

# EXERCISE PLAN

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For Doctor or Midwife's Approval

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## 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.

### 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 mini-circuit for the first 6 weeks after bed rest or delivering multiples (or both) to be performed 1 to 3 times per day
- 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. If I had a C-section or was on bed rest, 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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## Bed Rest Mini- Workout

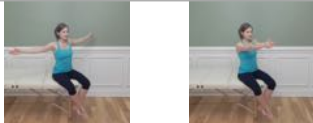
First \_\_ Weeks, then progress to Level 1 Circuit

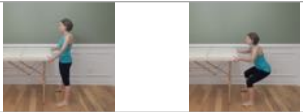
1-3 times daily | Body weight only (no weights)

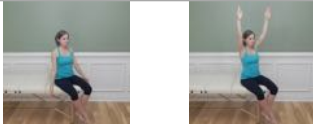
OK?	
YES	Basic Core Drill: (Diaphragm, pelvic floor, transversus abdominis) 10 reps
NO	


\*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.

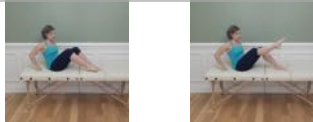
OK?	
YES	Mini Calf Raise: 20 reps
NO	

YES	Flys: 20 reps
NO	

YES	Counter Squat: 20 reps
NO	

YES	Scaption: 20 reps
NO	




YES	Tush Sways: 20 per side
NO	

YES	Quad Kicks: 20 per side
NO	

YES	Mini Glute Pump: 10 per side
NO	

## Light Stretching

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
- Severe perineal laceration
- Other: \_\_\_\_\_





Additional exercise instructions/ restrictions:

# Healthy and Quick & Everything Fit













## 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

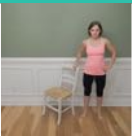
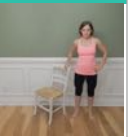


















Weeks 5-6

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

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





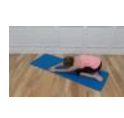
OK?		Exercise (2 rounds per workout)	Start Position	End Position
Yes	No	Core Drill Exercise- Toe Tap: 10 per side		
Yes	No	Core Drill Exercise-Arm Pull: 10 reps		

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	

# Healthy and Quick & Everything Fit

## 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: