifts or heel lifts



Maintain your form

3 x 8-10

Circuit above 3

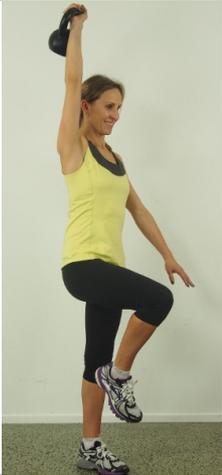
Alternating Lunges on to a small step Box



If this is too advanced then perform static lunges. Watch your technique on the mirror

3 x 16-20

High Cable Rope Pulls	Double arm high pull, try to keep your shoulders down and chest up	3 x 10	Use 20-30kg
			
Medicine ball slams	Slam the ball as hard as you can and catch it!	3 x 20	
			Circuit above 3
Palloff Press	It's important that you contract your TA and Pelvic floor as you press and exhale	3 x 10-12 reps	Watch video on Instagram : scroll down or hashtag #pregexvideos
			
Side Lunge	Keep your chest up and have perfect knee alignment	3 x 10 each side	
			
One Arm/One leg dumbbell Shoulder Press	Use your glute and core muscles to help stabilize. Have a look here on Instagram : you will need to scoll down or #pregexvideos	3 x 10 each side	Choose a 3-6kg weight



Circuit above 3

Leg slides

3 x 10



Stretches now or you can do later at home depending on the time you have.

This program once you have done a couple of time should take approx. 45 minutes and then faster as your fitness improves.

This is a hard workout so the first time you do it I would suggest to just do 2 sets.

Always watch your form and keep hydrated throughout your training session. All gyms are different so you may not have medicine balls etc, don't worry just miss the exercise out.