

# EXERCISE PLAN

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For Doctor's Approval

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**Dear Doctor,**

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.

**Since I had a C-section, attached you will find:**

- A mini-circuit for the first 6 weeks after a C-Section to be performed 1 to 3 times per day
- A regular circuit (Levels 1-3) for weeks 6-12 after delivery to be performed 4-6 times per week
- 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. I will only progress to the regular circuit (Levels 1-3) once you clear me to start exercising without restrictions.

Sincerely,

New Mommy

**Questions?**

Please visit:

[www.healthyquickfit.com](http://www.healthyquickfit.com)

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Healthy and Quick  
& Everything Fit

# Healthy and Quick & Everything Fit


## C-Section Mini- Workout

First 6 Weeks, then progress to Level 1 Circuit



1-3 times daily | Body weight only (no weights)



OK?	
YES	Wide Rib Breath + Pelvic Floor Contraction: (Activates diaphragm + pelvic floor) 10 reps
NO	

\*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.



OK?	
YES	Mini Calf Raise: 20 reps
NO	

YES	Flys: 20 reps		
NO			

YES	Counter Squat: 20 reps		
NO			

YES	Scaption: 20 reps		
NO			




YES	Tush Sways: 20 per side		
NO			

YES	Knee Extension: 20 per side		
NO			

YES	Mini Glute Pump: 10 per side		
NO			

### Light Stretching

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

OK?	Calf Stretch	OK?	Thigh and Hip Stretch	OK?	Hamstring Stretch
YES		YES		YES	
NO		NO		NO	

Complications that may impact exercise for me:

- Pre-eclampsia
- High blood pressure
- Gestational diabetes
- Other: \_\_\_\_\_





Additional exercise instructions/ restrictions:

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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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## LEVEL 3 CIRCUITS

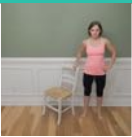



















Weeks 5-6

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

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





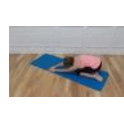
OK?		Exercise (2 rounds per workout)	Start Position	End Position
Yes	No	Core Drill Exercise- Toe Tap: 10 per side		
Yes	No	Core Drill Exercise-Arm Pull: 10 reps		

Circuit Exercises (Alternate A and B, 3 rounds per workout)

Circuit A				Circuit B					
OK?	Exercise	Start Position	End Position	OK?	Exercise	Start Position	End Position		
Yes	No	Calf Raises: 25 slow, 10 pulse			Yes	No	Shoulder Blade Punch: 30 reps		
Yes	No	Straight Leg Lifts: 15 per side			Yes	No	Straight Leg Crunch: 20 reps*		
Yes	No	Diagonal Back Lifts: 15 per side			Yes	No	Front and Side Plank on Knees: 20 sec each*		
Yes	No	All 4s Glute Lift and Pulse + Ham Curl: 15/10/10			Yes	No	Weighted Lat Lift: 15 per side		
Yes	No	Hip Rotation in Sidelying: 15 each way, each side			Yes	No	Ws: 15 reps		

\*Crunches are okay only if there is no abdominal muscle separation > 2 finger widths (diastasis recti)

## 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
- Other: \_\_\_\_\_

Additional exercise instructions/ restrictions: