



Superman's

Strengthens: deep abdominal core muscles. Safe for all levels.

Begin by lying on all fours. Knees under hips, hands under shoulders. Raise alternate arm to leg. Activate pelvic floor and hold for 15 seconds **progressing** to 30 seconds. Remember to breathe through exercise and not to push hip out on weight bearing leg. If Balance is difficult with both limbs extended, begin by lifting just the leg.



Bridge

Strengthens: Glutes and deep Bridge abdominal core muscles.

Begin by lying on your back, feet flat on floor, hip width apart and close to bottom. With hands on floor, raise bottom up of the ground. You are trying to create a nice straight line between the shoulder and the knee. Hold this position for 20 seconds, repeat 2 more times. Remember to continue to breathe throughout the exercise.

Progressions: Fold arms across chest / Take one leg off the ground / move feet further away from bottom.

The following exercises are appropriate following 6 week postnatal check, or 12 weeks post c/section



Beginners Plank

Strengthens: Strengthens deep abdominals core muscles.

Begin by lying flat on the floor. Place your elbows directly under your shoulders, and raise your body up onto elbows. Making sure lower back is not dipping; hold this position for 15 seconds, progressing up to 45 seconds as this becomes easier.



Progressions

Turn toes under and raise knees up of the ground, creating a nice line between hip and shoulder. Be careful not to dip through lower back. If in doubt, raise bottom slightly higher.

Heal Touches

Strengthens: obliques (responsible for waist definition)

Lying flat on you back, place feet flat on the floor near bottom, hip width apart. Reach down to touch one heel at a time by sliding sideways. Repeat this action sliding side to side for 20-30 repetitions.