



2 Week Postpartum Workout Plan

Week 1 Day 1

Breathing Exercises:		Stretching Exercises:	
Exercise Ball Breathing	10 breaths	Door frame pectoral stretch	2 minutes
Supine Breathing	10 breaths	Kneeling lat stretch	2 minutes
Sidelying TA Bracing	30 seconds	Cat cow	2 minutes
TA March	20 (total)	Runners stretch	2 minutes
Rolling Bridge	10 reps	Pigeon pose	2 minutes
		Book opener	2 minutes

Week 1 Day 2

Breathing Exercises:		Stretching Exercises:	
Supine Breathing	10 breaths	Pelvic tilts	2 minutes
Modified Quad TA Bracing	10 breaths	Butterfly stretch	2 minutes
Bent Knee Fall Out	20 (total)	Downward dog	2 minutes
Clamshell with Bracing	20 (total)	Kneeling lat stretch	2 minutes
Deadbug-Arms only	20 (total)	Leg stretch with strap	2 minutes
		Seated neck release	2 minutes

Week 1 Day 3

Breathing Exercises:	Reps	Stretching Exercises:	Reps
Exercise Ball Breathing	10 breaths	Downward dog	2 minutes
TA March	20 (total)	Childs pose	2 minutes
Rolling Bridge	10 reps	Door frame pectoral stretch	2 minutes
One Leg Bridge Extension	10 reps	Figure 4 stretch	2 minutes
Clamshell with Bracing	20 (total)	Butterfly stretch	2 minutes
		Seated neck release	2 minutes

Week 1 Day 4

Breathing Exercises:		Stretching Exercises:	
Supine Breathing	10 breaths	Pelvic tilts	2 minutes
Modified Quad TA Bracing	10 breaths	Childs pose	2 minutes
Deadbug-Arms only	20 (total)	Cat cow	2 minutes
Hip Hike	10 reps	Runners stretch	2 minutes
Wall Plank	30 seconds	Pigeon pose	2 minutes
		Book opener	2 minutes

2 Week Postpartum Workout Plan

Week 2 Day 1			
Breathing Exercises:		Stretching Exercises:	
Exercise Ball Breathing	10 breaths	Door Frame Pectoral Stretch	2 minutes
Supine Breathing	10 breaths	Kneeling Lat Stretch	2 minutes
Sidelying TA Bracing	30 seconds	Cat Cow	2 minutes
TA March	20 (total)	Runners Stretch	2 minutes
Rolling Bridge	10 reps	Pigeon Pose	2 minutes
		Book Opener	2 minutes
Week 2 Day 2			
Breathing Exercises:		Stretching Exercises:	
Supine Breathing	10 breaths	Pelvic Tilts	2 minutes
Modified Quad TA Bracing	10 breaths	Butterfly Stretch	2 minutes
Bent Knee Fall Out	20 (total)	Downward Dog	2 minutes
Clamshell with Bracing	20 (total)	Kneeling Lat Stretch	2 minutes
Deadbug-Arms only	20 (total)	Leg Stretch With Strap	2 minutes
		Seated Neck Release	2 minutes
Week 2 Day 3			
Breathing Exercises:	Reps	Stretching Exercises:	Reps
Exercise Ball Breathing	10 breaths	Downward Dog	2 minutes
TA March	20 (total)	Childs Pose	2 minutes
Rolling Bridge	10 reps	Door Frame Pectoral Stretch	2 minutes
One Leg Bridge Extension	10 reps	Figure 4 Stretch	2 minutes
Clamshell with Bracing	20 (total)	Butterfly Stretch	2 minutes
		Seated Neck Release	2 minutes
Week 2 Day 4			
Breathing Exercises:		Stretching Exercises:	
Supine Breathing	10 breaths	Pelvic Tilts	2 minutes
Modified Quad TA Bracing	10 breaths	Childs Pose	2 minutes
Deadbug-Arms only	20 (total)	Cat Cow	2 minutes
Hip Hike	10 reps	Runners Stretch	2 minutes
Wall Plank	30 seconds	Pigeon Pose	2 minutes
		Book Opener	2 minutes