

C-Section Mini- Workout

Do this workout if your physician approves of these exercises until your physician gives the go-ahead for all exercises. At that point, you can begin Level 1.

You Will Need:

- 9 Minutes
- A mat and a chair, or just your bed
- Water

Mini Workout

Do this mini workout 1-3 times daily.

Wide Rib Breath
+ Pelvic Floor
Contraction:
10 reps



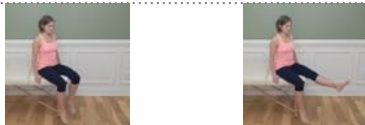
Flys:
20 reps



Scaption:
20 reps



Knee Extension:
20 per side



*Before starting calf raises, march in place and take some deep breaths. If you feel dizzy or lightheaded, sit back down and try again slowly after a few more deep breaths.

Mini Calf
Raise:
20 reps



Counter Squat:
20 reps



Tush Sways:
20 per side



Mini Glute
Pump:
10 per side



Light Stretching

Do these 3 stretches at the end of your mini-workout: 15 seconds each stretch, each side.

Calf Stretch



Thigh and Hip Stretch



Hamstring Stretch

