



Postpartum Workshop Exercises

These exercises were taught in the morning workshop you attended and are derived from my comprehensive [Postnatal Rehab Package](#). I am thrilled to offer you an exclusive 20% discount using the code ALIGNHER.


The Postnatal Rehab Package includes 12 progressive classes specifically designed to heal and prevent postnatal and pre-existing issues, standing routines, exercise library, printable guides of each class and 1-1 support with me. The exercises on this printable guide are from Week 1 of the program, and as you progress through the weeks, you'll see these foundational movements evolve.

Guided by a certified Postnatal Exercise Specialist, this program equips you with invaluable knowledge and tools that you can carry with you for a lifetime. Thank you for prioritizing your health and well-being. Enjoy your journey!



EXERCISE	REPS	DESCRIPTION	DIAGRAM
<div data-bbox="116 347 506 422">Pelvic Floor</div> <ul style="list-style-type: none"> Improves pelvic floor and diaphragmatic connection, Strengthens a weak PF, and relaxes a tight PF. 	<ul style="list-style-type: none"> Breath cycles <div data-bbox="729 484 856 611">3-5</div> Rounds <div data-bbox="729 814 856 941">2</div> 	<ul style="list-style-type: none"> Lie down with your knees bent and a pillow between your legs. Keep your chin away from chest. Breathe gently and quietly. Inhale, long and relaxed, relaxing your pelvic floor muscles. Feeling a stretch-like effect on the PF. Exhale, lift your pelvic floor muscles with a 30% contraction and gently squeeze the pillow with your inner thighs. Inhale again, release the squeeze and relax your pelvic floor slowly. Repeat with each breath. 	
<div data-bbox="66 1153 556 1228">Spinal Bridges</div> <ul style="list-style-type: none"> Improves spinal mobility pelvic floor health and strengthens deep abdominals and legs. 	<ul style="list-style-type: none"> Reps <div data-bbox="743 1397 869 1525">10</div> 	<ul style="list-style-type: none"> Lie on your back with feet under knees and a pillow between your inner thighs. Inhale, relax your pelvic floor, and release the squeeze on the pillow. Exhale, gently lift your pelvic floor, squeeze the pillow and peel your spine off the ground, tucking your tailbone under until you reach your mid-back. Begin to reverse the movement, inhaling as you slowly lower your spine back down. As your hips reach the mat, release the squeeze on the pillow and fully relax your pelvic floor. Repeat the sequence. 	

EXERCISE	REPS	DESCRIPTION	DIAGRAM
<p>Hamstring 90 90 Hold</p> <ul style="list-style-type: none"> Improved hamstring strength and overall alignment. 	<ul style="list-style-type: none"> Time <div>30 sec</div> <ul style="list-style-type: none"> Rounds <div>3</div>	<ul style="list-style-type: none"> Lie down with your legs raised at a 90-degree angle, feet flexed. Ensure your legs are at 90 degrees and in line with your hips before starting. Flex your feet, so toes face the ceiling. Press your heels down into a soft object. Exhale and roll your lower back to the mat by pressing down into your heels. Keep your tailbone light throughout 	
<p>Diaphragmatic Breathing</p> <ul style="list-style-type: none"> Improved breathing and alignment. 	<ul style="list-style-type: none"> Breathe cycles <div>3-5</div> <ul style="list-style-type: none"> Rounds <div>2</div>	<ul style="list-style-type: none"> Lie down with your knees bent and your head resting on a pillow. Keep your chin away from your chest. Place your hands on your ribcage with thumbs at the back and fingers at the front, spread out across each rib. Maintain a neutral pelvis and avoid crunching. Inhale softly, quietly, and slowly through your nose. Exhale as if your blowing up a ballon, allowing your ribs to close and move 360° down toward your pelvis, guided by gentle pressure from your hands. Maintain this new position of the ribs. Your abdominals will have switched on also keep this engagement. Hold your breath for 1-3 seconds before inhaling. I want you to feel your thumbs and side of body move. Repeat the cycle, inhaling in this new position and feeling your fingers expand outward 360°. 	

EXERCISE	REPS	DESCRIPTION	DIAGRAM
<div data-bbox="83 333 483 484">Side Lying Pelvis Mobility</div> <div data-bbox="59 714 419 849"> <ul style="list-style-type: none"> Improves pelvis mobility and overall body functioning </div>	<div data-bbox="693 371 816 408"> <ul style="list-style-type: none"> Reps </div> <div data-bbox="699 530 823 658">10</div> <div data-bbox="649 802 889 887"> <ul style="list-style-type: none"> *Repeat on opposite side </div>	<ul style="list-style-type: none"> Lie on your side with knees bent at a 90-degree angle and a pillow between your knees for comfort. Use your top hand to push your top hip away from your ribcage, down towards the end of your mat. Feel the length through the top side of your body and the shortening on the opposite side. Press your top knee down into your into your pillow. Keep the squeeze as your slide the knee forwards and backwards slowly. Don't allow this to come from the mid back. Should be a small movement. 	
<div data-bbox="116 1228 426 1369">Supine Leg Marches</div> <div data-bbox="59 1647 403 1731"> <ul style="list-style-type: none"> Strengthens deep abdominals </div>	<div data-bbox="693 1159 816 1196"> <ul style="list-style-type: none"> Reps </div> <div data-bbox="699 1249 823 1376">20</div> <div data-bbox="683 1547 849 1585"> <ul style="list-style-type: none"> Rounds </div> <div data-bbox="699 1647 823 1774">2</div>	<ul style="list-style-type: none"> Lie on your back with knees bent, feet under your knees, and head on a pillow. Keep your chin away from your chest and hands on the front of your body to maintain alignment. On an exhale, let your ribs sink down and gently press your lower back into the floor by pressing your feet into the mat. Stay in this position and march one leg to 90 degrees as you press into the opposite foot (heel and big toe knuckle) to stabilize your pelvis. Reverse and alternate legs. Ensure there's no movement under your hands as you lift each leg. Exhale to lift, inhale to take the leg down. 	