

Levels 1-3 Circuit Workouts

A single page printable for each circuit

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Important Note

In no way are this booklet, the exercises in the photographs, or the accompanying videos meant to replace, counter, or conflict with your physician or your own physical therapist's advice.

Before you begin any exercise program, you must consult with a medical health professional, and that is particularly important after giving birth. It is absolutely essential that before beginning this program or any exercise program you consult with your physician about the specific content of the program, including the exercise progression.

Every pregnancy and every woman is different, and only your doctor knows your situation. If you have questions about your post-pregnancy health, please consult with your physician, physical therapist, or lactation consultant, as appropriate.

Risk for injury is inherent with any exercise program. The exercises in this booklet are offered with no guarantees on the part of the publisher or the author, and the author and publisher specifically disclaim any and all liability arising directly or indirectly from the use or application of any information contained in this booklet.

LEVEL 1- Circuit A

Alternate Circuit A one day and Circuit B the next day for a 21 minute workout 4-6 times a week.

You Will Need:

- 21 Minutes
- A mat
- Water
- A towel
- Your kitchen counter

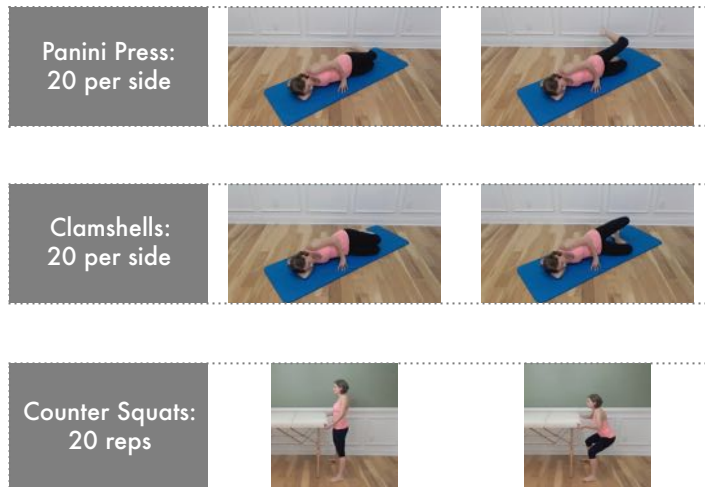
Core Drill Exercises

Do these two core drill exercises in order, then repeat for 2 total rounds.



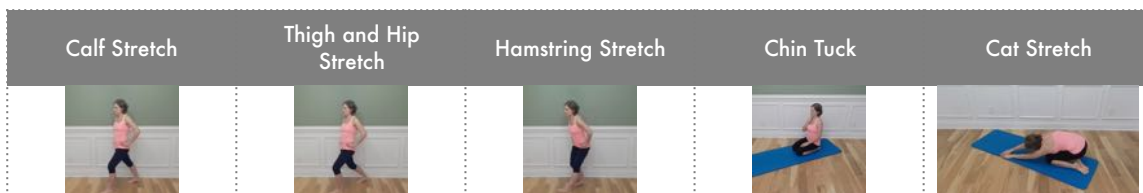
Circuit A: 3 Rounds

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



Cool Down

Do these 5 stretches at the end of your workout: 15 seconds each side (except chin tuck:10 reps).



LEVEL 1- Circuit B

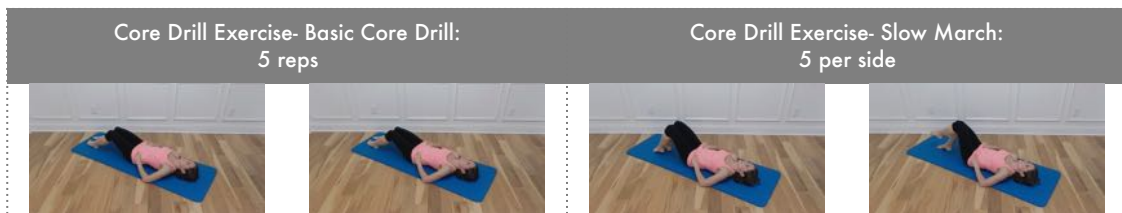
Alternate Circuit A one day and Circuit B the next day for a 21 minute workout 4-6 times a week.

You Will Need:

- 21 Minutes
- A mat
- Water
- A towel
- A pillow (a nursing pillow works great)

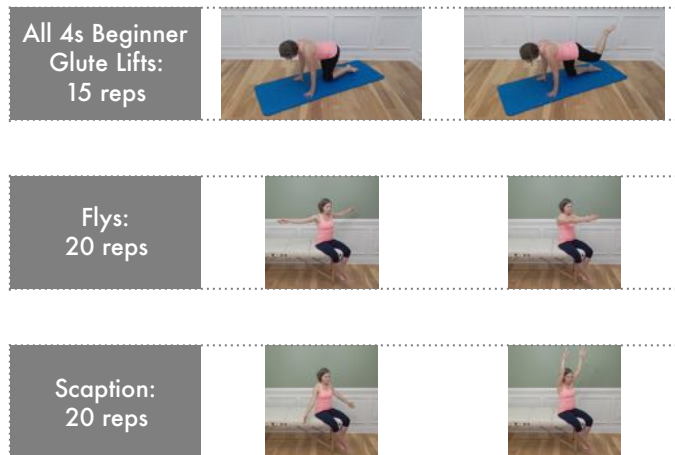
Core Drill Exercises

Do these two core drill exercises in order, then repeat for 2 total rounds.



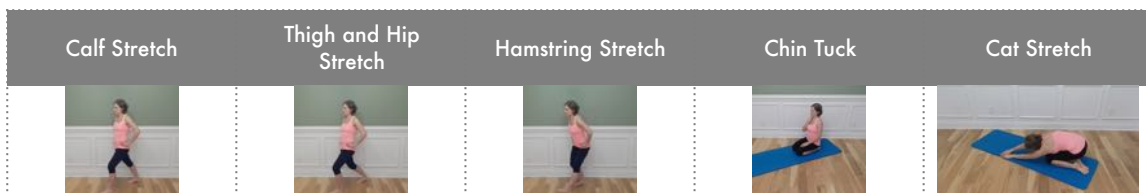
Circuit B: 3 Rounds

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



Cool Down

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



LEVEL 2- Circuit A

Alternate Circuit A one day and Circuit B the next day for an 18-24 minute workout 4-6 times a week.

You Will Need:

- 18 Minutes
- A mat
- Water
- A towel
- A pillow
- A chair

Core Drill Exercises

Do these two core drill exercises in order, then repeat for 2 total rounds.



Circuit A: 3 rounds

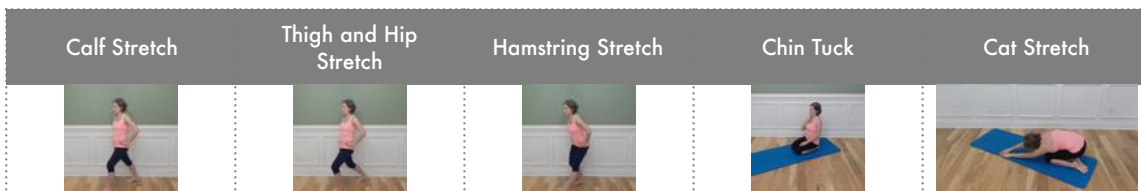
Do the following 3 exercises in order, then repeat the sequence 2 more times for 3 total rounds.



**Note: if it is still uncomfortable to lie on your belly, you may need to start on a softer surface, like a bed, at first*

Cool Down

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



LEVEL 2- Circuit B

Alternate Circuit A one day and Circuit B the next day for a 18-24 minute workout 4-6 times a week.

You Will Need:

- 24 Minutes
- A mat
- Water
- A towel

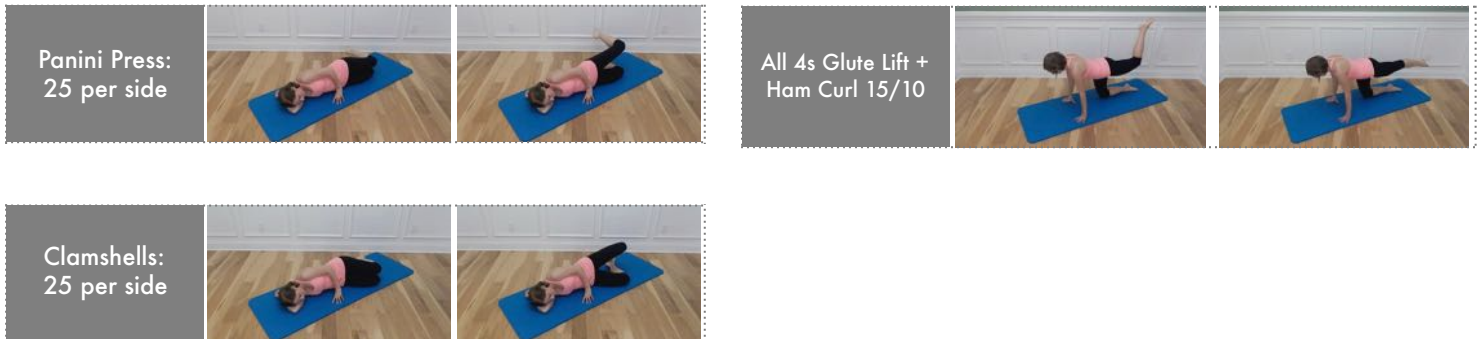
Core Drill Exercises

Do these two core drill exercises in order, then repeat for 2 total rounds.



Circuit B: 3 rounds

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



Cool Down

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



LEVEL 3 - Circuit A

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

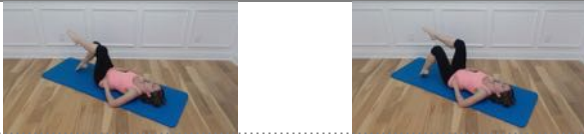
You Will Need:

- 28 minutes
- A mat
- Water
- A towel
- A chair

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



Circuit A: 3 Rounds

Do the following 5 exercises in order, then repeat 2 more times for 3 total rounds.

Calf Raises:
25 slow,
10 pulse



All 4s Glute Lift
and Pulse + Ham
Curl:
15/10/10



Straight Leg
Lifts:
15 per side



Hip Rotation in
Sidelying:
15 each way,
each side



Diagonal Back
Lifts:
15 per side



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



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

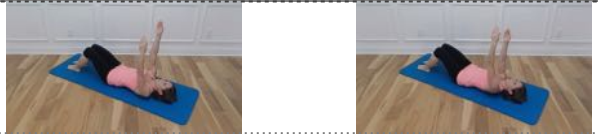
Core Drill Exercises

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).

