

# Postpartum & Diastasis Recti

Workout 1 of 4: Full Body Circuit | Beginner | 15 min warm-up + 30 min workout + 15 min abs

| LEVEL    | TIME       | FOR                          | EQUIPMENT                                                          |
|----------|------------|------------------------------|--------------------------------------------------------------------|
| Beginner | 60 minutes | Postpartum / diastasis recti | Sturdy chair, light resistance band, light dumbbells (2-8 lb), mat |

Workout 1 of 4: Full Body Circuit. After birth, your core and pelvic floor need to rebuild from the inside out. This session reconnects your deep core with breathing, then builds strength slowly. It skips crunches, sit-ups and full planks, which can strain a separated ab wall (diastasis recti). Work at about 3-5 out of 10 effort.

## Before you start

- Wait for your doctor's or midwife's OK, usually around 6 weeks, and longer after a C-section.
- A pelvic floor physical therapist can check for diastasis recti and pelvic floor issues. Highly recommended.
- Watch your belly: if it domes or cones along the middle during a move, make it easier.
- Leaking, heaviness or pressure in your pelvis means the move is too hard for now.

## Stop right away and get help if you feel

- Leaking, heaviness or pressure in your pelvis
- Doming or coning of your belly that you can't control
- Pain at a C-section scar or stitches
- Heavy bleeding or feeling faint

This workout is general fitness guidance from Conquer Boxing Fitness & Health and is not medical advice. It does not replace care from your doctor. Always follow your healthcare provider's instructions about exercise, and stop any movement that causes pain.

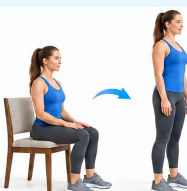
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## WARM-UP

**15 MIN**

**Format:** Easy pace. Start with a few slow core breaths.

| # | Photo                                                                               | Exercise                              | Dose  | How to do it                                                                                                          |
|---|-------------------------------------------------------------------------------------|---------------------------------------|-------|-----------------------------------------------------------------------------------------------------------------------|
| 1 |    | <b>March in place with arm swings</b> | 3 min | Lift knees to a comfortable height and swing arms naturally. Breathe steadily.                                        |
| 2 |    | <b>Shoulder rolls and arm circles</b> | 2 min | Roll shoulders back 10 times, forward 10 times, then small arm circles both directions.                               |
| 3 |   | <b>Side step-touch</b>                | 2 min | Step side to side, tapping feet together. Add a light reach across the body as you go.                                |
| 4 |  | <b>Supported leg swings</b>           | 2 min | Hold a chair or wall. Swing one leg forward and back, then side to side, 30 seconds each way per leg.                 |
| 5 |  | <b>Light shadowboxing</b>             | 3 min | Soft knees, hands up. Easy jab-cross combinations at a relaxed pace. Exhale on every punch.                           |
| 6 |  | <b>Slow sit-to-stand</b>              | 3 min | Stand up from a chair and sit back down slowly, 1 minute on and 30 seconds easy marching, twice. Exhale as you stand. |

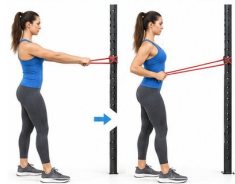
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## MAIN WORKOUT

**30 MIN**

**Format:** Circuit. Complete all 6 exercises, resting 45 seconds between exercises. Rest 2 minutes and repeat for 3 rounds total. Exhale and gently draw your belly in on every effort.

| # | Photo                                                                               | Exercise                     | Dose       | How to do it                                                                                               |
|---|-------------------------------------------------------------------------------------|------------------------------|------------|------------------------------------------------------------------------------------------------------------|
| 1 |    | <b>Chair squat</b>           | 10 reps    | Sit back toward the chair until you lightly touch it, then stand tall. Exhale on the way up.               |
| 2 |    | <b>Wall push-up</b>          | 10 reps    | Hands on the wall at shoulder height, body straight. Lower chest toward the wall, exhale as you push away. |
| 3 |  | <b>Resistance band row</b>   | 10 reps    | Anchor the band at chest height. Pull elbows back and squeeze shoulder blades together.                    |
| 4 |  | <b>Glute bridge</b>          | 10 reps    | On your back, knees bent. Lift hips, squeeze, lower slowly. Roll to your side to get up.                   |
| 5 |  | <b>Supported split squat</b> | 8 each leg | Hold a chair. Lower straight down a few inches, keep the front knee over the ankle.                        |
| 6 |  | <b>Steady shadowboxing</b>   | 1 min      | Relaxed jab-cross-hook at a pace you could keep up for several minutes.                                    |

Progress slowly. Full-strength core work comes back over months, not weeks.

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## ABS & CORE

**15 MIN**

**Format:** Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-9 twice (about 12 minutes), then finish with the cool-down. Skip any move that hurts your back or neck.

| #  | Photo                                                                               | Exercise                         | Dose   | How to do it                                                                                                              |
|----|-------------------------------------------------------------------------------------|----------------------------------|--------|---------------------------------------------------------------------------------------------------------------------------|
| 1  |    | Core breathing                   | 20 sec | Lying or seated. Breathe in to expand your ribs, then exhale and gently lift your pelvic floor and draw your belly in.    |
| 2  |    | Heel slides                      | 20 sec | On your back, knees bent. Exhale and gently draw your belly in, then slide one heel out and back. Switch legs.            |
| 3  |    | Bent-knee toe taps               | 20 sec | On your back, knees bent at 90 degrees over hips. Lower one foot to tap the floor, return, switch. Belly flat, no doming. |
| 4  |   | Glute bridge                     | 20 sec | On your back, knees bent. Exhale, lift hips, lower slowly.                                                                |
| 5  |  | Bird dog                         | 20 sec | On hands and knees, back flat. Reach opposite arm and leg long, pause, switch.                                            |
| 6  |  | Side-lying leg lift              | 20 sec | Lie on your side, head on your arm. Lift your top leg a few inches, lower slowly. Switch sides halfway.                   |
| 7  |  | Band Pallof press                | 20 sec | Band anchored at chest height to your side. Press hands straight out and resist the twist. Exhale on each press.          |
| 8  |  | Wall plank                       | 15 sec | Forearms on the wall, step feet back, body straight. Keep breathing.                                                      |
| 9  |  | Dead bug                         | 20 sec | On your back, knees and arms up. Slowly lower opposite arm and leg, keeping your low back flat.                           |
| 10 |  | Cool-down: breathing and stretch | 3 min  | Core breathing lying down, then gentle stretches. Roll to your side to get up.                                            |