



Returning To Exercise Postpartum — 6 Week Training Program

This six-week training program is for women who are 7–18 weeks postpartum. You should have clearance from your doctor to return to exercise and have done some type of rehab and recovery training including breathing exercises and gentle bodyweight movements to prepare your body for a return to exercise.

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
- Progressively returning to strength training exercises

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 chart below.

Activity Recommendations for Women 7–18 Weeks Postpartum

BREATHING	<u>Connection Breath</u>	1 x 10 Breaths before activity
STRENGTH TRAINING	Full-body strength training sessions as outlined below.	Two to three sessions per week as your energy and schedule permit.
CARDIO	<p>Walk</p> <p>Moderate-Intensity Cardio (6–7 out of 10 on the Perceived Effort Scale)</p> <p>High-Intensity Training (7–8.5 out of 10 on the Perceived Effort Scale)</p>	<p>No more than 45 minutes per day at an easy pace as often as your energy level and schedule permit</p> <p><i>*If you're between 12 and 18 weeks postpartum and have been active throughout your recovery, you may be able to add one moderate intensity cardio session (15–30 minutes) per week and one high-intensity cardio session (10–15 minutes) per week if you want to and if you don't experience any symptoms</i></p>
REST AND RECOVERY	Rest as much as you need to throughout the day.	

Below you'll find three full-body, bodyweight-only workouts (along with progressions for each). Here are instructions for which workouts to do based on the number of days you work out each week.

2 DAYS PER WEEK	3 DAYS PER WEEK	2–3 DAYS PER WEEK
Week 1: AB	Week 1: ABC	Week 1: AB
Week 2: CA	Week 2: ABC	Week 2: CAB
Week 3: BC	Week 3: ABC	Week 3: CA
Week 4: AB	Week 4: ABC	Week 4: BCA
Week 5: CA	Week 5: ABC	Week 5: BC
Week 6: BC	Week 6: ABC	Week 6: ABC

Throughout this program, numbers and letters are used to denote exercise order. If an exercise has the number 1 in front of it, it's in the first set of exercises to be performed. The letters denote the order in which the exercises in the set are completed.

Some exercises are performed as a **superset**, meaning they're paired with another exercise. If there are three exercises performed in a series, that's a **triset**.

For example, Workout A begins with a superset. Exercise 1A is a Bodyweight Box Squat (or a Goblet Squat to Box, if you have access to dumbbells [DB]) and Exercise 1B is a Wall Slide.

That means you perform one set of Exercise 1A, rest 1–2 minutes, perform one set of Exercise 1B, rest 30 seconds, and repeat until you've done the designated number of sets. Then move on to the next set of exercises.

The set and repetition information is written in the following format: #sets x #reps x special instructions for reps. So in Workout A, Exercise 2A, 2–3 x 8–10 / side indicates 2–3 sets of 8–10 reps per side.

Workout A - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Bodyweight Box Squat</u> or <u>Goblet Squat to Box</u>	2–3 x 10–12	3 x 10–12	3–4 x 10–12	1-2 min
1B	<u>Wall Slide</u>	2–3 x 10–12	3 x 10–12	3–4 x 10–12	30 sec

Workout A - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Bodyweight Box Squat</u> or <u>Goblet Squat to Box</u>	2-3 x 10-12	3 x 10-12	3-4 x 10-12	1-2 min
1B	<u>Wall Slide</u>	2-3 x 10-12	3 x 10-12	3-4 x 10-12	30 sec
2A	<u>Supported Reverse Lunge</u> or <u>Reverse Lunge</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30-60 sec
2B	<u>Incline Slow Mountain Climber</u> or <u>Slow Mountain Climber</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30 sec
2C	<u>Front Plank Off Knees</u> or <u>Front Plank</u>	2-3 x 6 x 5 sec/side	3 x 7 x 5 sec/side	3-4 x 8 x 5 sec/side	30 sec

WORKOUT NOTES

Workout B - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Feet Elevated Glute Bridge</u>	2-3 x 10-12	3 x 10-12	3-4 x 10-12	1-2 min
1B	<u>Walk Out</u>	2-3 x 5-6	3 x 5-6	3-4 x 5-8	30 sec
2A	<u>Split Squat</u> or <u>DB Split Squat</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30-60 sec
2B	<u>Hand Taps</u> or <u>Shoulder Taps</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30 sec
2C	<u>Side Plank Off Knees</u> or <u>Side Plank</u>	3 x 6 x 5 sec/side	3 x 7 x 5 sec/side	3 x 8 x 5 sec/side	30 sec

*3 x 6 x 5 sec / side = 3 sets of 6 reps of 5-second holds

WORKOUT NOTES

Workout C - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Supported Single-Leg Romanian Deadlift</u>	2-3 x 8-10 sec hold	3 x 8-10 sec hold	3-4 x 10/side	1-2 min
	or <u>Bodyweight Single-Leg Romanian Deadlift</u>				
1B	<u>YTLI Raises</u>	2-3 x 6-8/ each letter	3 x 6-8/ each letter	3-4 x 6-8/ each letter	30 sec
2A	<u>Lateral Step-Up</u> or <u>DB Lateral Step-Up</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30-60 sec
2B	<u>Bird Dog</u>	2-3 x 8-10/side	3 x 8-10/side	3-4 x 10/side	30 sec
2C	<u>Supine Scapular Slide</u>	2-3 x 10-12	3 x 10-12	3-4 x 10-12	30 sec

WORKOUT NOTES

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