

EXERCISE PLAN

For Doctor or Midwife's Approval

Dear Doctor or Midwife,

I would like to start exercising after giving birth, if possible within the first 6 weeks. A physical therapist designed these exercise progressions (attached) to get me moving again in a safe and progressive way with your permission depending upon my individual circumstances and type of delivery.

Since I had a vaginal delivery with no complications, attached you will find:

- A regular circuit (Levels 1-3) for the first 6 weeks of a program designed for recovery from an uncomplicated pregnancy + uncomplicated vaginal delivery
- A walking progression

Please circle **yes** or **no** on the applicable sheets to indicate which exercises are OK for me to do. There is also a place for you to **add comments** on each page.

Sincerely,

New Mommy

Questions?

Please visit:

www.healthyquickfit.com

Christine Iverson, PT, DPT, OCS





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LEVEL 1 CIRCUITS: Weeks 1-2

Alternating between Circuit A and Circuit B | Circuit training 4-6 times per week






Core Drill Exercises (Activate diaphragm, pelvic floor, and transversus abdominis)

OK?		Exercise (2 rounds per workout)	Start Position	End Position
Yes	No	Core Drill Exercise- Basic Core Drill: 5 reps		
Yes	No	Core Drill Exercise- Slow March: 5 per side		

Circuit Exercises (Alternate A and B)

Circuit A				Circuit B					
OK?	Exercise (3 rounds)	Start Position	End Position	OK?	Exercise (3 rounds)	Start Position	End Position		
Yes	No	Panini Press: 20 per side			Yes	No	All 4s Beginner Glute Lifts: 15 reps		
Yes	No	Clamshells: 20 per side			Yes	No	Flys: 20 reps		
Yes	No	Counter Squats: 20 reps			Yes	No	Scaption: 20 reps		

Stretches

Stretches														
OK?	Calf Stretch	OK?	Thigh/Hip Stretch	OK?	Hamstring Stretch	OK?	Chin Tuck	OK?	Cat Stretch					
Yes	No		Yes	No		Yes	No		Yes	No		Yes	No	

Complications that may impact exercise for me:

- Pre-eclampsia
- High blood pressure
- Gestational diabetes
- Severe perineal laceration
- Other: _____





Additional exercise instructions/ restrictions:

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LEVEL 2 CIRCUITS Weeks 3-4

Alternating between Circuit A and Circuit B | Circuit training 4-6 times per week

Core Drill Exercises (Activate diaphragm, pelvic floor, and transversus abdominis)






OK?	Exercise (2 rounds per workout)	Start Position	End Position
Yes No	Core Drill Exercise- Supine March: 5 per side		
Yes No	Core Drill Exercise- Supine Arm Pull: 5 reps		

Circuit Exercises (Alternate A and B)

Circuit A				Circuit B			
OK?	Exercise (3 rounds per workout)	Start Position	End Position	OK?	Exercise (3 rounds per workout)	Start Position	End Position
Yes No	Prone Lat Lift: 15 per side*			Yes No	Panini Press: 25 per side		
Yes No	Prone Row: 15 reps*			Yes No	Clamshells: 25 per side		
Yes No	Calf Raises: 25 Slow, 10 pulse			Yes No	All 4s Glute Lift + Ham Curl 15/10		

*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.

Stretches

Stretches									
OK?	Calf Stretch	OK?	Thigh and Hip Stretch	OK?	Hamstring Stretch	OK?	Chin Tuck	OK?	Cat Stretch
Yes No		Yes No		Yes No		Yes No		Yes No	

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Walking Progression

Gradually add speed + distance (about 10% per week) | "Brisk" = goal of 15 minutes per mile

Stage	Walk	Pace
1	5-10 minutes	Slow, postpartum waddle
2	12 minutes	Comfortable slow pace
3	15 minutes	Comfortable pace
4	20 minutes	Comfortable pace
5	20 minutes	Brisk pace
6	22 minutes	Brisk pace
7	25 minutes	Brisk pace
8	28 minutes	Brisk pace
9	31 minutes	Brisk pace
10	35 minutes	Brisk pace

Complications that may impact exercise for me:

- Pre-eclampsia
- High blood pressure
- Gestational diabetes
- Severe perineal laceration
- Other: _____

Additional exercise instructions/ restrictions: