



## 6 WEEK POSTPARTUM TRAINING PROGRAM TEMPLATE:

### HOW TO USE THIS TEMPLATE

Each week will consist of rehab, compound movements and accessory movements. You can manipulate the demand of each task, by making it appropriate for where they are at in their recovery. This is simply a guide to plug-in different exercises, but help the class flow in a structured way.

The goal is not strength or intensity, it's building their own version of capacity through the fundamentals of strength and conditioning. With your knowledge and creativity, you can use this guide to help structure your workouts and progressions.

### MOVEMENT EXAMPLES

Rehab Movements	Compound Movements	Accessory Movement
<ul style="list-style-type: none"><li>• Rocking (All Fours)</li><li>• Pelvic Tilts</li><li>• Heel Slides</li><li>• Supine Marching</li><li>• Glute Bridge</li></ul>	<ul style="list-style-type: none"><li>• Deadlift</li><li>• Squat</li><li>• Overhead Press</li><li>• Bench Press</li><li>• Olympic Lifts</li></ul>	<ul style="list-style-type: none"><li>• Farmers Carry</li><li>• Walking Lunges</li><li>• Bicep Curls</li><li>• Bent Over Rows</li><li>• Triceps Extension</li></ul>

## WEEKS 1-2

<b>Theme:</b>	Educate & troubleshoot/assess
<b>Movements:</b>	2-3 sets of rehab movements Low reps (~4-6)
<b>Circuit:</b>	Familiar, simple movements (3-4 exercises for ~10 mins) Example: 10 min AMRAP (As many rounds as possible) 5 heel slides/side 10 body weight squats 5 calories on the bike (or rower, etc)
<b>Goal:</b>	Educate the why with context around core, pelvic health and reasonable athletic progression. Begin to implement the “how” through basic exercises and overall routine. Less is more. Feedback and feel will assist the process.

## WEEKS 3-4

<b>Theme:</b>	Adding volume & load
<b>Movements:</b>	1-2 rehab movements (middle range reps) 1 compound movement + 1 accessory movement (super set these) Middle range reps (~6-8)
<b>Circuit:</b>	~15 minute conditioning circuit (low intensity) Example: :30 second farmers carry 10 reverse lunges 5 Kettlebell deadlifts 10 straight arm band pull down 5 inverted rows
<b>Goal:</b>	Adding manageable load (load that reflects their activities of daily living (5-35lbs). Controlled volume, good form and moderate pace. Symptom awareness and feedback is critical.

## WEEKS 5-6

<b>Theme:</b>	Adding load
<b>Movements:</b>	<p>1-2 rehab movements (middle range reps)</p> <p>1 compound movement (4-6 reps)</p> <p>2 accessory movement (8-10 reps)</p>
<b>Circuit:</b>	<p>Intervals (increasing intensity with set rest time)</p> <p>OR ~20min circuit / AMRAP</p> <p>Intervals</p> <p>2-3 rounds depending on time frame</p> <p>:30 second sprint on the rower</p> <p>Rest :15</p> <p>:45 second sprint on the rower</p> <p>Rest :20 seconds</p> <p>1 min sprint on the rower</p> <p>Rest :30 seconds</p>
<b>Goal:</b>	<p>Maintaining their foundation, but progressing by adding demand (intensity and endurance themes).</p> <p>This is achieved by quality movement, symptom and mental/physical readiness.</p>