

THE PRENATAL CORE CHALLENGE

A two week core activation and strengthening challenge for a better looking pain-free you.



Bodylove
PILATES

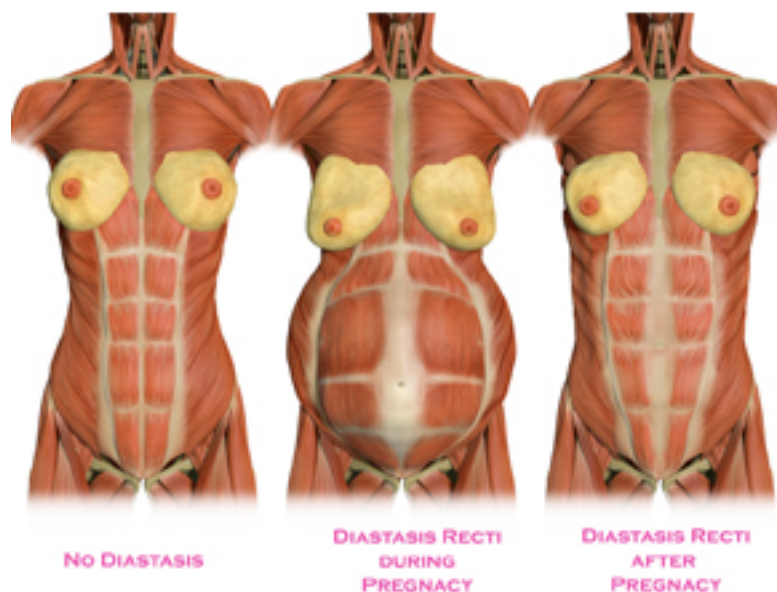
Understanding your prenatal core.

During pregnancy our bodies experience so many changes – particularly our abdominal muscles which must stretch to make room for the growing baby.

- We must stop using our superficial abs – 6 pack and oblique muscles
- We must stop all traditional ab exercises that involve forward bending – crunches, oblique twists, double leg lifts
- We must focus now on the deep core muscles – the TVA and Pelvic Floor muscles

The BodyLove Pilates Core challenge is a two week program which aims to:

- ✓ Accelerate the mind/body connection to your core.
- The core muscles are thinking muscles – meaning don't actually have to move to engage them. You need to connect your mind with the action of that muscle and it will engage!
- ✓ Fast track your progress to achieve;
 - strength & stability of the powerhouse
 - improve posture
 - retrain muscle firing patterns - CORE COMES FIRST!
 - Support your prenatal evolution



The Challenge

The BodyLove Pilates 2 week Core challenge provides you with a daily core workout which builds in intensity as you progress.

Dedicate 10 minutes a day to your recovery and reap the rewards;

- ✓ Accelerate the mind/body connection to your core.
 - The core muscles are thinking muscles – meaning you don't actually have to move to engage them. You need to connect your mind with the action of that muscle and it will engage!
- ✓ Fast track your progress to achieve;
 - Strengthen the muscles that support the linea alba which becomes extremely stretched as your pregnancy progresses
 - stability of the powerhouse
 - improve posture
 - retrain muscle firing patterns - CORE COMES FIRST! Stability before mobility
 - Correctly prepare you for progression to advanced Pilates exercises

These core exercises - or Fundamentals - form the foundation of the BodyLove Pilates method.

The target muscles are thinking muscles so the repetition of the exercises is key to establishing the strong neural pathways – a vital step to ensure all movement comes from the powerhouse.



The Challenge - SET-UP

WHAT WILL YOU NEED

All you need to get started is a YOGA/PILATES MAT.

RECOMMENDED

We recommend you compliment the core work with spinal mobilization, stretching and release work.

- FOAMROLLER
- THERABAND FOR STRETCHING

OPTIONAL

We use a variety of the below props when doing the breathing exercises.

Find the one that works best for you.

- PHYSIOBALL
- SMALLBALL
- YOGA BLOCK
- BOLSTER



The Workouts – Days 1-4

Set up: Seated in neutral spine, neutral pelvis – Against a wall, on a small ball & yoga block, on the physio-ball

1. Diaphragmatic/belly breathing – x 5
2. Hug your baby/belly button to spine – x 10
3. TVA counting to 10 x 3 sets
4. TVA repetitions – 3 x 10 sets
5. PFM diamond hold – X 10
6. PFM counting to 10 x 3 sets

Stretching

1. Hamstring single leg seated stretch – hold 30sec
2. QL single leg seated stretch – hold 30 sec
3. Single leg sidebend stretch – hold 30sec
4. Piriformis stretch against the wall – hold for 30 sec (repeat 2 each side)



The Workouts – Days 5-9

Set up: Seated in neutral spine, neutral pelvis – Against a wall, on a small ball & yoga block, on the physio-ball. Perform final day exercises on all fours – neutral spine/neutral pelvis

1. Diaphragmatic/belly breathing – x 2
2. Hug your baby/belly button to spine – x 5
3. TVA counting to 20 x 3
4. TVA repetitions – 2 x 25 reps
5. PFM – diamond hold – x 5
6. PFM counting to 20 x 3

Supine in neutral spine, neutral pelvis

1. Hug your baby/belly button to spine – x 2
2. Pelvic tilts – x 20

Foam roller

1. Back release
2. Pec release

(Continue with stretches from Days 1-3 if time permits)



The Workouts – Days 10-14

Set up: Seated in neutral spine, neutral pelvis – Against a wall, on a small ball & yoga block, on the physio-ball. Perform day 11 & 13 exercises on all fours – neutral spine/neutral pelvis.

1. Diaphragmatic/belly breathing – x 2
2. Hug your baby/belly button to spine – x 5
3. TVA counting to 30 x 2
4. TVA repetitions 2 x 50 reps
5. PFM counting to 30 x 2
6. PFM isolations – 3 x 10 reps

Supine in neutral spine, neutral pelvis

1. Hug your baby/belly button to spine – x 2
2. Pelvic tilts – x 10
3. Head float – x 10

Foam roller

1. Thoracic Mobilization



Exercise Glossary

Diaphragmatic Breathing/Belly button

INHALE – breathe in through your nose – allowing your abdominals to relax and your belly fill with air.

EXHALE – with an open mouth

Hug your baby/Belly button to spine

INHALE – breathe in through your nose – allowing your abdominals to relax and your belly fill with air.

EXHALE – with an open mouth – draw your belly button in toward your spine

TVA counting

INHALE – breathe in through your nose – allowing your abdominals to relax and your belly fill with air.

EXHALE – with an open mouth – draw your belly button in toward your spine.

Hold your belly button all the way to your spine and count out loud. The vocalizing of the numbers ensures you are taking little sips of air, and NOT holding your breath, maintaining connection to your spine throughout

TVA Repetitions

INHALE – breathe in through your nose – allowing your abdominals to relax and your belly fill with air.

EXHALE – with an open mouth – draw your belly button in toward your spine.



Exercise Glossary

PFM – Diamond hold

INHALE – breathe in through your nose – allowing your abdominals to relax and your belly fill with air.

EXHALE – with an open mouth – Lift your pelvic floor up

PFM counting

INHALE – breathe in through your nose – allowing your abdominals to relax and your belly fill with air.

EXHALE – with an open mouth – Lift your pelvic floor up.

Holding the PFM engagement and count out loud. The vocalizing of the numbers ensures you are taking little sips of air, and NOT holding your breath, maintaining engagement and lift of the muscles throughout.

Pelvic Tilts

INHALE – breathe in through your nose.

EXHALE – with an open mouth – activate your TVA, and then draw your pubic bone toward your sternum, tilting your pelvis backward.

Head Float

INHALE – breathe in through your nose.

EXHALE – with an open mouth – activate your TVA, and then draw your pubic bone toward your sternum, tilting your pelvis backward. Maintaining the connection under your chin and lift ONLY your head.

