# POST-BABY CORE RESTORE



*Postpartum Recovery Guide*

BY AMANDA ISAAC

amandaisaaccoaching.com

# DISCLAIMER

The information, recommendations and guidelines that are provided in this program are not intended as medical advice or to replace medical advice given by a doctor or other healthcare professional (physiotherapist etc). In the case of illness or other medical condition, a doctor or health professional should be consulted prior to commencing this programme. The information, recommendations and guidelines given relating to exercise and diet are to be used as a guideline for a healthy lifestyle. It is not intended to substitute for medically prescribed diet or exercise. You are advised to meet with your general practitioner to discuss your individual needs and health, particularly before making any significant changes to your exercise habits or diet as a result of receiving this material.

Amanda Isaac Coaching gives no warranty and makes no representation that the information, recommendations and guidelines contained in this program are suited for everyone. Amanda Isaac Coaching disclaims all liability for any loss, damage, injury, costs or expenses incurred by any reason of any person using or relying on this information, recommendations and guidelines or by misuse, reason of error, omission, defect or misstatement contained in such information, recommendations or guidelines.

Amanda Isaac Coaching

# COPYRIGHT

All materials included in this program are subject to copyright and are considered intellectual property of Amanda Isaac Coaching. Any distribution or reproduction of this material is subject to copyright infrigement laws.

© 2025 Amanda Isaac Coaching. All Rights Reserved.

# WELCOME TO POST-BABY CORE RESTORE

I am so excited that you have made the decision to begin "**Post-Baby Core Restore**"! In this guide you will find out how to perform a *self-assessment* for diastasis recti and of your pelvic floor. Understanding your baseline is important so that you can respect where your body is at in the present moment. So often there is a pressure to "bounce back" but truth be told many important issues get overlooked and we only set ourselves up for complications. It is so important we have an understanding on where you are starting from. This will help you do the appropriate work in order to prepare your body for more intense exercise and more importantly *prevent long term issues* with pain or leaky bladders etc.

Each week we will progress through a series of exercises. As you move through the program these exercises will increase in intensity and difficulty. **It is of the utmost importance that you move according to YOUR LEVEL**. If you have pain, discomfort or are unsure, do not perform the exercises and please reach out to Amanda by e-mail (info@amandaisaaccoaching.com) for guidance. If you feel like you are not ready to progress to the next level, simply repeat the week you have just completed before moving on to the next week.

# MEET AMANDA



Hi,
I'm Amanda Isaac, Mother, former Maternity Nurse, Pre/Post-partum Exercise Specialist, Life Coach and Certified Personal Trainer.
Originally from Canada, I have been living in Munich, Germany since 2015 with my husband and two children.
My first area of interest after completing my nursing studies was maternal child care. I worked for 2 years on the postpartum ward helping new moms in their first hours after giving birth. I followed this clinical work experience with community health & Maternal child Care in remote northern communities of the James Bay, Quebec.
Moving to Germany with my family meant changing career paths. It was not one that was easily accepted and I fought hard to find a way to blend my professional experiences to create a new way forward. My principle interest has always been supporting the health and wellness of women. I journeyed into life coaching and personal training as a way to continue my mission. Helping mothers navigate not only the physical changes brought on by pregnancy but being able to offer support and guidance through the postpartum period.

*Amanda*

POST - BABY RESTORE CORE

TABLE OF CONTENTS


WEEK 1 - Respire: Relearn healthy breathing patterns to support your core and pelvic floor.

WEEK 2 - Realign: Improve your posture for better core engagement and reduced pain.

WEEK 3 - Reconnect: Sync your breath, pelvic floor, and deep core for optimal recovery

WEEK 4 - Recover: Focus on gentle healing and restoring core function.

WEEK 5 - Reinforce: Build strength and stability from the inside out.

WEEK 6 - Return: Gain confidence to move freely and get back to the activities you love.

# WEEK 1
# RESPIRE



WEEK 1

# RESPIRE DAY 1

**Exercises Day 1**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Back Breathing
2. 360° Breathing
3. Pelvic Floor Elevators
4. Rib Mobility
5. 90-90 Breathing

**Equipment needed:**

None

# Day 1 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## Back Breathing

This exercise will help to open up the back body.

- Sit on a yoga block or foam roller (or whatever you have such as a stack of books).
- Bring your chest onto your thighs and wrap your arms around your legs. Tuck your head into your knees.
- Inhale through your nose for a count of 3, feel your back and the sides of your ribs expand.
- Exhale through the mouth for a count of 6.





## 360° Breathing

This exercise will expand the diaphragm.

- Lie on your back with bent knees.
- Inhale through the nose. Pay attention to where the air is flowing (into your chest, abdomen, do your shoulders rise, do your back ribs expand).
- Exhale through the mouth.
- On your next inhale focus on bringing the air into your back and into the side of your ribcage. You want the air to fill the lower part of your lungs as well as the upper portion in all directions.

# Day 1 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## Pelvic Floor Elevators

Learn how to connect with your pelvic floor.

- Lie on your back in a relaxed position.
- Relax your jaw, neck and shoulders.
- Inhale and on the exhale imagine your pelvic floor lifting up as if it where an elevator.
- Raise it to the 1st floor (level of the pubic bone).
- Raise if to the 2nd floor (level between pubic bone and navel).
- Raise it to the 3rd floor (level of the navel).
- Relax and fully release the pelvic oor before beginning again.
- If you feel your thighs, glutes, toes or any part of your body tensing, release and start again.





## Rib Mobility

Movement through the ribcage with help optimize core strength.

- Lie on your back with bent knees.
- Inhale through the nose. Pay attention to where the air is flowing (into your chest, abdomen, do your shoulders rise, do your back ribs expand).
- Exhale through the mouth.
- On your next inhale focus on bringing the air into your back and into the side of your ribcage. You want the air to fill the lower part of your lungs as well as the upper portion in all directions.

# Day 1 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## 90-90 Breathing

Connect with your deeper abdominal corset, the transverse abdominals.

- Lie on your back with the feet on a wall, with knees bent to 90 degrees. Neck and spine should be “neutral” and comfortable.
- Place one hand on the upper chest and one hand on the lower abdomen.
- Inhale through the nose slowly for a count of 3 or 4.
- Fill your lungs so that the air pushes through your back and the sides of your ribs are expanding with each inhalation.
- Exhale through the mouth slowly but with force for a count of 6 or 8.
- Feel your transverse abdominals engage as you exhale.

WEEK 1

# RESPIRE DAY 2

**Exercises Day 2**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Back Breathing
2. 360° Breathing
3. Pelvic Floor Elevators
4. Rib Mobility
5. 90-90 Breathing
6. Dead Bug Foot Taps

**Equipment needed:**

None

# Day 2 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## Back Breathing

This exercise will help to open up the back body.

- Sit on a yoga block or foam roller (or whatever you have such as a stack of books).
- Bring your chest onto your thighs and wrap your arms around your legs. Tuck your head into your knees.
- Inhale through your nose for a count of 3, feel your back and the sides of your ribs expand.
- Exhale through the mouth for a count of 6.





## 360° Breathing

This exercise will expand the diaphragm.

- Lie on your back with bent knees.
- Inhale through the nose. Pay attention to where the air is flowing (into your chest, abdomen, do your shoulders rise, do your back ribs expand).
- Exhale through the mouth.
- On your next inhale focus on bringing the air into your back and into the side of your ribcage. You want the air to fill the lower part of your lungs as well as the upper portion in all directions.

# Day 2 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## Pelvic Floor Elevators

Learn how to connect with your pelvic floor.

- Lie on your back in a relaxed position.
- Relax your jaw, neck and shoulders.
- Inhale and on the exhale imagine your pelvic floor lifting up as if it where an elevator.
- Raise it to the 1st floor (level of the pubic bone).
- Raise if to the 2nd floor (level between pubic bone and navel).
- Raise it to the 3rd floor (level of the navel).
- Relax and fully release the pelvic oor before beginning again.
- If you feel your thighs, glutes, toes or any part of your body tensing, release and start again.





## Rib Mobility

Movement through the ribcage with help optimize core strength

- Lie on your back with bent knees.
- Inhale through the nose. Pay attention to where the air is flowing (into your chest, abdomen, do your shoulders rise, do your back ribs expand).
- Exhale through the mouth.
- On your next inhale focus on bringing the air into your back and into the side of your ribcage. You want the air to fill the lower part of your lungs as well as the upper portion in all directions.

# Day 2 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## 90-90 Breathing

Connect with your deeper abdominal corset, the transverse abdominals.

- Lie on your back with the feet on a wall, with knees bent to 90 degrees. Neck and spine should be “neutral” and comfortable.
- Place one hand on the upper chest and one hand on the lower abdomen.
- Inhale through the nose slowly for a count of 3 or 4.
- Fill your lungs so that the air pushes through your back and the sides of your ribs are expanding with each inhalation.
- Exhale through the mouth slowly but with force for a count of 6 or 8.
- Feel your transverse abdominals engage as you exhale.





## Dead Bug Foot Taps

Strengthen the muscles along the spine, the deep transvers abdominis and activates the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Bend your knees at a 90-degree angle.
- Lower leg toward the floor slowly and with control.
- Return to center and then repeat on the other side

WEEK 1

# RESPIRE DAY 3

**Exercises Day 3**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Back Breathing
2. 360° Breathing
3. Pelvic Floor Elevators
4. Rib Mobility
5. 90-90 Breathing
6. Dead Bug Foot Taps

**Equipment needed:**

None

# Day 3 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## Back Breathing

This exercise will help to open up the back body.

- Sit on a yoga block or foam roller (or whatever you have such as a stack of books).
- Bring your chest onto your thighs and wrap your arms around your legs. Tuck your head into your knees.
- Inhale through your nose for a count of 3, feel your back and the sides of your ribs expand.
- Exhale through the mouth for a count of 6.





## 360° Breathing

This exercise will expand the diaphragm.

- Lie on your back with bent knees.
- Inhale through the nose. Pay attention to where the air is flowing (into your chest, abdomen, do your shoulders rise, do your back ribs expand).
- Exhale through the mouth.
- On your next inhale focus on bringing the air into your back and into the side of your ribcage. You want the air to fill the lower part of your lungs as well as the upper portion in all directions.

# Day 3 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## Pelvic Floor Elevators

Learn how to connect with your pelvic floor.

- Lie on your back in a relaxed position.
- Relax your jaw, neck and shoulders.
- Inhale and on the exhale imagine your pelvic floor lifting up as if it where an elevator.
- Raise it to the 1st floor (level of the pubic bone).
- Raise if to the 2nd floor (level between pubic bone and navel).
- Raise it to the 3rd floor (level of the navel).
- Relax and fully release the pelvic oor before beginning again.
- If you feel your thighs, glutes, toes or any part of your body tensing, release and start again.





## Rib Mobility

Movement through the ribcage with help optimize core strength

- Lie on your back with bent knees.
- Inhale through the nose. Pay attention to where the air is flowing (into your chest, abdomen, do your shoulders rise, do your back ribs expand).
- Exhale through the mouth.
- On your next inhale focus on bringing the air into your back and into the side of your ribcage. You want the air to fill the lower part of your lungs as well as the upper portion in all directions.

# Day 3 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## 90-90 Breathing

Connect with your deeper abdominal corset, the transverse abdominals.

- Lie on your back with the feet on a wall, with knees bent to 90 degrees. Neck and spine should be “neutral” and comfortable.
- Place one hand on the upper chest and one hand on the lower abdomen.
- Inhale through the nose slowly for a count of 3 or 4.
- Fill your lungs so that the air pushes through your back and the sides of your ribs are expanding with each inhalation.
- Exhale through the mouth slowly but with force for a count of 6 or 8.
- Feel your transverse abdominals engage as you exhale.





## Dead Bug Foot Taps

Strengthen the muscles along the spine, the deep transvers abdominis and activates the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Bend your knees at a 90-degree angle.
- Lower leg toward the floor slowly and with control.
- Return to center and then repeat on the other side

WEEK 1

# RESPIRE DAY 4

**Exercises Day 4**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Transverse Abdominal Breathing
2. Pelvic Floor Elevators
3. 90-90 Breathing
4. Dead Bug Foot Taps
5. Overhead Reaches

**Equipment needed:**

None

# Day 4 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## Transverse Abdominal Breathing

Activate and coordinate your pelvic floor with your transverse abdominis.

- Lying on your back with one hand above and the other below your belly button.
- Take a deep inhalation through your nose.
- Make sure to breathe deep into your back body filling all the spaces in your lunges so your abdomen and diaphragm expand.
- As you exhale open your mouth and say “HA” while doing so pull your ribs together and narrow your waistline.





## Pelvic Floor Elevators

Learn how to connect with your pelvic floor.

- Lie on your back in a relaxed position.
- Relax your jaw, neck and shoulders.
- Inhale and on the exhale imagine your pelvic floor lifting up as if it where an elevator.
- Raise it to the 1st floor (level of the pubic bone).
- Raise if to the 2nd floor (level between pubic bone and navel).
- Raise it to the 3rd floor (level of the navel).
- Relax and fully release the pelvic oor before beginning again.
- If you feel your thighs, glutes, toes or any part of your body tensing, release and start again.

# Day 4 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## 90-90 Breathing

Connect with your deeper abdominal corset, the transverse abdominals.

- Lie on your back with the feet on a wall, with knees bent to 90 degrees. Neck and spine should be “neutral” and comfortable.
- Place one hand on the upper chest and one hand on the lower abdomen.
- Inhale through the nose slowly for a count of 3 or 4.
- Fill your lungs so that the air pushes through your back and the sides of your ribs are expanding with each inhalation.
- Exhale through the mouth slowly but with force for a count of 6 or 8.
- Feel your transverse abdominals engage as you exhale.





## Dead Bug Foot Taps

Strengthen the muscles along the spine, the deep transvers abdominis and activates the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Bend your knees at a 90-degree angle.
- Lower leg toward the floor slowly and with control.
- Return to center and then repeat on the other side

# Day 4 - RESPIRE

Complete 10 repetitions and 1-3 sets of each exercise.





## Overhead Reaches

With this exercise we will begin to engage the upper abdominals.

- Lie on your back with bent knees.
- Press your lower ribs and lower back into the floor.
- Raise your arms overhead and touch the floor.
- Keep your ribs from flaring and your lower back from lifting.
- Return to the start position.
- Repeat 10 times

# WEEK 2
# REALIGN



WEEK 2

# REALIGN DAY 1

**Exercises Day 1**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Transverse Abdominal Breathing
2. Pelvic Floor Elevators
3. 90-90 Breathing
4. Chin Tucks
5. Thoracic Mobility - Upper
6. Scapular Retractions

**Equipment needed:**

Chair / bench / or similar

# Day 1 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.





## Transverse Abdominal Breathing

Activate and coordinate your pelvic floor with your transverse abdominis.

- Lying on your back with one hand above and the other below your belly button.
- Take a deep inhalation through your nose.
- Make sure to breathe deep into your back body filling all the spaces in your lunges so your abdomen and diaphragm expand.
- As you exhale open your mouth and say “HA” while doing so pull your ribs together and narrow your waistline.





## Pelvic Floor Elevators

Learn how to connect with your pelvic floor.

- Lie on your back in a relaxed position.
- Relax your jaw, neck and shoulders.
- Inhale and on the exhale imagine your pelvic floor lifting up as if it where an elevator.
- Raise it to the 1st floor (level of the pubic bone).
- Raise if to the 2nd floor (level between pubic bone and navel).
- Raise it to the 3rd floor (level of the navel).
- Relax and fully release the pelvic oor before beginning again.
- If you feel your thighs, glutes, toes or any part of your body tensing, release and start again.

# Day 1 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.

## 90-90 Breathing





Connect with your deeper abdominal corset, the transverse abdominals.

- Lie on your back with the feet on a wall, with knees bent to 90 degrees. Neck and spine should be “neutral” and comfortable.
- Place one hand on the upper chest and one hand on the lower abdomen.
- Inhale through the nose slowly for a count of 3 or 4.
- Fill your lungs so that the air pushes through your back and the sides of your ribs are expanding with each inhalation.
- Exhale through the mouth slowly but with force for a count of 6 or 8.
- Feel your transverse abdominals engage as you exhale.

## Chin Tucks





This exercise will help strengthen your neck muscles and help minimize forward head posture.

- Lie on your back with bent knees.
- Tuck your chin while keep your neck long.
- Raise your head a few centimetres off the floor and hold for a few seconds.
- Relax and return to the floor.
- Repeat 10 times.

# Day 1 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.





## Thoracic Upper Mobility

Open the upper back.

- For this exercise you will need a chair or bench.
- Kneel in front of your chair.
- Place your elbows onto the edge of the chair.
- Position yourself so you form a flat back; do not allow your core to collapse.
- Gently bend your arms back and proceed to lift your upper back to stretch.
- Return to a flat back and repeat 10 times.





## Scapular Retractions

Activate your upper back and will help in optimizing posture.

- Start in Table top position align your wrists under your shoulders and your knees under your hips.
- Shoulders should be down and away from the ears.
- Slide your shoulder blades down your back and together.
- Hold for a few seconds and release.
- Repeat 10 times.

WEEK 2

# REALIGN DAY 2

**Exercises Day 2**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Transverse Abdominal Breathing
2. 90-90 Breathing
3. Chin Tucks
4. Thoracic Mobility- Side Lying
5. Dead Bug Foot Taps

**Equipment needed:**

none

# Day 2 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.





## Transverse Abdominal Breathing

Activate and coordinate your pelvic floor with your transverse abdominis.

- Lying on your back with one hand above and the other below your belly button.
- Take a deep inhalation through your nose.
- Make sure to breathe deep into your back body filling all the spaces in your lunges so your abdomen and diaphragm expand.
- As you exhale open your mouth and say “HA” while doing so pull your ribs together and narrow your waistline.





## 90-90 Breathing

Connect with your deeper abdominal corset, the transverse abdominals.

- Lie on your back with the feet on a wall, with knees bent to 90 degrees. Neck and spine should be “neutral” and comfortable.
- Place one hand on the upper chest and one hand on the lower abdomen.
- Inhale through the nose slowly for a count of 3 or 4.
- Fill your lungs so that the air pushes through your back and the sides of your ribs are expanding with each inhalation.
- Exhale through the mouth slowly but with force for a count of 6 or 8.
- Feel your transverse abdominals engage as you exhale.

# Day 2 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.



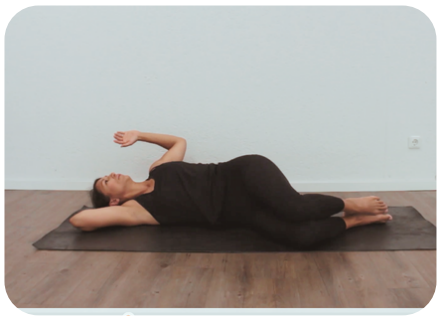


## Chin Tucks

This exercise will help strengthen your neck muscles and help minimize forward head posture.

- Lie on your back with bent knees.
- Tuck your chin while keep your neck long.
- Raise your head a few centimetres off the floor and hold for a few seconds.
- Relax and return to the floor.
- Repeat 10 times.





## Thoracic Mobility – Side Lying

Gain mobility through the mid-back is important for spine health as well as your core and pelvic floor.

- Lie on your side with bent knees.
- Bend your top arm at approximately 90 degrees.
- Gently twist towards the back and return to the middle.
- You can place your bottom arm on the top of your legs if you find that they tend to lift (additionally you can place a small pillow between the knees for extra support).Repeat 10 times on each side.

# Day 2 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.





## Dead Bug Foot Taps

Strengthen the muscles along the spine, the deep transvers abdominis and activates the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Bend your knees at a 90-degree angle.
- Lower leg toward the floor slowly and with control.
- Return to center and then repeat on the other side.
- Repeat 10 times on each side.

WEEK 2

# REALIGN DAY 3

**Exercises Day 3**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1.Transverse Abdominal Breathing

2. Heel Slides

3. Overhead Reaches

4. Thoracic Mobility – Side Lying

5. Thoracic Mobility – Upper

6. Scapular Retractions

**Equipment needed:**

none

# Day 3 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.





## Transverse Abdominal Breathing

Activate and coordinate your pelvic floor with your transverse abdominis.

- Lying on your back with one hand above and the other below your belly button.
- Take a deep inhalation through your nose.
- Make sure to breathe deep into your back body filling all the spaces in your lunges so your abdomen and diaphragm expand.
- As you exhale open your mouth and say “HA” while doing so pull your ribs together and narrow your waistline.





## Heel Slides

strengthen your lower abdominals as well as coordinate your pelvic oor with leg movement.

- Lie on your back with bent knees.
- Place sliders or a small tower under your feet.-
- Tuck your tailbone under so that your lower back is touching the foor.
- Engage your core and lift your pelvic oor upwards.
- Slide one foot out while keeping contact with the oor at all times.-Slide your foot back to the start.
- Alternate sides.

# Day 3 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.

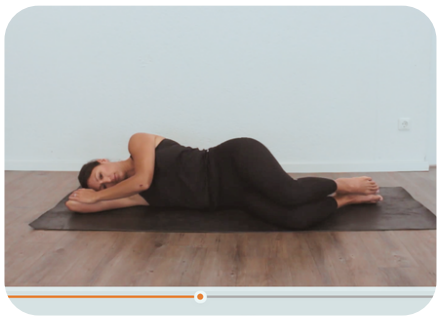




## Overhead Reaches

With this exercise we will begin to engage the upper abdominals.

- Lie on your back with bent knees.
- Press your lower ribs and lower back into the floor.
- Raise your arms overhead and touch the floor.
- Keep your ribs from flaring and your lower back from lifting.
- Return to the start position.
- Repeat 10 times





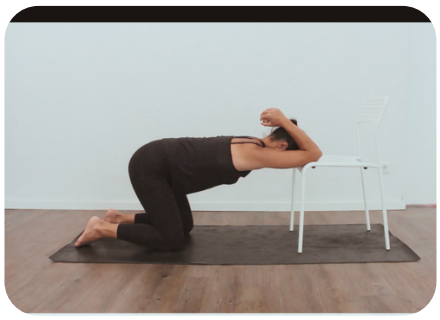
## Thoracic Mobility – Side Lying

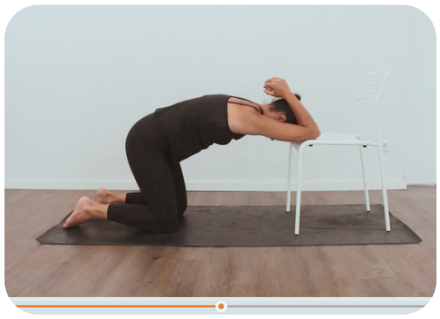
Gain mobility through the mid-back is important for spine health as well as your core and pelvic floor.

- Lie on your side with bent knees.
- Bend your top arm at approximately 90 degrees.
- Gently twist towards the back and return to the middle.
- You can place your bottom arm on the top of your legs if you find that they tend to lift (additionally you can place a small pillow between the knees for extra support).Repeat 10 times on each side.

# Day 3 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.





## Thoracic Upper Mobility

Open the upper back.

- For this exercise you will need a chair or bench.
- Kneel in front of your chair.
- Place your elbows onto the edge of the chair.
- Position yourself so you form a flat back; do not allow your core to collapse.
- Gently bend your arms back and proceed to lift your upper back to stretch.
- Return to a flat back and repeat 10 times.





## Scapular Retractions

Activate your upper back and will help in optimizing posture.

- Start in Table top position align your wrists under your shoulders and your knees under your hips.
- Shoulders should be down and away from the ears.
- Slide your shoulder blades down your back and together.
- Hold for a few seconds and release.
- Repeat 10 times.

WEEK 2

# REALIGN DAY 4

**Exercises Day 4**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Pelvic Floor Elevators
2. 90-90 Breathing with Ball Squeeze
3. Chin Tucks
4. Thoracic Mobility - Upper
5. Wall Angels
6. Bird Dog

**Equipment needed:**

Pilates Ball or Towel

# Day 4 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.

## Pelvic Floor Elevators





Learn how to connect with your pelvic floor.

- Lie on your back in a relaxed position.
- Relax your jaw, neck and shoulders.
- Inhale and on the exhale imagine your pelvic floor lifting up as if it where an elevator.
- Raise it to the 1st floor (level of the pubic bone).
- Raise if to the 2nd floor (level between pubic bone and navel).
- Raise it to the 3rd floor (level of the navel).
- Relax and fully release the pelvic oor before beginning again.
- If you feel your thighs, glutes, toes or any part of your body tensing, release and start again.

## 90 - 90 Breathing with Ball Squeeze





Activate and coordinate the pelvic oor, lower abdominals and the inner thighs.

- Lie on your back with your feet on the wall and knees bent at 90 degrees.
- Place a yoga ball, cushion or rolled up towel between your knees.
- Inhale through your nose for a count of 3.
- Exhale for a count of 6 through pursed lips and squeeze your knees together at the same time.

# Day 4 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.

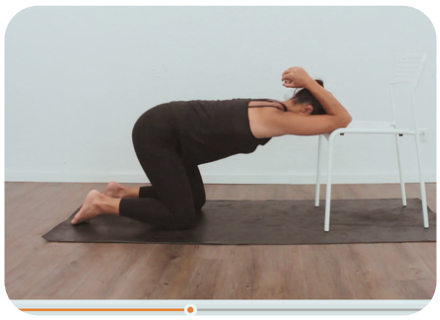


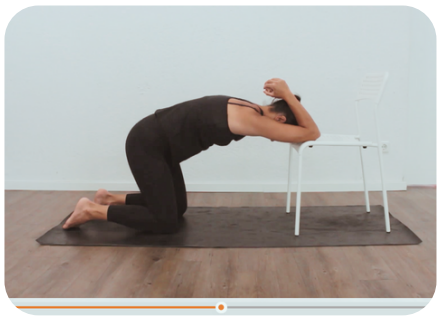


## Chin Tucks

This exercise will help strengthen your neck muscles and help minimize forward head posture.

- Lie on your back with bent knees.
- Tuck your chin while keep your neck long.
- Raise your head a few centimetres off the floor and hold for a few seconds.
- Relax and return to the floor.
- Repeat 10 times.





## Thoracic Upper Mobility

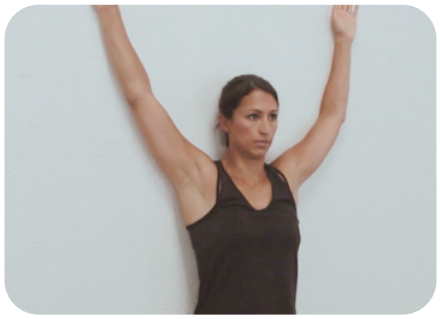
Open the upper back.

- For this exercise you will need a chair or bench.
- Kneel in front of your chair.
- Place your elbows onto the edge of the chair.
- Position yourself so you form a flat back; do not allow your core to collapse.
- Gently bend your arms back and proceed to lift your upper back to stretch.
- Return to a flat back and repeat 10 times.

# Day 4 - REALIGN

Complete 10 repetitions and 1-3 sets of each exercise.





## Wall Angels

Activates the upper back, chest and spinal muscles.

- Stand with your upper back and head pressed against the wall.
- Tuck your chin in.
- Raise your arms over head onto the wall.
- Slide your arms into a Y shape and then lower them to form a W shape.
- Your head, upper back, hands and elbows should maintain contact on the wall throughout the movement.



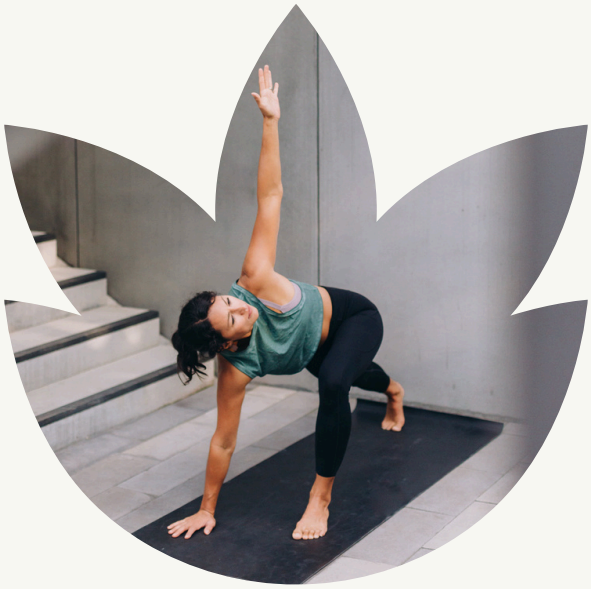


## Bird Dog

Activates your glutes, erectae spinae and rectus abdominis. It helps stabilize your back and pelvis.

- Start in table top position. Knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and tap the mat with hand and foot.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.

# WEEK 3
# RECONNECT



WEEK 3

# RECONNECT DAY 1

**Exercises Day 1**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1.Transverse Abdominal Breathing

2. 90-90 Breathing with Ball Squeeze

3. Glute Bridge

4. Bird Dog

5. Scapular Retractions

**Equipment needed:**

Pilates Ball or Towel

# Day 1 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## Transverse Abdominal Breathing

Breathing Activate and coordinate your pelvic floor with your transverse abdominis.

- Lying on your back with one hand above and the other below your belly button.
- Take a deep inhalation through your nose.
- Make sure to breathe deep into your back body filling all the spaces in your lunges so your abdomen and diaphragm expand.
- As you exhale open your mouth and say “HA” while doing so pull your ribs together and narrow your waistline.





## 90 - 90 Breathing with Ball Squeeze

Activate and coordinate the pelvic floor, lower abdominals and the inner thighs.

- Lie on your back with your feet on the wall and knees bent at 90 degrees.
- Place a yoga ball, cushion or rolled up towel between your knees.
- Inhale through your nose for a count of 3.
- Exhale for a count of 6 through pursed lips and squeeze your knees together at the same time.

# Day 1 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.

## Glute Bridge





Targets the gluteus maximus, hamstrings supported by the transverse abdominis.

- Lie on your back in a relaxed position.
- Relax your jaw, neck and shoulders.
- Inhale and on the exhale imagine your pelvic floor lifting up as if it where an elevator.
- Raise it to the 1st floor (level of the pubic bone).
- Raise if to the 2nd floor (level between pubic bone and navel).
- Raise it to the 3rd floor (level of the navel).
- Relax and fully release the pelvic floor before beginning again.
- If you feel your thighs, glutes, toes or any part of your body tensing, release and start again.

## Bird Dog





Activates your glutes, erectae spinae and rectus abdominis. It helps stabilize your back and pelvis.

- Start in table top position. Knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and tap the mat with hand and foot.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.

# Day 1 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## Scapular Retractions

Activate your upper back and will help in optimizing posture.

- Start in Table top position align your wrists under your shoulders and your knees under your hips.
- Shoulders should be down and away from the ears.
- Slide your shoulder blades down your back and together.
- Hold for a few seconds and release.
- Repeat 10 times.

WEEK 3

# RECONNECT DAY 2

**Exercises Day 2**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. 90-90 Breathing with Hip Raises
2. Clam Shells
3. Dead Bug- extended legs
4. Thoracic Mobility - Upper
5. Wall Angels

**Equipment needed:**

Chair or bench

# Day 2 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## 90 - 90 Breathing with Hip Raises

Engage lower abdominal and lower back muscles.

- Lie on your back with your feet placed onto a wall with knees bent at 90 degrees.
- Place on hand on your chest and one on your abdomen.
- Inhale through your nose and feel your chest and abdomen rise.
- Focus on lling your lungs in a 360 pattern.
- Exhale with pursed lips and with force; as you exhale gently lift your hips off the oor and tuck your tailbone under.





## Clam Shells

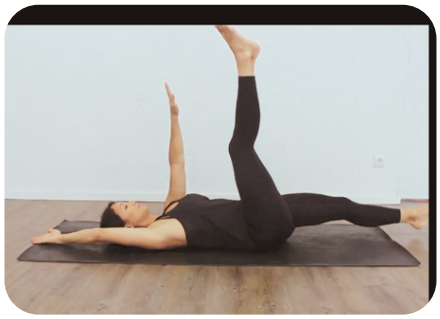
Targets the glutes as well as the abductors and stabilizes the pelvis and strengthen the pelvic floor.

- Lie on your side with knees bent at 90 degrees.
- Align your hips so that they are stacked one on top of the other.
- Lift your knee up while keeping your feet together.
- Raise your leg and do not allow your hips to come out of alignment.
- Squeeze your glutes at the top of the movement.

# Day 2 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.

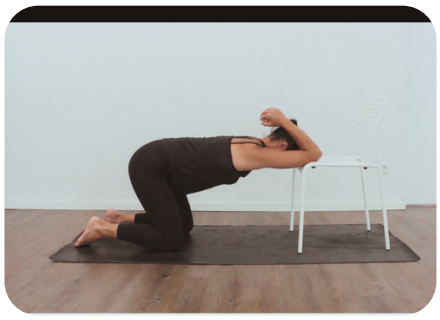


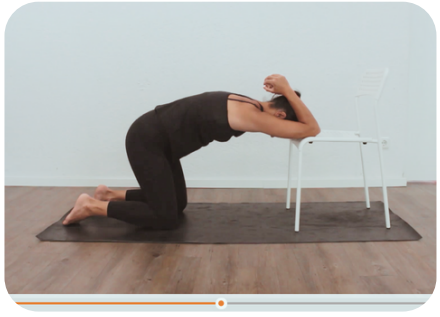


## Dead Bugs - extended legs

Activates the deep core muscles. You will work the transverse abdominis, erector spinae, rectus abdominis, obliques and the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Lower your right leg and left arm toward the floor, slowly and with control.
- Ensure that your back stays in contact with the oor throughout the movement.
- Return to center and then repeat on the other side.





## Thoracic Upper Mobility

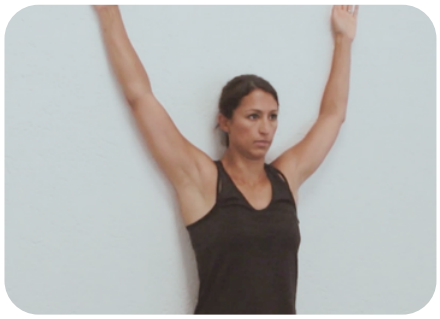
Thoracic mobility supports optimal core strength and posture.

- For this exercise you will need a chair or bench.
- Kneel in front of your chair.
- Place your elbows onto the edge of the chair.
- Position yourself so you form a at back; do not allow your core to collapse.
- Gently bend your arms back and proceed to lift your upper back to stretc

# Day 2 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## Wall Angels

Open rounded shoulders and strengthen postural muscles of your upper back.

- Stand with your upper back pressed against the wall.
- Tuck your chin in.
- Raise your arms into a Y shape and then lower them to form a W shape.
- Your hands and elbows should maintain contact on the wall throughout the movement.

WEEK 3

# RECONNECT DAY 3

**Exercises Day 3**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. 90-90 Breathing with Ball Squeeze
2. Glute Bridge
3. Hip Dips with Bent Knees
4. Bird Dog
5. Scapular Retractions

**Equipment needed:**

Pilates ball or towel

# Day 3 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## 90 - 90 Breathing with Ball Squeeze

Activate and coordinate the pelvic floor, lower abdominals and the inner thighs..

- Lie on your back with your feet on the wall and knees bent at 90 degrees.
- Place a yoga ball, cushion or rolled up towel between your knees.
- Inhale through your nose for a count of 3.
- Exhale for a count of 6 through pursed lips and squeeze your knees together at the same time.





## Glute Bridge

Targets the gluteus maximus, hamstrings supported by the transverse abdominis.

- Lie on your back in a relaxed position.
- Relax your jaw, neck and shoulders.
- Inhale and on the exhale imagine your pelvic floor lifting up as if it where an elevator.
- Raise it to the 1st floor (level of the pubic bone).
- Raise if to the 2nd floor (level between pubic bone and navel).
- Raise it to the 3rd floor (level of the navel).
- Relax and fully release the pelvic oor before beginning again.
- If you feel your thighs, glutes, toes or any part of your body tensing, release and start again.

# Day 3 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## Hip Dips with Bent Knees

activate your core, hips, thighs and glutes.

- With one or both knees bent for support assume a side plank position.
- Elbow is directly under your shoulder.
- Do not sink into the shoulder.
- Raise your hips off the floor and return to start





## Bird Dog

Activates your glutes, erectae spinae and rectus abdominis. It helps stabilize your back and pelvis.

- Start in table top position. Knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and tap the mat with hand and foot.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.

# Day 3 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## Scapular Retractions

Activate your upper back and will help in optimizing posture.

- Start in Table top position align your wrists under your shoulders and your knees under your hips.
- Shoulders should be down and away from the ears.
- Slide your shoulder blades down your back and together.
- Hold for a few seconds and release.
- Repeat 10 times.

WEEK 3

# RECONNECT DAY 4

**Exercises Day 4**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Transverse Abdominal Breathing
2. Glute Bridge with Ball Squeeze
3. Dead Bug with Extended Legs
4. Bird Dog
5. Wall Angels

**Equipment needed:**

Pilates ball or towel

# Day 4 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## Transverse Abdominal Breathing

Activate and coordinate your pelvic floor with your transverse abdominis.

- Lying on your back with one hand above and the other below your belly button.
- Take a deep inhalation through your nose.
- Make sure to breathe deep into your back body filling all the spaces in your lunges so your abdomen and diaphragm expand.
- As you exhale open your mouth and say “HA” while doing so pull your ribs together and narrow your waistline.





## Glute Bridge with Ball Squeeze

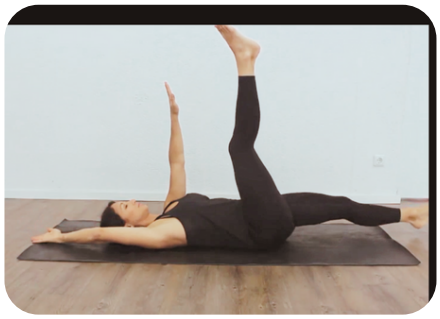
Targets the gluteus maximus, hamstrings, adductors, pelvic floor and deep core muscles.

- Lie on your back, with your knees bent and feet at on the ground. Keep your arms at your side with your palms down.
- Place a ball between your knees.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line.
- Contract your glutes and hold for a few seconds before returning to start.

# Day 4 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.





## Dead Bug - extended legs

Activates the deep core muscles. You will work the transverse abdominis, erector spinae, rectus abdominis, obliques and the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Lower opposite arm and leg toward the floor slowly and with control.
- Return to center and then repeat on the other side.





## Bird Dog

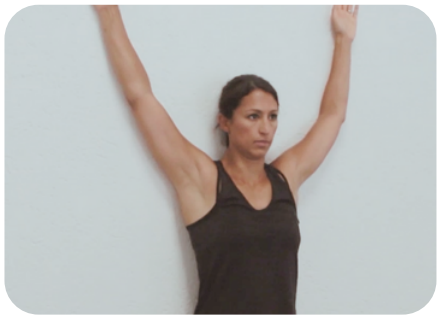
Activates your glutes, erectae spinae and rectus abdominis. It helps stabilize your back and pelvis.

- Start in table top position. Knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and tap the mat with hand and foot.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.

# Day 4 - RECONNECT

Complete 10 repetitions and 1-3 sets of each exercise.



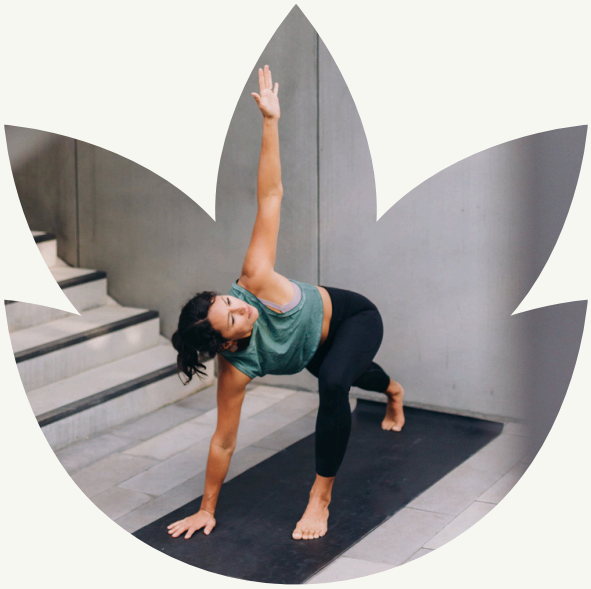


## Wall Angels

Open rounded shoulders and strengthen postural muscles of your upper back.

- Stand with your upper back pressed against the wall.
- Tuck your chin in.
- Raise your arms into a Y shape and then lower them to form a W shape.
- Your hands and elbows should maintain contact on the wall throughout the movement.

# WEEK 4
# RECOVER



WEEK 4

# RECOVER DAY 1

**Exercises Day 1**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. 90-90 Breathing
2. Pelvic Tilts
3. Heel Slides
4. Glute Bridge with Ball Squeeze
5. Dead Bug with Legs Fully Extended
6. Supermans

**Equipment needed:**

Pilates ball or towel

# Day 1 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.

## 90 - 90 Breathing





Activate and coordinate your pelvic floor with your transverse abdominis.

- Lie on your back with the feet on a wall, so the knees are bent to 90 degrees and the hips are bent to 90 degrees.
- Neck and spine should be “neutral” and comfortable.
- Place one hand on the upper chest and one hand on the lower abdomen.
- Inhale through the nose slowly for a count of 3 or 4.
- Exhale through the mouth slowly but with force for a count of 6 or 8– Focus on “360′ breathing”,Fi ll your lungs so that the air pushes through your back and the sides of your ribs are expanding with each inhalation.
- You will feel your transverse abdominals engage as you exhale

## Pelvic Tilts





Targets the transverse abdominals as well as the multifidus

- Lie on your back with the knees bent and the soles of the feet on the floor.
- This is your neutral position, with the natural curve of the lumbar spine causing.
- The low back to be slightly elevated from the floor.
- On an exhale, gently tuck your tailbone. You will feel your low back press into the floor.
- While doing so pull your bellybutton towards the spine and pull together the muscles of your waist line

# Day 1 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Heel Slides

Strengthen your lower abdominals as well as coordinate your pelvic oor with leg movement.

- Lie on your back with bent knees.
- Place sliders or a small tower under your feet.
- Tuck your tailbone under so that your lower back is touching the floor.
- Engage your core and lift your pelvic oor upwards.
- Slide one foot out while keeping contact with the oor at all times.
- Slide your foot back to the start.
- Alternate sides





## Glute Bridge with Ball Squeeze

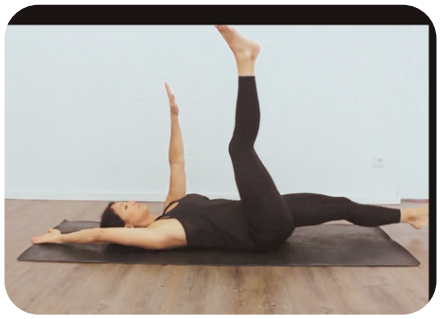
Targets the gluteus maximus, hamstrings, adductors, pelvic floor and deep core muscles.

- Lie on your back, with your knees bent and feet at on the ground. Keep your arms at your side with your palms down.
- Place a ball between your knees.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line.
- Contract your glutes and hold for a few seconds before returning to start.

# Day 1 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.

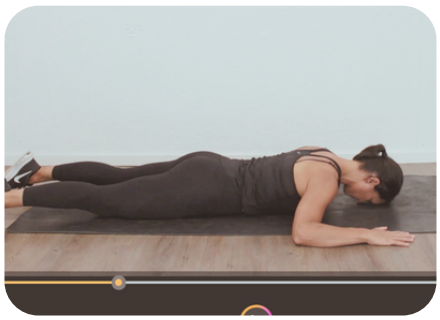




## Dead Bugs - Extended Legs

Activates the deep core muscles. You will work the transverse abdominis, erector spinae, rectus abdominis, obliques and the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Lower opposite arm and leg toward the floor slowly and with control.
- Return to center and then repeat on the other side.





## Supermans

Targets the posterior chain and will help with optimizing posture.

- Lie on your stomach.
- Keep your neck neutral (face down)
- Arms 90 degrees at your sides.
- Press your hips into the oor and raise your chest, arms and legs off the floor.
- Hold for 2 seconds and lower

WEEK 4

# RECOVER DAY 2

**Exercises Day 2**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Cat Cow
2. Bird Dog Knee to Elbow
3. Serratus Press- With Chair
4. Hip Dips with Bent Knees
5. Clam Shells

**Equipment needed:**

Chair or bench

# Day 2 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Cat Cow

This exercise will help warm up your spine.

- On your inhale, arch your back, let your belly relax and go loose.
- Lift your head and tailbone up towards the sky
- Exhale and pull your abdominal muscles in and push your back up to the sky.





## Bird Dog - Knee to Elbow

targets the erector spinae, transverse abdominis and rectus abdominis.

- Start in table top position. Knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and upon return to centre bring elbow to knee.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.

# Day 2 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.

## Serratus Press With Chair





Activate the serrarus muscles that are under your armpit and along your ribcage.

- You will need a stable chair or bench.
- Kneel in front of the chair and assume plank position with hands placed securely on the chair.
- Ensure that your core is active and engaged.
- Shoulders should be down away from the ears.
- Arms extended but elbows are not locked.
- Slowly sink your chest towards the chair and then raise up again to a at back.
- The focus is on the serratus muscle which is located on the side body just under the armpit.
- Do not squeeze the shoulder blades together excessively.

## Hip Dips With Bent Knees





Activate your core, hips, thighs and glutes.

- With one or both knees bent for support assume a side plank position.
- Elbow is directly under your shoulder.
- Do not sink into the shoulder.
- Raise your hips off the oor and return to start.

# Day 2 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Clam Shells

Targets the glutes as well as the abductors and stabilizes the pelvis and strengthen the pelvic floor.

- Lie on your side with knees bent at 90 degrees.
- Align your hips so that they are stacked one on top of the other.
- Lift your knee up while keeping your feet together.
- Raise your leg and do not allow your hips to come out of alignment.
- Squeeze your glutes at the top of the movemement.

WEEK 4

# RECOVER DAY 3

**Exercises Day 3**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Transverse Abdominal Breathing
2. Pelvic Tilt with Ball Squeeze
3. Dead Bugs with Legs Fully Extended
4. Hip Dips
5. Supermans

**Equipment needed:**

Pilates ball or towel

# Day 3 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Transverse Abdominal Breathing

Activate and coordinate your pelvic floor with your transverse abdominis.

- Lying on your back with one hand above and the other below your belly button.
- Take a deep inhalation through your nose.
- Make sure to breathe deep into your back body filling all the spaces in your lunges so your abdomen and diaphragm expand.
- As you exhale open your mouth and say “HA” while doing so pull your ribs together and narrow your waistline.





## Pelvic Tilt With Ball Squeeze

Targets the erector spinae, transverse abdominis and rectus abdominis.

- On your back with the knees bent and the soles of the feet on the floor.
- This is your neutral position, with the natural curve of the lumbar spine causing the low back to be slightly elevated from the floor.
- Place a yoga ball or rolled up towel between your knees.
- On an exhale, gently tuck your tailbone. You will feel your low back press into the floor.
- While doing so pull your bellybutton towards the spine and pull together the muscles of your waist line.
- At the same time squeeze the ball between your knees.

# Day 3 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Dead Bug - extended legs

Activates the deep core muscles. You will work the transverse abdominis, erector spinae, rectus abdominis, obliques and the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Lower opposite arm and leg toward the floor slowly and with control.
- Return to center and then repeat on the other side.





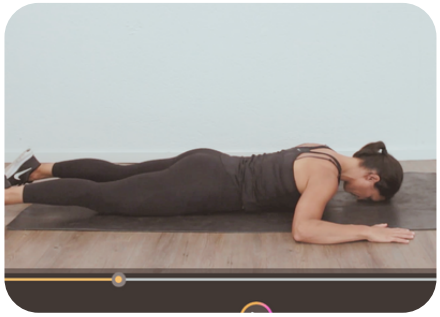
## Hip Dips

Activate your core, hips, thighs and glutes

- With legs extended assume a side plank position.
- Elbow is directly under your shoulder.
- Do not sink into the shoulder.
- Raise your hips off the oor and return to star

# Day 3 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Supermans

Targets the posterior chain and will help with optimizing posture.

- Lie on your stomach.
- Keep your neck neutral (face down)
- Arms 90 degrees at your sides.
- Press your hips into the oor and raise your chest, arms and legs off the floor.
- Hold for 2 seconds and lower

WEEK 4

# RECOVER DAY 4

**Exercises Day 4**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Cat Cow
2. Transverse Abdominal Breathing
3. Glute Bridge with Ball Squeeze
4. Bird Dog Knee to Elbow
5. Serratus Press with Chair
6. Clam Shells
7. Swimmers

**Equipment needed:**

Pilates ball or towel

Chair or bench

# Day 4 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Cat Cow

This exercise will help warm up your spine.

- On your inhale, arch your back, let your belly relax and go loose.
- Lift your head and tailbone up towards the sky
- Exhale and pull your abdominal muscles in and push your back up to the sky.





## Transverse Abdominal Breathing

Activate and coordinate your pelvic floor with your transverse abdominis.

- Lying on your back with one hand above and the other below your belly button.
- Take a deep inhalation through your nose.
- Make sure to breathe deep into your back body filling all the spaces in your lunges so your abdomen and diaphragm expand.
- As you exhale open your mouth and say “HA” while doing so pull your ribs together and narrow your waistline.

# Day 4 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Glute Bridge with Ball Squeeze

Targets the gluteus maximus, hamstrings, adductors, pelvic floor and deep core muscles.

- Lie on your back, with your knees bent and feet at on the ground. Keep your arms at your side with your palms down.
- Place a ball between your knees.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line.
- Contract your glutes and hold for a few seconds before returning to start.





## Bird Dog - Knee to Elbow

Targets the erector spinae, transverse abdominis and rectus abdominis.

- Start in table top position. Knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and upon return to centre bring elbow to knee.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.

# Day 4 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.





## Serratus Press With Chair

Activate the serrarus muscles that are under your armpit and along your ribcage.

- You will need a stable chair or bench.
- Kneel in front of the chair and assume plank position with hands placed securely on the chair.
- Ensure that your core is active and engaged.
- Shoulders should be down away from the ears.
- Arms extended but elbows are not locked.
- Slowly sink your chest towards the chair and then raise up again to a at back.
- The focus is on the serratus muscle which is located on the side body just under the armpit.
- Do not squeeze the shoulder blades together excessively.





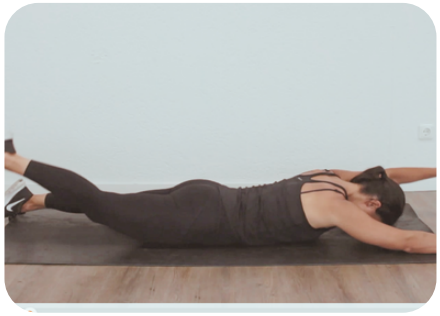
## Clam Shells

Targets the glutes as well as the abductors and stabilizes the pelvis and strengthen the pelvic floor.

- Lie on your side with knees bent at 90 degrees.
- Align your hips so that they are stacked one on top of the other.
- Lift your knee up while keeping your feet together.
- Raise your leg and do not allow your hips to come out of alignment.
- Squeeze your glutes at the top of the movemement.

# Day 4 - RECOVER

Complete 10 repetitions and 1-3 sets of each exercise.



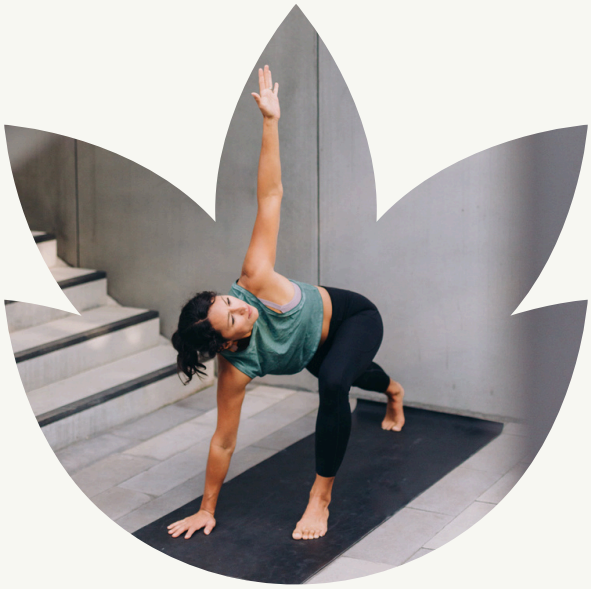


## Swimmers

Activate your posterior chain, working the muscles along your spine as well as your shoulders and glutes.

- Lie on your stomach face down.
- Arms lying on floor overhead
- Raise your chest and legs off the oor slightly and press hips into the floor.
- Raise right arm and left leg high and then switch and raise left arm and right leg higher.
- Continue in a “swimming” pattern.

# WEEK 5
# REINFORCE



WEEK 5

# REINFORCE DAY 1

**Exercises Day 1**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. 90-90 Breathing with Ball Squeeze
2. Pelvic Tilts
3. Glute Bridge Single Leg
4. Hamstring Slides
5. Dead Bug with legs Fully Extended

**Equipment needed:**

Pilates ball or towel

# Day 1 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## 90 - 90 Breathing with Ball Squeeze

Activate and coordinate the pelvic floor, lower abdominals and the inner thighs..

- Lie on your back with your feet on the wall and knees bent at 90 degrees.
- Place a yoga ball, cushion or rolled up towel between your knees.
- Inhale through your nose for a count of 3.
- Exhale for a count of 6 through pursed lips and squeeze your knees together at the same time.





## Pelvic Tilts

Targets the transverse abdominals as well as the multifidus

- Lie on your back with the knees bent and the soles of the feet on the floor.
- This is your neutral position, with the natural curve of the lumbar spine causing.
- The low back to be slightly elevated from the floor.
- On an exhale, gently tuck your tailbone. You will feel your low back press into the floor.
- While doing so pull your bellybutton towards the spine and pull together the muscles of your waist line

# Day 1 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Glute Bridge Single Leg

The single leg will activate the hamstrings more intensely.

- Lie on your back, with your knees bent and feet at on the ground. Keep your arms at your side with your palms down.
- Raise one leg up towards the ceiling.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line.
- Contract your glutes and hold for a few seconds before returning to start.





## Hamstring Slides

Strengthening the hamstrings can help balance the pelvis and support your back.

- Lie on your back with bent knees.
- Place sliders or a small tower under your feet.
- Lift your hips off the oor into a bridge position.
- Slide one foot away from the body as far as your can.
- Slide your foot back to the start while keeping hips raised.
- Alternate sides.

# Day 1 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Dead Bug - extended legs

Activates the deep core muscles. You will work the transverse abdominis, erector spinae, rectus abdominis, obliques and the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Lower opposite arm and leg toward the floor slowly and with control.
- Return to center and then repeat on the other side.

WEEK 5

# REINFORCE DAY 2

**Exercises Day 2**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Cat Cow
2. Chin Tucks
3. Thoracic Mobility – Upper
4. Serratus Press – Plank
5. Superman Pulldowns
6. Wall Angels

**Equipment needed:**

None

# Day 2 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Cat Cow

This exercise will help warm up your spine.

- On your inhale, arch your back, let your belly relax and go loose.
- Lift your head and tailbone up towards the sky
- Exhale and pull your abdominal muscles in and push your back up to the sky.





## Chin Tucks

Strengthen the muscles of the neck and help eliminate a forward head posture.

- Lie on your back with bent knees.
- Tuck your chin while keep your neck long.
- Raise your head a few centimetres off the floor and hold for a few seconds.
- Relax and return to the oor

# Day 2 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Thoracic Upper Mobility

Thoracic mobility supports optimal core strength and posture.

- For this exercise you will need a chair or bench.
- Kneel in front of your chair.
- Place your elbows onto the edge of the chair.
- Position yourself so you form a at back; do not allow your core to collapse.
- Gently bend your arms back and proceed to lift your upper back to stretc





## Serratus Press With Chair

Activate the serrarus muscles that are under your armpit and along your ribcage.

- You will need a stable chair or bench.
- Kneel in front of the chair and assume plank position with hands placed securely on the chair.
- Ensure that your core is active and engaged.
- Shoulders should be down away from the ears.
- Arms extended but elbows are not locked.
- Slowly sink your chest towards the chair and then raise up again to a at back.
- The focus is on the serratus muscle which is located on the side body just under the armpit.
- Do not squeeze the shoulder blades together excessively.

# Day 2 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.



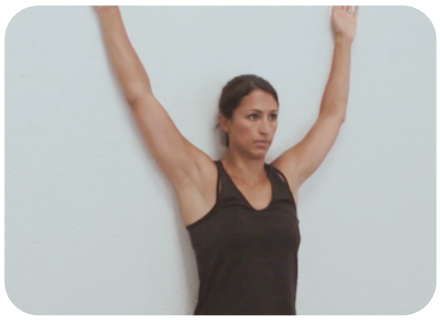


## Superman Pulldowns

Targets the posterior chain and will optimize posture. Intensity increases with pulldowns.

- Lie on your stomach.
- Keep your neck neutral (face down).
- Arms extended overhead.
- Press your hips into the oor and raise your chest, arms and legs off the floor.
- Pull your elbows down the sides of your body and extend once again.
- Hold for 2 seconds and lower.





## Wall Angels

Open rounded shoulders and strengthen postural muscles of your upper back.

- Stand with your upper back pressed against the wall.
- Tuck your chin in.
- Raise your arms into a Y shape and then lower them to form a W shape.
- Your hands and elbows should maintain contact on the wall throughout the movement.

WEEK 5

# REINFORCE DAY 3

**Exercises Day 3**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Bird Dog Knee to Elbow
2. Side Plank (bent knees) Thread the needle
3. Glute Bridge Single Leg
4. Hamstring Slides
5. Oblique Twist

**Equipment needed:**

None

# Day 3 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Bird Dog Knee to Elbow

Targets the erector spinae, transverse abdominis and rectus abdominis.

- Start in table top position. Knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and upon return to centre bring elbow to knee.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.





## Side Plank- Thread The Needle

Strengthen the muscles of the neck and help eliminate a forward head posture.

- Lie on your side with elbow in line with your shoulder and hips stacked.
- Raise your hips up, keep core active and engaged.
- Do not collapse into the shoulder.
- Raise your top arm towards the ceiling and then twist and bring your arm through.
- Bring arm back to the top.

# Day 3 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Glute Bridge Single Leg

The single leg will activate the hamstrings more intensely.

- Lie on your back, with your knees bent and feet at on the ground. Keep your arms at your side with your palms down.
- Raise one leg up towards the ceiling.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line.
- Contract your glutes and hold for a few seconds before returning to start.





## Hamstring Slides

Strengthening the hamstrings can help balance the pelvis and support your back.

- Lie on your back with bent knees.
- Place sliders or a small tower under your feet.
- Lift your hips off the oor into a bridge position.
- Slide one foot away from the body as far as your can.
- Slide your foot back to the start while keeping hips raised.
- Alternate sides.

# Day 3 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Oblique Twist

Activate both the internal and external oblique muscles.

- Kneel on the oor with your right foot on the ground.
- Extend your arms straight in front of you.
- On the inhale engage your left oblique muscles and slowly twist to the left side.
- Exhale and slowly return to the start.
- Do this while activating the right obliques.
- After your've completed your reps switch and do the same on the other side.

WEEK 5

# REINFORCE DAY 4

**Exercises Day 4**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Dead Bug with Legs Fully Extended
2. Thoracic Mobility-Quadraped
3. Swimmers
4. Serratus Press – Plank
5. Hip Dips

**Equipment needed:**

None

# Day 4 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Dead Bug - extended legs

Activates the deep core muscles. You will work the transverse abdominis, erector spinae, rectus abdominis, obliques and the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Lower opposite arm and leg toward the floor slowly and with control.
- Return to center and then repeat on the other side.





## Thoracic Mobility-Quadraped

This exercise will activate your core muscles as well as work on thoracic mobility.

- Start in table top position (shoulders in line with wrists and hips in line with knees).
- Place your right hand on the back of your head and twist towards the ceiling.
- With an active and engage core twist towards the floor bring your right elbow to the left elbow.

# Day 4 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.





## Swimmers

Activate your posterior chain, working the muscles along your spine as well as your shoulders and glutes.

- Lie on your stomach face down.
- Arms lying on floor overhead.
- Raise your chest and legs off the floor slightly and press hips into the floor.
- Raise right arm and left leg high and then switch and raise left arm and right leg higher
- Continue in a “swimming” pattern.





## Serratus Press – Plank

Activate the serrarus muscles that are under your armpit and along your ribcage.

- Start in plank position (on knees if needed). Ensure that your core is active and engaged.
- Shoulders should be down away from the ears.
- Arms extended but elbows are not locked.
- Slowly sink your chest towards the chair and then raise up again to a at back.
- The focus is on the serratus muscle which is located on the side body just under the armpit. *there is no need to squeeze the shoulder blades together with force

# Day 4 - REINFORCE

Complete 10 repetitions and 1-3 sets of each exercise.



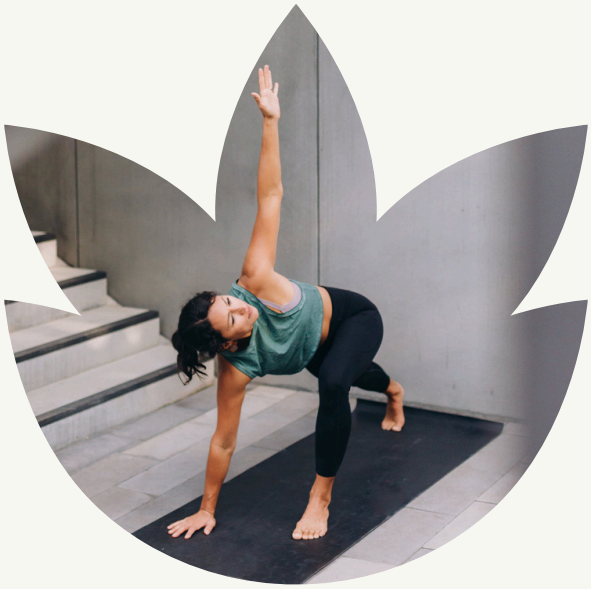


## Hip Dips

This exercise will help activate your core, hips, thighs and glutes.

- With legs extended assume a side plank position.
- Elbow is directly under your shoulder.
- Do not sink into the shoulder.
- Raise your hips off the oor and return to

# WEEK 6
# RETURN



WEEK 6

# RETURN DAY 1

**Exercises Day 1**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. 90-90 Breathing with Hip Raises
2. Dead Bug with Legs Fully Extended
3. Hip Dips
4. Oblique Twist
5. Ankle Taps

**Equipment needed:**

None

# Day 1 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.



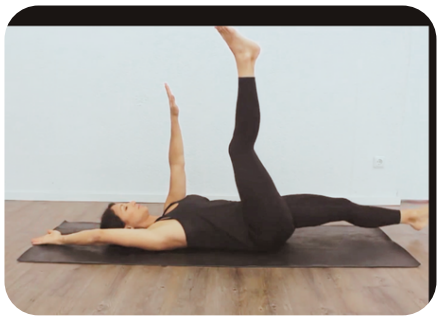


## 90 - 90 Breathing With Hip Raises

Coordinate your breath and the lifting of your pelvic oor as well as activate the core and back muscles

- Lie on your back with your feet placed onto a wall with knees bent at 90 degrees.
- Place on hand on your chest and one on your abdomen.
- Inhale through your nose and feel your chest and abdomen rise.
- Focus on lling your lungs in a 360 pattern.
- Exhale with pursed lips and with force.
- As you exhale gently lift your hips off the floor and tuck your tailbone under





## Dead Bug - extended legs

Activates the deep core muscles. You will work the transverse abdominis, erector spinae, rectus abdominis, obliques and the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Lower opposite arm and leg toward the floor slowly and with control.
- Return to center and then repeat on the other side.

# Day 1 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Hip Dips

This exercise will help activate your core, hips, thighs and glutes.

- With legs extended assume a side plank position.
- Elbow is directly under your shoulder.
- Do not sink into the shoulder.
- Raise your hips off the oor and return to





## Oblique Twist

Activate both the internal and external oblique muscles.

- Kneel on the oor with your right foot on the ground.
- Extend your arms straight in front of you.
- On the inhale engage your left oblique muscles and slowly twist to the left side.
- Exhale and slowly return to the start.
- Do this while activating the right obliques.
- After your've completed your reps switch and do the same on the other side.

# Day 1 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Ankle Taps

Targets the oblique muscles as well as the transverse and rectus abdominis.

- Lie on your back with bent knees.
- Raise your upper back off the oor (keep your neck relaxed).
- Core muscles are engaged and lower rib line and lower back are pressed into the floor.
- Slowly reach side to side and tap your ankle.

WEEK 6

# RETURN DAY 2

**Exercises Day 2**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Bird Dog on an unstable surface
2. Pelvic Tilt with ball squeeze
3. Hamstring slides
4. Glute Bridge single leg
5. Clam Shells

**Equipment needed:**

Pilates ball or towel

Small cushion or pillow (folded towel could also work)

# Day 2 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Bird Dog - Unstable Surface

Adding a cushion under the knee to create an unstable surface will deepen the challenge and test the stability of your hips and core.

- Start in table top position, place a pillow or stability ball under your knee. Align knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and upon return to centre bring elbow to knee.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.





## Pelvic Tilt With Ball Squeeze

Targets the erector spinae, transverse abdominis and rectus abdominis.

- On your back with the knees bent and the soles of the feet on the floor.
- This is your neutral position, with the natural curve of the lumbar spine causing the low back to be slightly elevated from the floor.
- Place a yoga ball or rolled up towel between your knees.
- On an exhale, gently tuck your tailbone. You will feel your low back press into the floor.
- While doing so pull your bellybutton towards the spine and pull together the muscles of your waist line.
- At the same time squeeze the ball between your knees.

# Day 2 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Hamstring Slides (double)

Helps balance the pelvis and support your back. Performing the exercise with both legs simultaneously will be more challenging.

- Lie on your back with bent knees.
- Place sliders or a small tower under your feet.
- Lift your hips off the oor into a bridge position.
- Slide both feet away from the body as far as your can.
- Slide your feet back to the start while keeping hips raised





## Glute Bridge Single Leg

The single leg will activate the hamstrings more intensely.

- Lie on your back, with your knees bent and feet at on the ground. Keep your arms at your side with your palms down.
- Raise one leg up towards the ceiling.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line.
- Contract your glutes and hold for a few seconds before returning to start.

# Day 1 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Clam Shells

Targets the glutes as well as the abductors and stabilizes the pelvis and strengthen the pelvic floor.

- Lie on your side with knees bent at 90 degrees.
- Align your hips so that they are stacked one on top of the other.
- Lift your knee up while keeping your feet together.
- Raise your leg and do not allow your hips to come out of alignment.
- Squeeze your glutes at the top of the movemement.

WEEK 6

# RETURN DAY 3

**Exercises Day 3**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Cat Cow
2. Chin Tucks
3. Thoracic Mobility – Quadraped
4. Superman Pulldowns
5. Wall Angels

**Equipment needed:**

None

# Day 3 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Cat Cow

This exercise will help warm up your spine

- On your inhale, arch your back, let your belly relax and go loose.
- Lift your head and tailbone up towards the sky Exhale and pull your abdominal muscles in.
- Push your back up to the sky.





## Chin Tucks

Strengthen your neck muscles and help minimize forward head posture.

- Lie on your back with bent knees.
- Tuck your chin while keep your neck long.
- Raise your head a few centimetres off the floor and hold for a few seconds.
- Relax and return to the floor.

# Day 3 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Thoracic Mobility-Quadraped

This exercise will activate your core muscles as well as work on thoracic mobility.

- Start in table top position (shoulders in line with wrists and hips in line with knees).
- Place your right hand on the back of your head and twist towards the ceiling.
- With an active and engage core twist towards the floor bring your right elbow to the left elbow.





## Superman Pulldowns

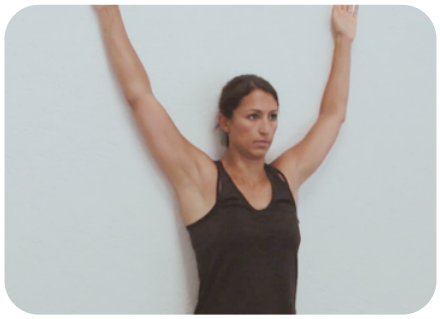
Targets the posterior chain and will optimize posture. Intensity increases with pulldowns.

- Lie on your stomach.
- Keep your neck neutral (face down).
- Arms extended overhead.
- Press your hips into the floor and raise your chest, arms and legs off the floor.
- Pull your elbows down the sides of your body and extend once again.
- Hold for 2 seconds and lower.

# Day 3 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Wall Angels

Open rounded shoulders and strengthen postural muscles of your upper back.

- Stand with your upper back pressed against the wall.
- Tuck your chin in.
- Raise your arms into a Y shape and then lower them to form a W shape.
- Your hands and elbows should maintain contact on the wall throughout the movement.

WEEK 6

# RETURN DAY 4

**Exercises Day 4**

**Complete 10 repetitions and 1-3 sets of each exercise.**

1. Bird Dog on an unstable surface
2. Swimmers
3. Dead Bug with Legs Fully Extended
4. Pelvic Tilt with Ball Squeeze
5. Ankle Taps

**Equipment needed:**

Pilates ball or towel

# Day 4 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Bird Dog - Unstable Surface

Adding a cushion under the knee to create an unstable surface will deepen the challenge and test the stability of your hips and core.

- Start in table top position, place a pillow or stability ball under your knee. Align knees under hips and wrists under shoulders.
- Engage your core and ensure you have a at back.
- Extend right arm and left leg at the same time and upon return to centre bring elbow to knee.
- Ensure that your back remains at throughout the movement and that your hips stay in alignment.





## Swimmers

Activate your posterior chain, working the muscles along your spine as well as your shoulders and glutes.

- Lie on your stomach face down.
- Arms lying on floor overhead.
- Raise your chest and legs off the floor slightly and press hips into the floor.
- Raise right arm and left leg high and then switch and raise left arm and right leg higher
- Continue in a “swimming” pattern.

# Day 4 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Dead Bug - extended legs

Activates the deep core muscles. You will work the transverse abdominis, erector spinae, rectus abdominis, obliques and the pelvic floor.

- Lie on your back with your arms and your legs straight up towards the ceiling.
- Lower opposite arm and leg toward the floor slowly and with control.
- Return to center and then repeat on the other side.





## Pelvic Tilt With Ball Squeeze

Targets the erector spinae, transverse abdominis and rectus abdominis.

- On your back with the knees bent and the soles of the feet on the floor.
- This is your neutral position, with the natural curve of the lumbar spine causing the low back to be slightly elevated from the floor.
- Place a yoga ball or rolled up towel between your knees.
- On an exhale, gently tuck your tailbone. You will feel your low back press into the floor.
- While doing so pull your bellybutton towards the spine and pull together the muscles of your waist line.
- At the same time squeeze the ball between your knees.

# Day 4 - RETURN

Complete 10 repetitions and 1-3 sets of each exercise.





## Ankle Taps

Targets the oblique muscles as well as the transverse and rectus abdominis.

- Lie on your back with bent knees.
- Raise your upper back off the oor (keep your neck relaxed).
- Core muscles are engaged and lower rib line and lower back are pressed into the floor.
- Slowly reach side to side and tap your ankle.