



TOP 5 POSTNATAL CORE EXERCISES

Key isometric core exercises, supported by research, and can be implemented almost immediately after childbirth

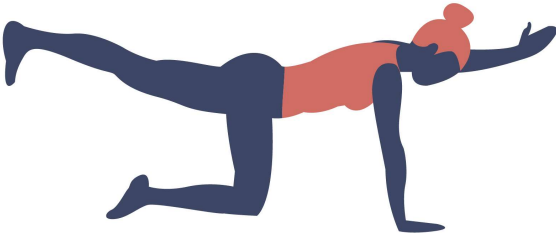
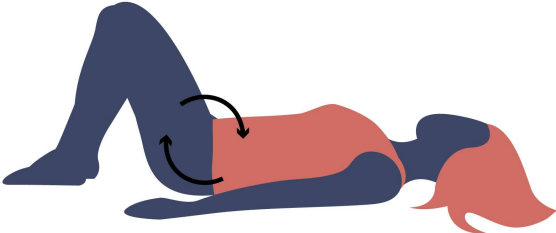


Abdominal bracing

Lying flat on your back, brace your abdominals by contracting your entire stomach as hard as possible. Hold for 5-10 seconds, then relax.

Pelvic tilts

Lying flat on your back, knees bent to 90 degrees, heels flat on the floor. Brace your abdominals (like above) and tilt your pelvis in a posterior direction by pressing your lower back into the floor. Hold for 5-10 secs.

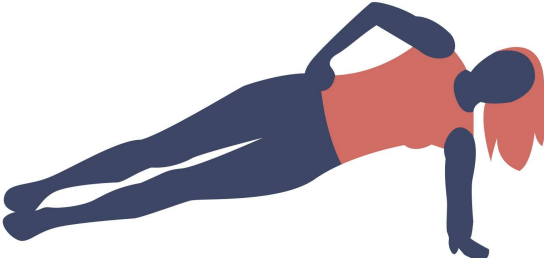
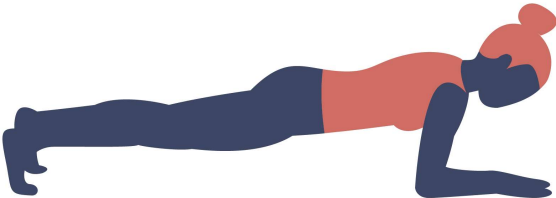


Bird dog

Begin on all fours. Brace your abdominals, and keep your back and pelvis still. Reach one arm out in front of you, and the opposite leg out directly behind you. Return to the start & repeat on the other side to complete one rep. Do five to 10 reps per side.

RKC Plank

Start in a normal plank position, with your hips elevated slightly more than normal. Brace your abdominals, clench your hands together and squeeze your glutes: all hard as you can. Hold this for 5-10 seconds.



Side plank

Start lying on your side with your elbow under your shoulder. Your head, trunk, hips, knees, and feet should be in a straight line. Brace your core and lift your hips off of the floor. Hold for 10-20 seconds, then switch