

POSTPARTUM WORKOUT PLAN

✓ Week 1: Breathing & Gentle Movement

Goals: Reconnect with your body, improve breathing, and gently activate your muscles.

Workouts (3-4 times a week):

- Diaphragmatic breathing - 5 minutes
- Kegel exercises - 3 sets of 10 reps
- Gentle stretches (for back and legs) - 5 minutes
- Light walking (indoor or outside) - 10 to 15 minutes

✓ Week 2: Core Activation

Workouts (4 times a week):

- Deep core breathing with abdominal engagement - 3 sets of 10
- Glute bridges - 3 sets of 10
- Kegels - 3 sets
- Walking - 20 minutes
- Light stretching - 5 minutes

✓ Week 3: Light Strength & Cardio

Workouts (4-5 times a week):

- Brisk walking - 25 minutes
- Bodyweight squats - 3 sets of 10
- Glute bridge with single leg raise - 2 sets each leg
- Superman pose - 3 sets of 10 (for back strength)
- Core breathing & Kegels

✓ Week 4: Full Body Strengthening

Workouts (5 times a week):

- Warm-up with breathing + pelvic floor exercises - 5 minutes
- Walking or dancing - 20 to 30 minutes
- Plank (start with 10 seconds, gradually increase)
- Squats + lunges - 3 sets of 10
- Cool down stretches - 5 minutes

💡 Important Tips:

- Always listen to your body. If you feel pain or discomfort, stop and rest.
- Stay hydrated.
- Focus on good sleep and nutrition.
- Strengthening your pelvic floor and core is essential postpartum.

