

## LEVEL 3 - Circuit B

Alternate Circuit A one day and Circuit B the next day for a 26-28 minute workout 4-6 times a week.

### You Will Need:

- 26 Minutes
- A mat
- Water
- A towel
- A pillow (a nursing pillow works great)
- 2 light 1-5lb hand weights

### Core Drill Exercises

Do these 2 exercises before every workout.

Core Drill Exercise- Toe Tap:  
10 per side



Core Drill Exercise-Arm Pull:  
10 reps



**\*Note: You should avoid the crunches and planks in this workout if either:**

- You had a C-section and your doctor hasn't cleared you specifically to start crunches and planks.  
OR
- You still have a separation (diastasis recti) of greater than two finger widths between your abdominal muscles (see diastasis recti self test in the book on page 52 or on the website). If you reach 8 weeks after having your baby and you still have a diastasis recti of greater than 2 finger widths, see your doctor or a physical therapist.

*In the meantime, if either of the above apply to you, replace the crunches and planks in this workout with another round of the core drill*

### Circuit B: 3 Rounds

Do the following 6 exercises in order, then repeat 2 more times for 3 total rounds.

Shoulder Blade  
Punch:  
30 reps



Weighted Lat  
Lift:  
15 per side



Straight Leg  
Crunch:  
20 reps\*



Prone Rows:  
20 reps



Front and Side  
Plank on Knees:  
20 sec each\*



Ws:  
15 reps



### Cool Down

Do these 5 stretches after every workout: 15 seconds each side (except chin tuck, which is 10 reps).

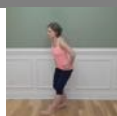
Calf Stretch



Thigh and Hip  
Stretch



Hamstring Stretch



Chin Tuck



Cat Stretch

