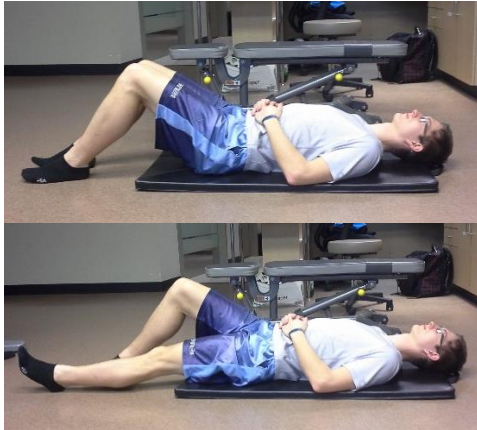


Postpartum Core Exercises

Leg Slides



- Start by lying on back with feet flat on the floor and knees bent
- Slowly slide one leg out until straight
- Slide the leg back to the starting position
- Remember to contract the abdominal muscles to control the movement
- Repeat with the opposite leg
- 2-3 sets/10-15 reps for each leg

Pavlov Press






- Place feet shoulder width apart with knees slightly bent and perpendicular to the resistance tubing
- Grasp tubing with both hands in front of the abdomen so the tubing has tension
- Push the arms straight in front of you
- Resist the rotation of the body and arms
- 2-3 sets/8 per side

Towel Crunches



- Start by lying on the back with feet flat on the ground and knees bent
- Place a towel around the outside of the knees and grab both sides
- Pull head and shoulders off the ground by contracting the abdominals and pulling on the towel for support
- Slowly lower back to starting position
- 2-3 sets/10-15 reps

<p>Modified Plank</p> 	<ul style="list-style-type: none"> • Start with elbows on an elevated surface (bench, counter, etc.) and toes on floor • Hold body in a straight line including head, shoulders, hips and ankles • Keep core tight as the position is held • 2-3 sets/30-60 seconds
<p>Child's Pose</p> 	<ul style="list-style-type: none"> • Begin on knees, spread about shoulder width apart • Place hands on ground above head • Place a pillow under the abdomen for support if needed • Sit back towards the heels and stretch arms forward to stretch the back • 2-3 sets/20-30 seconds
<p>Figure 4</p> 	<ul style="list-style-type: none"> • Bend one leg across onto the opposite knee, while the foot remains flat on the floor. • Press down lightly on the crossed leg and lean slightly forward while keeping the back straight. • You should feel a stretch in the hip of the leg that is crossed. • 2-3 sets/20-30 seconds