



Postpartum Rehab and Recovery — 6 Week Training Program

This six-week rehab and recovery program is for women who are 0–6 weeks postpartum. You should have clearance from your primary care doctor before you resume activity in the postpartum period, and none of the movements included here should be any more strenuous than the tasks of daily living.

Please note that while some women will feel eager to return to movement, others won't. That's OK! What's most important is that you rest and move your body (or don't) in whatever ways feel good to you.

THE MAIN GOALS OF THIS PERIOD ARE:

- Rest and recovery
- Re-establishing good breathing patterns
- Strengthening the core and pelvic floor connection
- Improving mind and muscle coordination

In general, you'll want to include breathing and strength training exercises as well as cardio into your weekly programming, while also setting aside time for rest and recovery per the charts below.



Stage 1: 0–2 Weeks Postpartum

BREATHING	<u>Connection Breath</u>	Perform 2 x 10 breaths daily
STRENGTH TRAINING	N/A	N/A
CARDIO	Walk	Walk no more than 10 minutes once or twice per day at an easy, restorative pace as your energy level and schedule permit.
REST AND RECOVERY	Rest as much as you need to throughout the day.	



Stage 2: 3–4 Weeks Postpartum

BREATHING	<u>Connection Breath</u>	Perform 2 x 10 breaths daily
STRENGTH TRAINING	Perform the gentle circuit outlined below once daily or as often as your energy level and schedule permit.	Perform 1–2 sets of 8–10 reps of each movement (complete all 6 exercises back to back before moving into a second set).
CARDIO	Walk	No more than 20 minutes once or twice per day at an easy, restorative pace as your energy level and schedule permit.
REST AND RECOVERY	Rest as much as you need to throughout the day.	

STAGE 2 CIRCUIT

EXERCISE	SETS/REPS	REST
1A. <u>Half Kneeling Hip Flexor Stretch</u>	1–2 x 8–10/side	15–30 sec
1B. <u>Glute Bridge</u>	1–2 x 8–10/side	15–30 sec
1C. <u>Cat/Cow</u>	1–2 x 8–10/direction	15–30 sec
1D. <u>Open Book</u>	1–2 x 8–10/side	15–30 sec
1E. <u>Clamshell</u>	1–2 x 8–10/side	15–30 sec
1F. <u>Bodyweight Squat to Box</u>	1–2 x 8–10	15–30 sec



Stage 3: 5–6 Weeks Postpartum

BREATHING	<u>Connection Breath</u>	2 x 10 breaths
STRENGTH TRAINING	Perform the gentle circuit outlined below once daily or as often as your energy level and schedule permit.	Perform 1–2 sets of x 10–12 reps of each movement (complete all 6 exercises back to back before moving into a second set).
CARDIO	Walk	Perform 1–2 sets of x 10–12 reps of each movement (complete all 6 exercises back to back before moving into a second set).
REST AND RECOVERY	Rest as much as you need to throughout the day.	

STAGE 3 CIRCUIT		
EXERCISE	SETS/REPS	REST
1A. <u>Adductor Rockback</u>	1–2 x 10–12/side	15–30 sec
1B. <u>Side Lying Knee Abduction</u>	1–2 x 10–12/side	15–30 sec
1C. <u>Bird Dog</u>	1–2 x 10–12/side	15–30 sec
1D. <u>Wall Slide</u>	1–2 x 10–12	15–30 sec
1E. <u>Tall Kneeling Hover</u>	1–2 x 10–12	15–30 sec
1F. <u>Supported Reverse Lunge</u>	1–2 x 10–12/side	15–30 sec

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