

# Diastasis Recti Exercises: 5 Moves for New Moms

Progressions and Regressions								
EXERCISES	REGRESSIONS		BASELINE	PROGRESSIONS				
<b>Exercise #1</b>		Heel Slide (No Arms)	Heel Slide with Alternating Arms (Closed Chain)	Heel Slide (Open Chain)	Heel Slide with Alternating Arms (Open Chain)	Double Table Top Inner Range Heel Drop	Dead Bug Inner Range	
<b>Exercise #2</b>			Glute Bridge	Glute Bridge with Heel Lift	90/10 Hold	Glute Bridge with Single-Leg Hold	Glute Bridge with Single-Leg Dip	Glute Bridge Pulse
<b>Exercise #3</b>		Supine Pallof Press	Standing Pallof Press	Kneeling Pallof Press	Half-Kneeling Pallof Press	Split Stance Pallof Press	One-leg Standing Pallof Press	
<b>Exercise #4</b>	Belly Hug	Four-Point Leg Extension	Bird Dog	Plank on Hands and Knees with Single-Leg Extension	Plank on Elbows with Leg Extension			
<b>Exercise #5</b>		Banded Pull-Down with smaller ROM	Banded Pull-Down	Single-Arm Alternating Banded Pull-Down	Plank on Elbows with Leg Extension	Cables/ Lat Pull-Down Machines	Modified Pull-Up Variations	