

Welcome to Postnatal Lifestyle Plan

You will find your workout programme from week 1 over the next few pages. Please follow the instructions below.

1. Walk – on days where I have listed walk – write down how long you walked for and slowly increase the time – once you reach a time that is convenient for you then increase the speed in which you are walking.
2. Core Workouts – these workouts are about working your TVA and pelvic floor and using your breather to strengthen your core – try to do these exercises on the days in which your are not following a workout session.
3. I have provided you a few bonus workouts for you to follow as well if you fancy something extra or a swap out to mix things up. I will be adding more of these on a regular basis and on request.
4. Take your time and don't push yourself too hard even if you feel you can – it is important to listen to your body.
5. Ask me questions and let me know how you get on – hello@myfitzone.co.uk
6. Good luck!

Postnatal Fitness Plan

Take care of yourself, its part of taking care of your baby

Weeks 1 – 6

Embrace yourself – embrace your body! A baby is a reason not an excuse!

Week 1	<p>This is a time to rest – and use any downtime to sleep, recovery and read the document I have provided.</p> <p>Pelvic floor and breathing exercises are recommend as soon as you feel up to it</p>
Week 2	<p>This is a time to rest – and use any downtime to sleep, recovery and read the document I have provided.</p> <p>Pelvic floor and breathing exercises – light walks with the pram will also help with your energy levels and get you some fresh air – even if it is just 5- 10 minutes a couple of days of the week.</p>
Week 3	<p>This is a time to rest – and use any downtime to sleep, recovery and read the document I have provided.</p> <p>Pelvic floor and breathing exercises - you can increase your walking if you feel up to it.</p>
Week 4	<p>Other than resting and your pelvic floor exercises – aim for 3 x 10 minute walks this week</p>
Week 5	<p>Alongside your pelvic floor and breathing exercises – aim to up your walks to 15 minutes 3 x per week</p>
Week 6	<p>Alongside your pelvic floor and breathing exercises – aim to up your walks to 20 minutes 3 x per week</p>

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Weeks 7 – 14

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Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 7-8	TVA Workout 6 weeks introduction	Core Workout 1 Walk	Workout 1 Cardio - 25 Minutes	Core Workout 1 Walk	Workout 1 Cardio – 25 Minutes	Core Workout 1 Walk	Workout 1 Cardio – 25 Minutes
Week 8-9	Workout 2 Cardio - 25 Minutes	Core Workout 1 Walk	Workout 3 Resistance Training – 25 Minutes	Core Workout 1 Walk	Workout 4 Stretching & Toning – 20 minutes	Core Workout 1 Walk	Rest and stretch
Week 10-11	Workout 2 Cardio - 25 Minutes	Core Workout 1 Walk	Workout 3 Resistance Training – 25 Minutes	Core Workout 1 Walk	Workout 4 Stretching & Toning – 20 minutes	Core Workout 1 Walk	Rest and stretch
Week 12-13	Workout 2 Cardio - 25 Minutes	Core Workout 1 Walk	Workout 3 Resistance Training – 25 Minutes	Core Workout 1 Walk	Workout 4 Stretching & Toning – 20 minutes	Core Workout 1 Walk	Rest and stretch

Be your own kind of beautiful – feel confident inside and out

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Weeks 14 – 21

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Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 14-15	Workout 5 Cardio - 25 Minutes	Core Workout 2 Walk	Workout 6 Resistance Training – 30 Minutes	Core Workout 2 Walk	Workout 7 Cardio - 20 Minutes	Core Workout 2 Walk	Workout 8 Chair Workout Cardio - 20 Minutes
Week 16-17	Workout 5 Cardio - 25 Minutes	Core Workout 2 Walk	Workout 6 Resistance Training – 30 Minutes	Core Workout 2 Walk	Workout 7 Cardio - 20 Minutes	Core Workout 2 Walk	Workout 8 Chair Workout Cardio - 20 Minutes
Week 18-19	Workout 5 Cardio - 25 Minutes	Core Workout 2 Walk	Workout 6 Resistance Training – 30 Minutes	Core Workout 2 Walk	Workout 7 Cardio - 20 Minutes	Core Workout 2 Walk	Workout 8 Chair Workout Cardio - 20 Minutes
Week 20-21	Workout 5 Cardio - 25 Minutes	Core Workout 2 Walk	Workout 6 Resistance Training – 30 Minutes	Core Workout 2 Walk	Workout 7 Cardio - 20 Minutes	Core Workout 2 Walk	Workout 8 Chair Workout Cardio - 20 Minutes

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Weeks 22 – 29

Embrace yourself – embrace your body! A baby is a reason not an excuse!

Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 22-23	Workout 9 – Stretch & Tone – 25 Minute Workout	Core Workout 3 Walk	Workout 10 – 35 Minute Resistance Workout	Core Workout 3 Walk	Workout 11 – 30 Minute Resistance Workout	Core Workout 3 Walk	Workout 12 – 20 Minute Low Impact Cardio Workout
Week 24-25	Workout 9 – Stretch & Tone – 25 Minute Workout	Core Workout 3 Walk	Workout 10 – 35 Minute Resistance Workout	Core Workout 3 Walk	Workout 11 – 30 Minute Resistance Workout	Core Workout 3 Walk	Workout 12 – 20 Minute Low Impact Cardio Workout
Week 26-27	Workout 9 – Stretch & Tone – 25 Minute Workout	Core Workout 4 Walk	Workout 10 – 35 Minute Resistance Workout	Core Workout 4 Walk	Workout 11 – 30 Minute Resistance Workout	Core Workout 4 Walk	Workout 12 – 20 Minute Low Impact Cardio Workout
Week 28-29	Workout 9 – Stretch & Tone – 25 Minute Workout	Core Workout 4 Walk	Workout 10 – 35 Minute Resistance Workout	Core Workout 4 Walk	Workout 11 – 30 Minute Resistance Workout	Core Workout 4 Walk	Workout 12 – 20 Minute Low Impact Cardio Workout

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What happened now?

Embrace yourself – embrace your body! A baby is a reason not an excuse!

Well done in completing my Postnatal workout plan which is designed for around 6 months but a few added weeks to cover any set backs.

You are now ready to join the monthly workout plan!

Lets go!