



POST NATAL TRAINING PROGRAMME

A Gym Bird workout for the hardcore mama that wants to beat the post-natal podge in record time! Remember: you are not to do any form of physical activity for minimum 6 weeks post-labour. If you have had stitches, a c-section or any type of complication it is my advice to wait 12 weeks and get a quick check over from your nurse or GP to be double sure.

This workout is hard but you've definitely done the tough bit already. Aim to do this workout two to three times a week, building up to five days when you feel your strength coming through.

You can do it, girl. Good luck, Gym Bird xo

Exercise	What do to?	How many times?	Equipment
High knee walk	Stand straight with the feet hip width apart, looking straight ahead and arms hanging down by your side. Switch from one foot to the other at the same time lifting your knees as high as possible, hip height is advisable.	Complete 1 minute followed by a 30 second rest and repeat 4 times. Increase your tempo or add in a jump once you feel ready to burn those few extra calories!	None
Walking up and down a flight of stairs (10 steps up & 10 down)	Simply jog up and down your stairs. If you feel ready to tackle the whole flight, great!. If not, stick to 10 up and down.	Walk up and down 10 times with little to no rest.	Add a small weight to each hand to increase resistance. We find tins of soup or bottle of water are a great substitute, if you have nothing around the house.

Exercise	What do to?	How many times?	Equipment
Squats	Stand with knees a little wider than shoulder width, back in a neutral position, boobs out and head held high.	30 repetitions and a 45 second rest. Repeat 4 times.	If you are sticking to bodyweight, hold your arms out straight in front of you. If you fancy adding a weight in, (we recommend babies as a good substitute for kettlebells) hold it close to the chest.
Alternating lunges	Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position.	Alternate your feet, bringing the front leg back to the middle before shifting straight into the next foot. Alternate legs for 30 repetitions, then take 45 second rest. Repeat 4 times.	Grab those tins of soup to add a bit of resistance to this exercise.
Donkey kicks	Start on all fours (hands under shoulders, knees under hips). Keeping right knee bent 90 degrees, lift right knee out to side at hip level. Straighten right leg, point toes, then lower foot to floor.	20 repetitions on each leg with a 30 second rest. Repeat 4 times.	None.
Glute Bridge	Start lying on your back with knees hip width apart and bent. Hands are flat to the floor. Squeeze the glutes (butt) and raise the hips up, holding and squeezing simultaneously for 3 seconds and lowering slowly.	20 repetitions with a 45 second rest Repeat 4 times	None.

Exercise	What do to?	How many times?	Equipment
Tricep dips	<p>Position your hands shoulder-width apart on a secured bench or stable chair. Slide your butt off the front of the bench with your legs extended out in front of you. Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints.</p>	<p>10 repetitions with 30 second rest</p> <p>Repeat 4 times</p>	None
Plank climbs	<p>Start in a high plank with the wrists positioned under the shoulders, hips low for a tight core and feet hip width apart.</p> <p>Climb down onto the elbows, putting yourself into a low plank and use your core strength to climb back up into a high plank. This counts as 1 repetition.</p>	<p>10 repetitions with a 45 second rest.</p> <p>Repeat 4 times.</p>	None.
Flutter kicks	<p>Lie flat on your back with your hands positioned underneath your lower spine and butt, to where you feel comfortable.</p> <p>Raise the feet about 6" off the floor - this is a hard one so pace yourself.</p> <p>Alternate the feet to flutter in and up/down motion.</p>	<p>20 seconds on with a 20 second rest.</p> <p>Repeat 3 times.</p>	None.

Exercise	What do to?	How many times?	Equipment
Sit-ups	Lie on your back with your knees bent and your feet flat on the floor. Place your finger tips behind your ears. Pull your shoulder blades back so your elbows are out to the side. Brace your abs and then raise your body up towards your knees, shoulders should be lifted of the floor. Head always looking straight, no chin on chest and do not pull the head forward. Roll back down to the starting position.	10 repetitions with a 30 second rest. Repeat 3 times.	None.
Plank	Start by getting into a press up position. Bend your elbows and rest your weight on your forearms and not on your hands. Your body should form a straight line from shoulders to ankles. Engage your core by sucking your belly button into your spine. Hold this position for the prescribed time.	Do this to failure. Build yourself up and always aim to beat your last time by 3 seconds. Repeat 2 times.	None.