



# Gym workout guide

A 6 week guide to feel fitter and stronger everyday

Weeks 13-24 postpartum



# Welcome! Meet Your Coach

Hi! I'm Lydia, a Level 3 Qualified Personal Trainer and Level 3 Sports Massage Therapist with specialised expertise in pre and post-natal fitness. I understand the physical and emotional challenges that come with postpartum recovery, and I am here to help you regain your strength and confidence safely.

This online training programme focuses on restoring core function, rebuilding strength, and enhancing overall well-being. Whether you're looking to increase energy levels, rebuild your strength, or feel confident in your body again, I'm here to guide you every step of the way.

Over the next 6 weeks my goal is to empower you to move from rehab & initial postpartum workouts to a simple, gym based programme, that you can follow to feel fitter and stronger every day- whatever that looks like for you!

I'll start by walking you through the science of the programme, how we can set our intention to show up in whatever way is right for you TODAY and then we'll get into our warm up!

Remember, this is your journey  
and your pace.

You might be joining this  
programme at 13 weeks or 30  
weeks postpartum. Focus on  
what feels right for you and  
your body.



# Mindset: show up for yourself

The postpartum journey is unique for everyone. Whether you're managing sleepless nights, feeding challenges, or nap schedules, every step you take toward movement is a win. Be kind to yourself, listen to your body, and do what you can without pressure or guilt. Small, consistent efforts will lead to big progress over time.

Mindset is everything, it's your guiding voice on this journey and the centre point of living a healthy lifestyle. So, how do you rebuild your mindset? We start by working out our 'why':



Why do you want to show up?

Why do you want to achieve this goal?

Before getting started with these workouts we suggest spending 10 minutes jotting down answers to these questions in a notebook and referring back to it as a reminder on those days that feel hard.

We also encourage you to focus your energy on rebuilding your relationship with your body. Although it may not feel like yours at the moment or look like it used to, your body has just done something truly amazing- focus your workout goals on coming from a place of love and respect for your body.

# Your training plan explained

This program is designed to progressively build strength, and boost your fitness without overwhelming your body. It includes a mix of upper body, lower body, and full-body workouts, all tailored to postpartum recovery needs:

- **Emphasis on Core & Pelvic Floor:** Strengthening these areas safely is crucial before adding heavy weights.
- **Gradual Progression:** Exercises will increase in intensity as you regain strength.
- **Time-efficient:** Workouts are designed to be completed in under an hour, making them manageable for busy mums.

## Mind-Muscle Connection

A key focus of this program is developing a strong mind-muscle connection. This means being intentional with movements, feeling the correct muscles activate, and engaging the core and pelvic floor in every movement to prevent injury and build strength effectively.

Mind- muscle connection is particularly prevalent during isolation exercises where you are looking to isolate and work single muscle groups. It's important to be in tune with your body, how it feels, what feels right and what doesn't.

# Your training plan explained

## Recovery & Rehab: The Foundation of Strength

Your body is still healing, so rest and recovery are just as important as training. Key aspects include:

- Pelvic Floor & Core Work: Prioritise breathing techniques and controlled movements. Revisit my breathwork series to rebuild the core if you need to.
- Stretching & Mobility: Reduce tension and improve range of motion. Revisit my stretch circuit if you need to.
- Adequate Rest: Listen to your body and take extra rest days if needed.

## Training Split & Importance of Rest

This programme follows a balanced training split, alternating between upper, lower and full-body workouts to allow proper recovery:

- 3x workouts per week
- Rest days are often overlooked but they're imperative to a successful training plan- your muscles don't grow when you're training them, but when you're resting them.
- Ensure you stay hydrated and fuel your body with the right nutrients. Check out the recipes and meal plan guides in the members hub for inspiration.
- Active recovery (e.g., walking, stretching, or yoga) is encouraged. Check out the flow series from Life.Postpartums yoga teacher Jenny [here](#).
- Weights should be increased each week, as the weeks progress you can also take reps higher as well but I recommend keeping within hypertrophy ranges of 8-10 reps per set.

# Warm up

## Gym & equipment confidence

Feeling confident in the gym is a journey! Here are a few tips to get over any anxiety you may have:

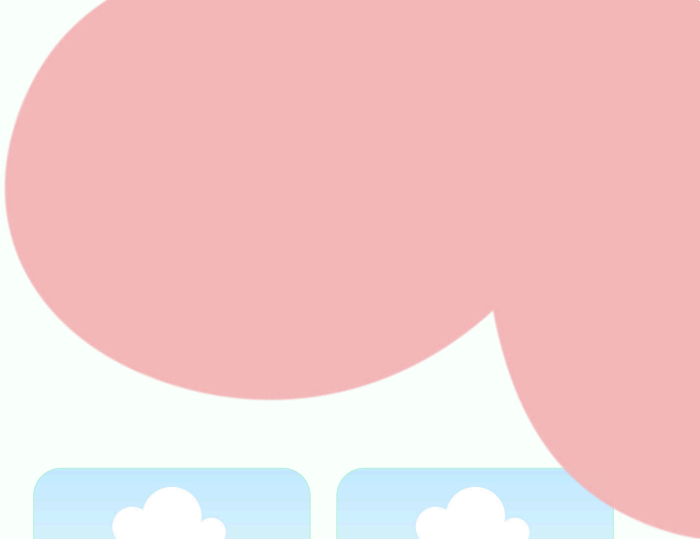
- Start with machines before progressing to free weights.
- Ask for help if unsure about equipment.
- Trust your body's progress and modify as needed.

Know that no one is looking at you, they're all too busy looking at themselves.

## Complete this warm up before every workout:

- **5-10 min cardio** (e.g., walking/jogging, cycling, or rowing)
- **Dynamic stretches:** Arm circles, hip openers, and spinal rotations
- **Glute and core activation exercises** (e.g., glute bridges, pelvic tilts, and dead bugs- refer to the reintroduction to exercise series for details on form if you need to)
- **Incorporate your breathwork into each warm up.** Watch the video how to here- we are focusing on 360 breath as you inhale into the ribs and exhale as you draw them down.

# Let's get into the programme!



# Week 13

## Full Body

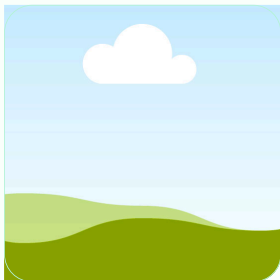
30s row

SETS	REPS	REST
3-4	30s	30s



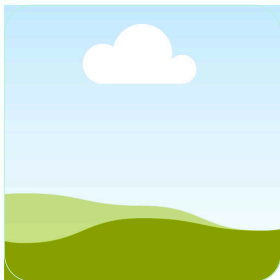
Plate - ground to overhead  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



30s row

SETS	REPS	REST
1	30s	30s

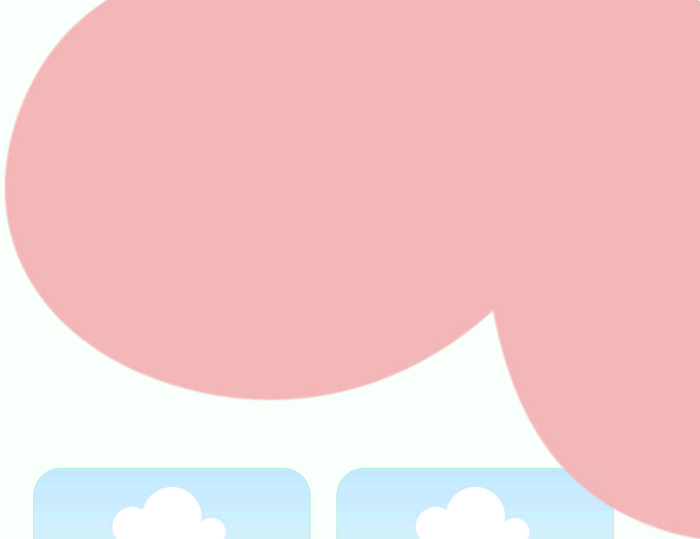


Kneeling slam balls

SETS	REPS	REST
3-4	8-10	30s







# Week 13

## Lower Body

Leg press  
(heavy weight)

SETS	REPS	REST
3-4	5	30s



Leg curl  
(heavy weight)

SETS	REPS	REST
3-4	5	30s



Empty bar Romanian deadlift

SETS	REPS	REST
3-4	5	30s



Empty bar back squat

SETS	REPS	REST
3-4	5	30s







# Week 13

## Upper Body

Cable wide lat pulldown

SETS	REPS	REST
3-4	5	30s



Chest press machine

SETS	REPS	REST
3-4	5	30s



Pull-up assist machine

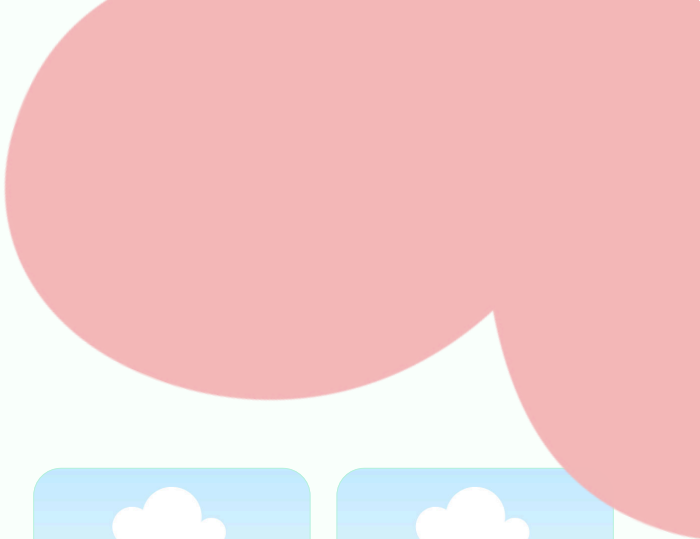
SETS	REPS	REST
3-4	5	30s



Seated shoulder press machine

SETS	REPS	REST
3-4	5	30s





# Week 14

## Full Body

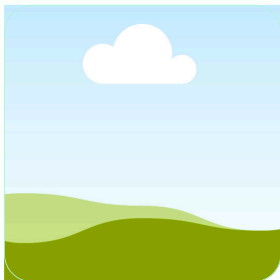
Ski-erg

SETS	REPS	REST
3-4	35-40s	30s



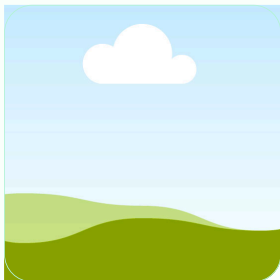
Suitcase deadlift  
(2 x heavy dumbbells)

SETS	REPS	REST
3-4	8-10	30s



Dumbbell hang cleans  
(2 x medium weights)

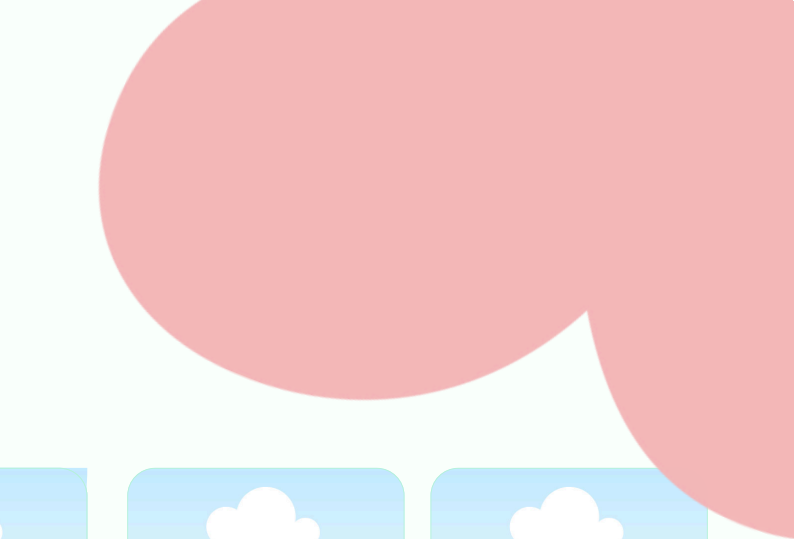
SETS	REPS	REST
1	8-10	30s



Dumbbell push press  
(2 x medium weights)

SETS	REPS	REST
3-4	8-10	30s





# Week 14

## Upper Body

Cable double handed row

SETS	REPS	REST
3-4	8-10	30s



Cable chest flys

SETS	REPS	REST
3-4	8-10	30s



Single arm cable lat raise

SETS	REPS	REST
3-4	8-10	30s



Cable tricep push down

SETS	REPS	REST
3-4	8-10	30s





# Week 14

## Lower Body

Empty bar hipthrust

SETS	REPS	REST
3-4	8-10	30s



Leg extension machine

SETS	REPS	REST
3-4	8-10	30s



Empty bar sissy squats

SETS	REPS	REST
3-4	8-10	30s



Leg press machine

SETS	REPS	REST
3-4	8-10	30s





# Week 15

## Full Body

Sumo deadlift high pull  
(light weight)

SETS	REPS	REST
3-4	8-10	30s



Slam balls  
(light weight)

SETS	REPS	REST
3-4	10	30s



Static bike  
(alter resistance as required)

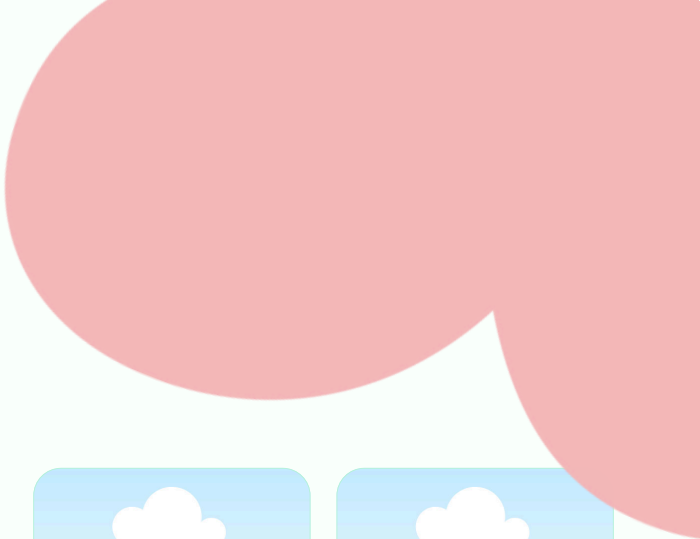
SETS	REPS	REST
3-4	10s	30s



Farmers lunges  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



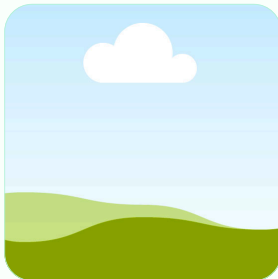


# Week 15

## Lower Body

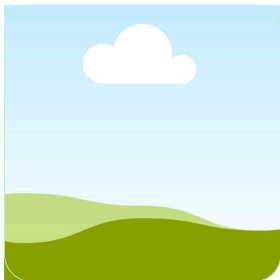
Hip thrust machine (or use a bar)  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



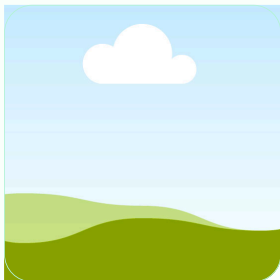
Hack squat  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Single weighted split squats  
each side (medium weight)

SETS	REPS	REST
3-4	8-10	30s



Sumo squat using a KB/DB  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s





# Week 16

## Full Body

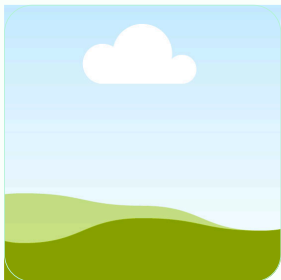
Ski  
(alter resistance as required)

SETS	REPS	REST
3-4	45s	30s



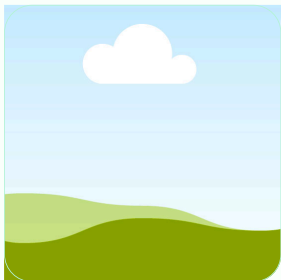
Double DB snatch  
(light weight)

SETS	REPS	REST
3-4	10-12	30s



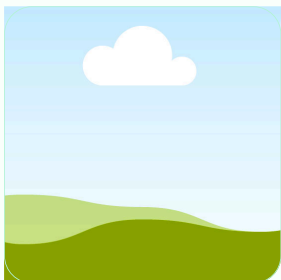
Double DB suitcase  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



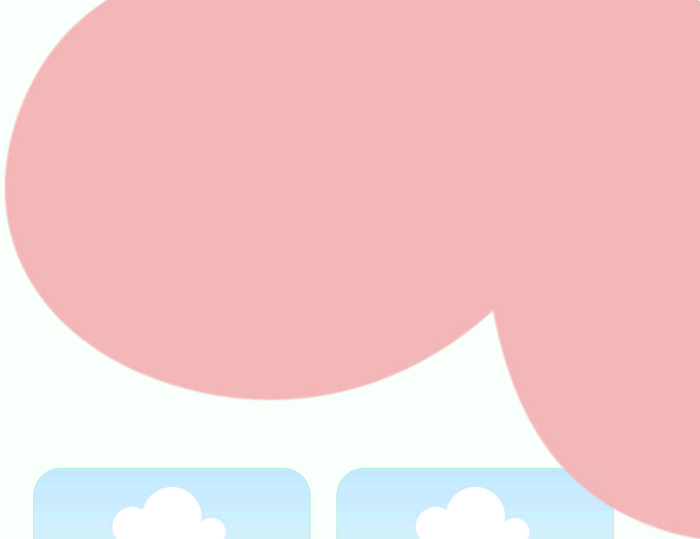
Deadlift  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



+ optional: 45s Ski after each exercise





# Week 16

## Lower Body

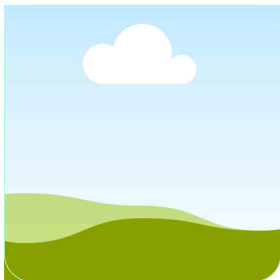
Single leg leg press machine (each side)  
(medium weight)

SETS	REPS	REST
3-4	10-12	30s



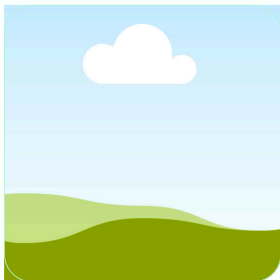
Single leg leg extension machine (each side)  
(medium weight)

SETS	REPS	REST
3-4	12-15	30s



Weighted barbell Romanian  
deadlift (heavy weight)

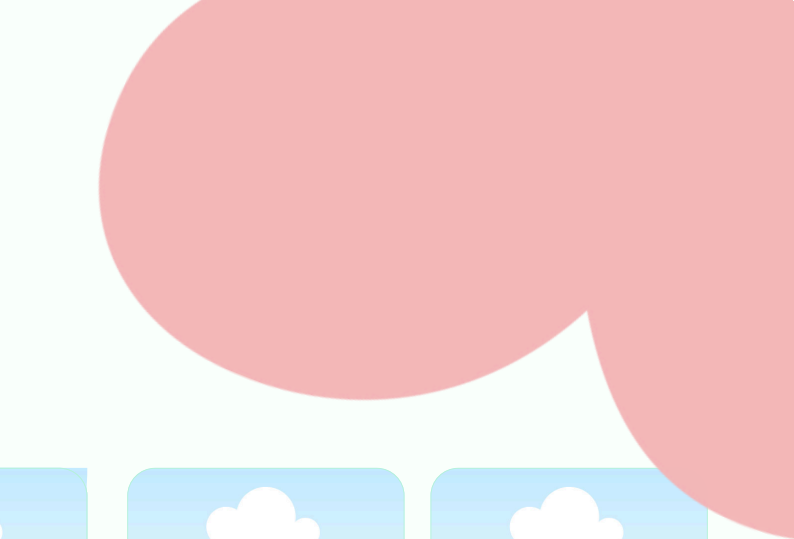
SETS	REPS	REST
3-4	8-10	30s



Weighted Barbell back squat (squat to  
bench if need extra support)

SETS	REPS	REST
3-4	8-10	30s





# Week 16

## Upper Body

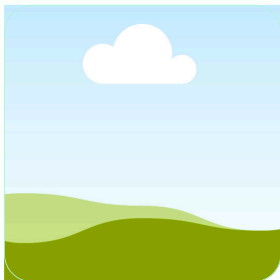
Underhand cable lat pulldown  
(medium weight)

SETS	REPS	REST
3-4	10-12	30s



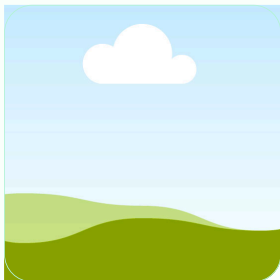
Empty bar strict pree

SETS	REPS	REST
3-4	6-8	30s



Seated lateral raise (free weights)  
(light weights)

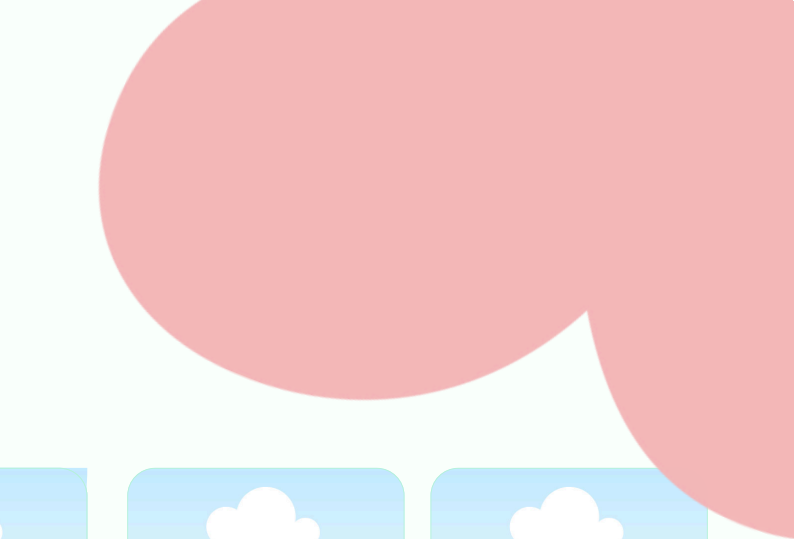
SETS	REPS	REST
3-4	12-15	30s



Empty bar bent over row

SETS	REPS	REST
3-4	12-15	30s





# Week 17

## Full Body

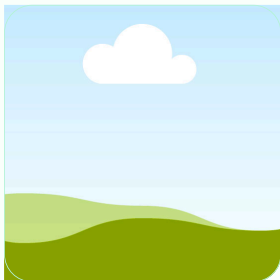
TRX rows

SETS	REPS	REST
3-4	8-10	30s



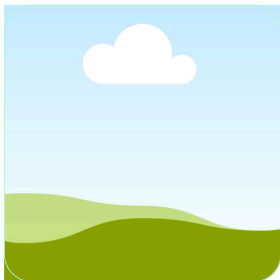
TRX press ups

SETS	REPS	REST
3-4	8-10	30s



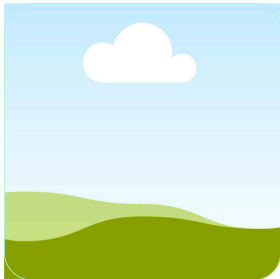
1 arm overhead, 1 arm weighted KB carry  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Single arm cluster

SETS	REPS	REST
3-4	8-10	30s





# Week 17

## Lower Body

Barbell Sumo Deadlift  
(medium-heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Curtsey lunges

SETS	REPS	REST
3-4	12-15	30s



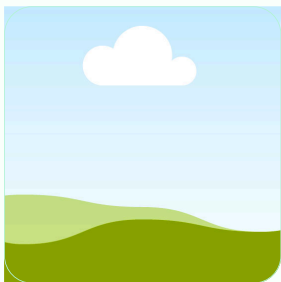
Barbell Staggered stance Romanian Deadlifts  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Goblet cyclist squat

SETS	REPS	REST
3-4	8-10	30s



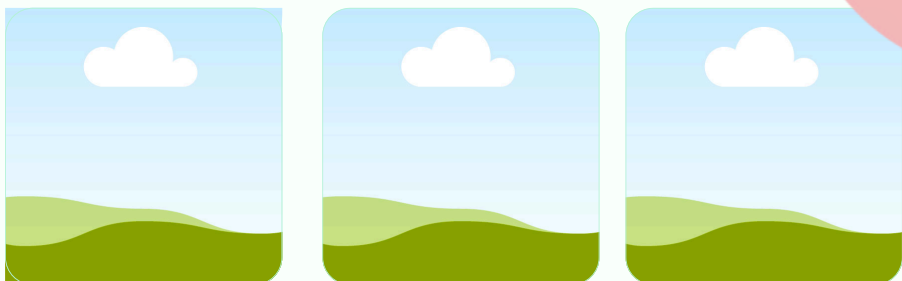


# Week 17

## Upper Body

Cable wide lat pull down  
(light weight)

SETS	REPS	REST
3-4	12-15	30s



Chest press machine  
(medium- heavy weight)

SETS	REPS	REST
3-4	8-10	30s



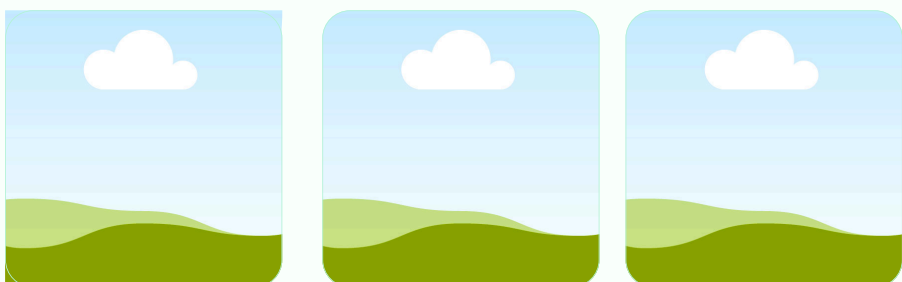
Pull up assisted machine

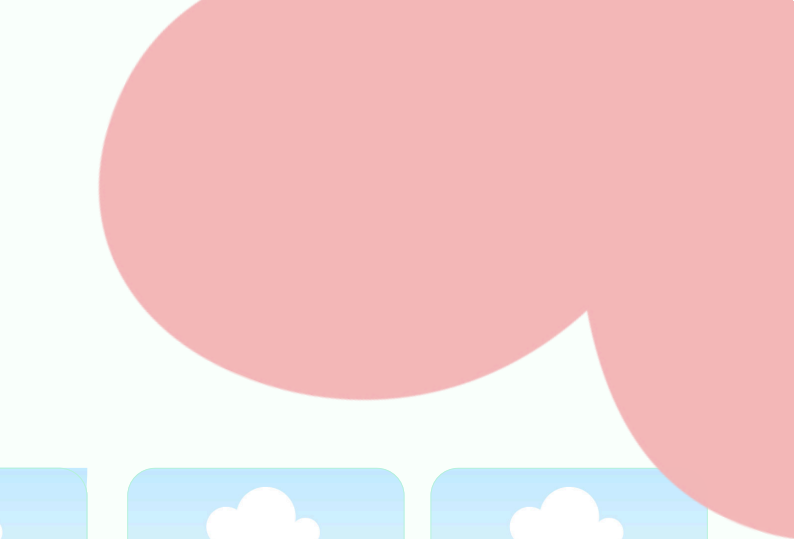
SETS	REPS	REST
3-4	8-10	30s



Seated shoulder press machine

SETS	REPS	REST
3-4	8-10	30s





# Week 18

## Full Body

Wall balls

SETS	REPS	REST
3-4	8-10	30s



Assault bike

SETS	REPS	REST
3-4	10cals	30s



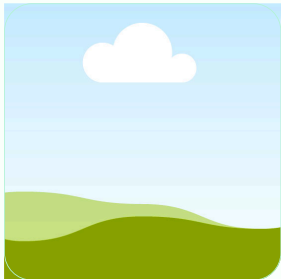
Kettlebell swings  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Double kettlebell front rack hold

SETS	REPS	REST
3-4	45s	30s





# Week 18

## Lower Body

Single leg curl machine)

SETS	REPS	REST
3-4	8-10	30s



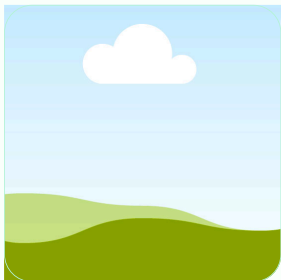
Deficit calf raises double for 1st set and then try single leg if it feels ok.

SETS	REPS	REST
3-4	8-10	30s



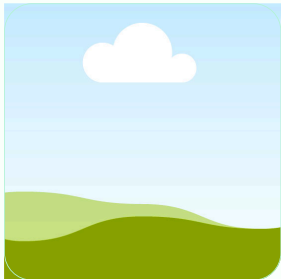
Adductor machine

SETS	REPS	REST
3-4	8-10	30s



Empty barbell front squat or weighted barbell back squat

SETS	REPS	REST
3-4	8-10	30s







# Week 18

## Upper Body

Pull up assist machine  
(lighter weight)

SETS	REPS	REST
3-4	8-10	30s



Bbarbell strict press (weighted)

SETS	REPS	REST
3-4	8-10	30s



Machine chest press

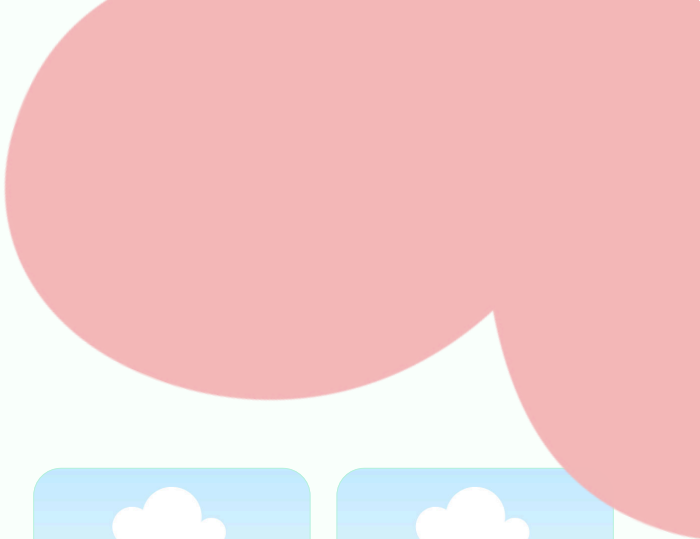
SETS	REPS	REST
3-4	8-10	30s



Machine reverse fly

SETS	REPS	REST
3-4	8-10	30s





# Week 19

## Full body

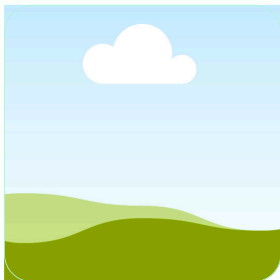
Row

SETS	REPS	REST
3-4	45-60s	30s



## Overhead plate hold

SETS	REPS	REST
3-4	30-45s	30s



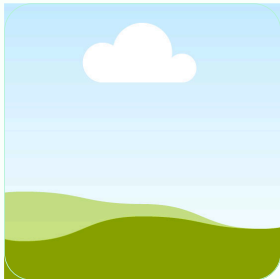
Row

SETS	REPS	REST
3-4	45-60s	30s



## Plank hold

SETS	REPS	REST
3-4	45s	30s





# Week 19

## Lower body

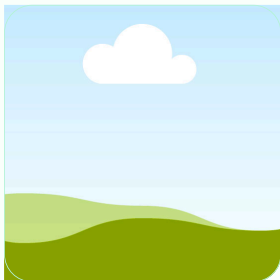
Barbell alternate reverse lunges (bar on your back)

SETS	REPS	REST
3-4	8-10	30s



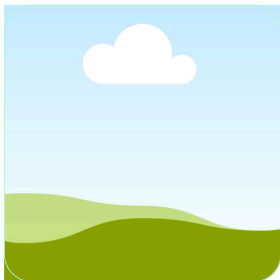
Double dumbbell Romanian deadlifts

SETS	REPS	REST
3-4	8-10	30s



Single leg hip thrusts either using the machine or a bench and free weight.

SETS	REPS	REST
3-4	8-10	30s



Single leg step ups (light weight)

SETS	REPS	REST
3-4	8-10	30s





# Week 19

## Upper body

Cable machine bicept curl

SETS	REPS	REST
3-4	8-10	30s



Cable machine tricep push down

SETS	REPS	REST
3-4	8-10	30s



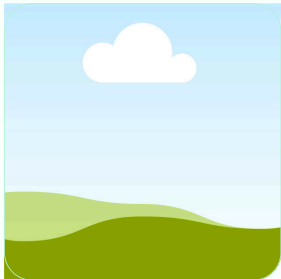
Chest supported bench double dumbbell row

SETS	REPS	REST
3-4	8-10	30s



Double dumbbell incline bench press

SETS	REPS	REST
3-4	12-15	30s





# Week 20

## Full body

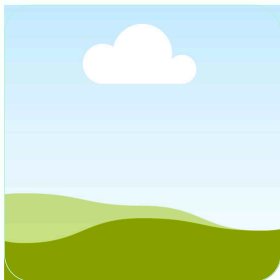
Low box jumps

SETS	REPS	REST
3-4	8-10	30s



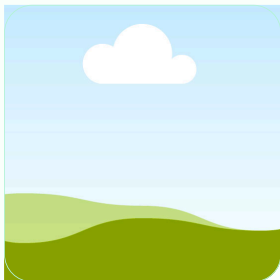
Ski

SETS	REPS	REST
3-4	45s	30s



Box assisted burpees

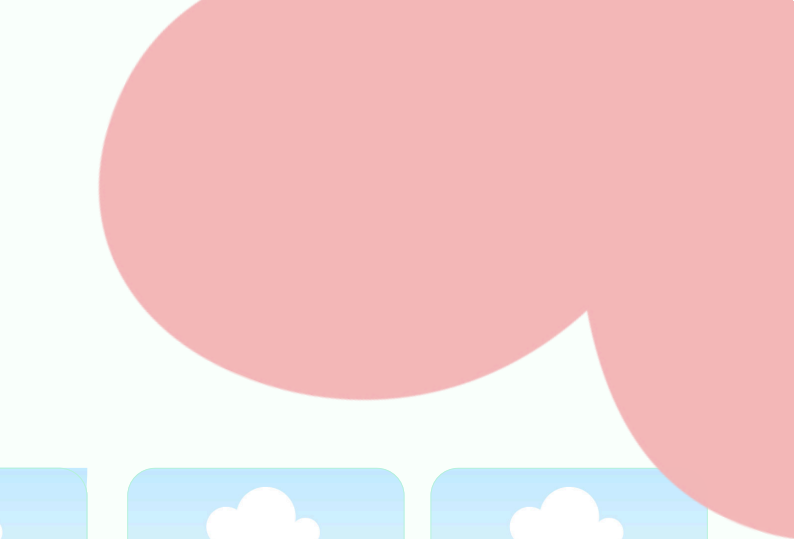
SETS	REPS	REST
3-4	8-10	30s



Sled push (no weight added)

SETS	REPS	REST
3-4	60s	30s





# Week 20

## Lower body

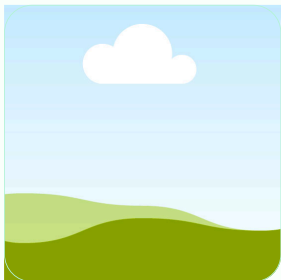
BB back rack spilt squat  
(elevate the front foot to scale up)

SETS	REPS	REST
3-4	8-10	30s



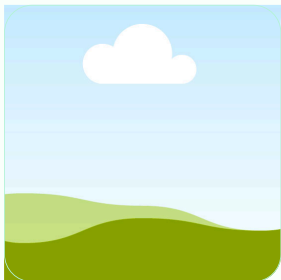
Double dumbbell lunges

SETS	REPS	REST
3-4	8-10	30s



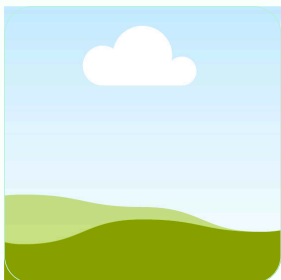
Banded step aparts

SETS	REPS	REST
3-4	8-10	30s



Machine assisted leg curl

SETS	REPS	REST
3-4	8-10	30s





# Week 20

## Upper body

Inverted row

SETS	REPS	REST
3-4	12-15	30s



Narrow grip lat pull down

SETS	REPS	REST
3-4	8-10	30s



Pedlay row

SETS	REPS	REST
3-4	8-10	30s

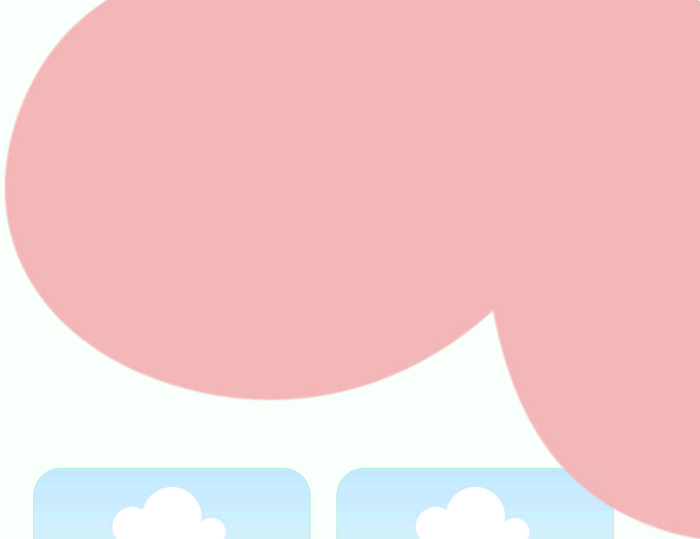


Barbell bench press  
(empty bar or light weight)

SETS	REPS	REST
3-4	8-10	30s







# Week 21

## Full body

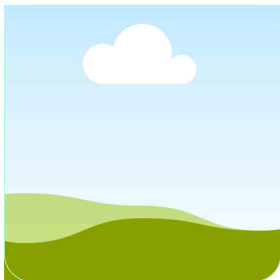
Sled pull (add weight if feels good)

SETS	REPS	REST
3-4	60s	30s



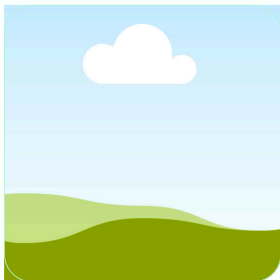
## Landmine rotations

SETS	REPS	REST
3-4	8-10	30s



## Farmers carry (heavy weight)

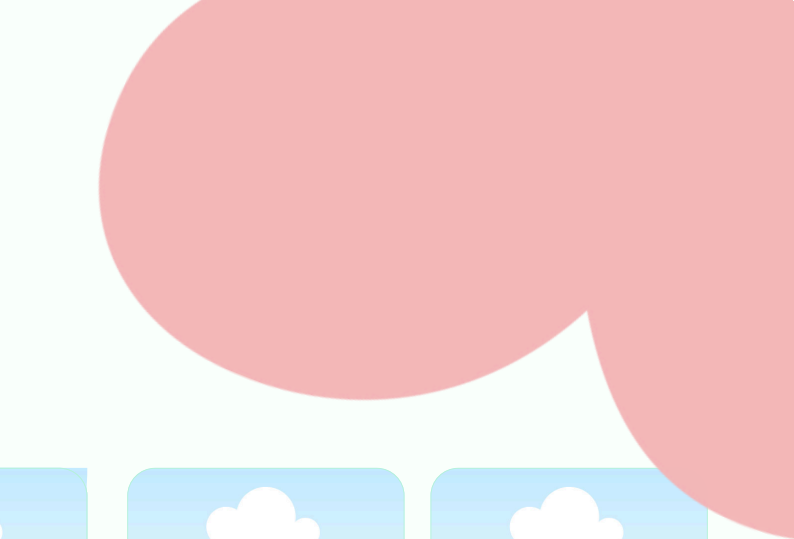
SETS	REPS	REST
3-4	8-10	30s



## Standing alternating strict press

SETS	REPS	REST
3-4	8-10	30s





# Week 21

## Lower body

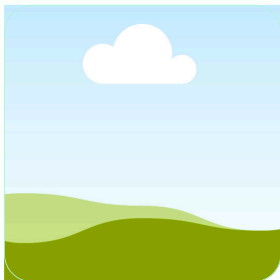
Barbell sumo squat  
(medium to heavy weight)

SETS	REPS	REST
3-4	8-10	30s



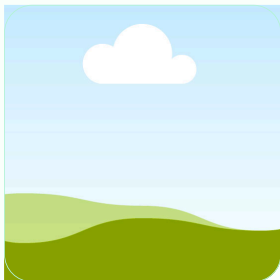
Leg press machine

SETS	REPS	REST
3-4	8-10	30s



Single leg hip thrust

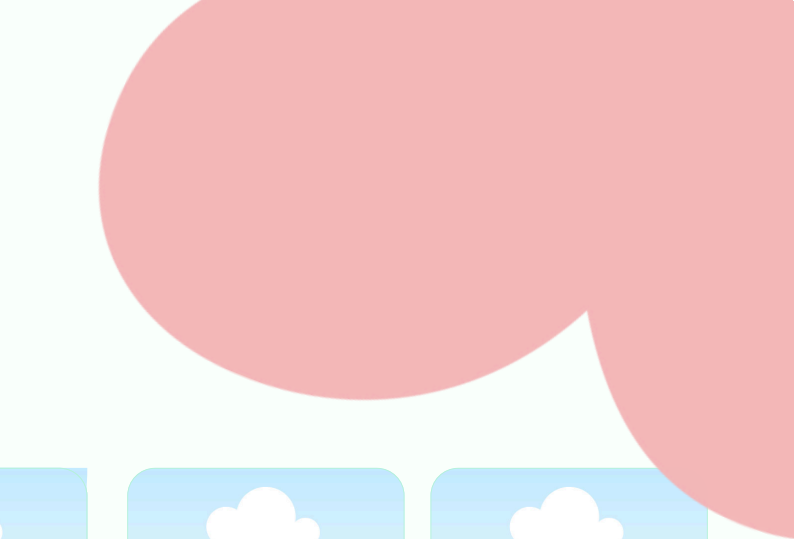
SETS	REPS	REST
3-4	8-10	30s



Cable straight leg lifts

SETS	REPS	REST
3-4	8-10	30s





# Week 21

## Upper body

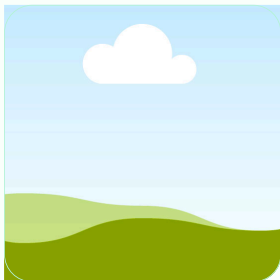
1/2 kneeling landmine press

SETS	REPS	REST
3-4	8-10	30s



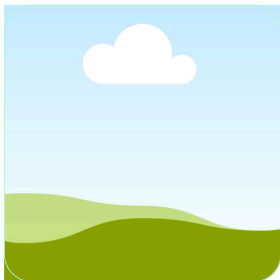
Landmine wide row

SETS	REPS	REST
3-4	8-10	30s



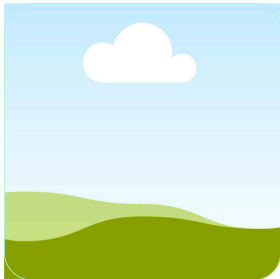
Wide lat pull down

SETS	REPS	REST
3-4	8-10	30s



Seated wide strict press  
(2x light-medium dumbbells)

SETS	REPS	REST
3-4	8-10	30s





# Week 22

## Full body

Banded side plank rows

SETS	REPS	REST
3-4	8-10	30s



Swiss ball crunches

SETS	REPS	REST
3-4	8-10	30s



Swiss ball glute bridges

SETS	REPS	REST
3-4	12-15	30s



Swiss ball hamstring curls

SETS	REPS	REST
3-4	8-10	30s





# Week 22

## Lower body

Barbell deadlift  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Goblet squats

SETS	REPS	REST
3-4	8-10	30s



Weighted step ups  
(light weight)

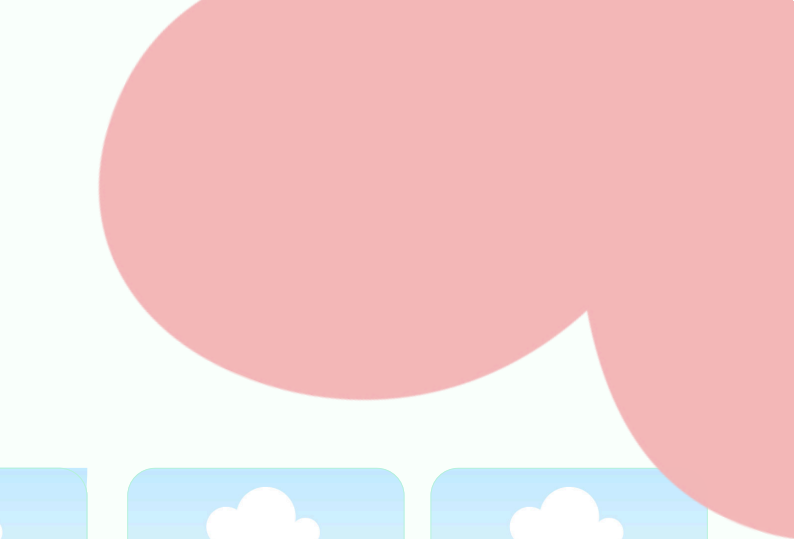
SETS	REPS	REST
3-4	8-10	30s



Plank hold

SETS	REPS	REST
3-4	45s	30s





# Week 22

## Upper body

Wide grip lat pull down

SETS	REPS	REST
3-4	8-10	30s



Chest press machine

SETS	REPS	REST
3-4	8-10	30s



Single arm TRX row

SETS	REPS	REST
3-4	12-15	30s



Half kneeling single arm Arnold press

SETS	REPS	REST
3-4	8-10	30s





# Week 23

## Full body

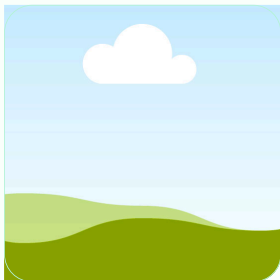
Wall balls

SETS	REPS	REST
3-4	12-15	30s



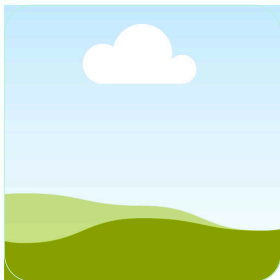
Ski/Row

SETS	REPS	REST
3-4	60s	30s



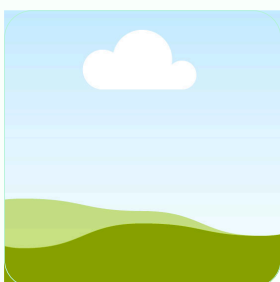
Burpees

SETS	REPS	REST
3-4	10	30s



Plank traverse

SETS	REPS	REST
3-4	60s	30s





# Week 23

## Lower body

Barbell back squat

SETS	REPS	REST
3-4	8-10	30s



Alternating deficit lunges  
(weight to scale up)

SETS	REPS	REST
3-4	8-10	30s



Weighted wallsit hold

SETS	REPS	REST
3-4	45s	30s



Broad jumps

SETS	REPS	REST
3-4	8-10	30s







# Week 23

## Upper body

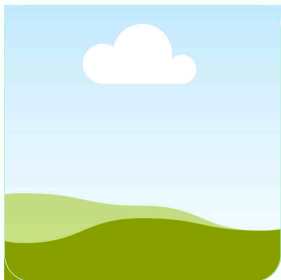
Barbell underhand grip bent over row  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



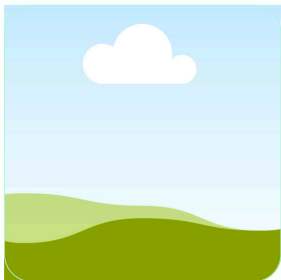
Double dumbbell bench press  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



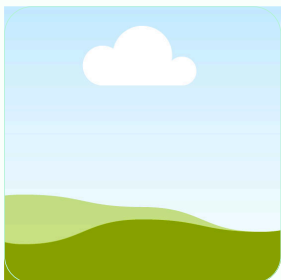
Double dumbbell renegade row  
(medium weight)

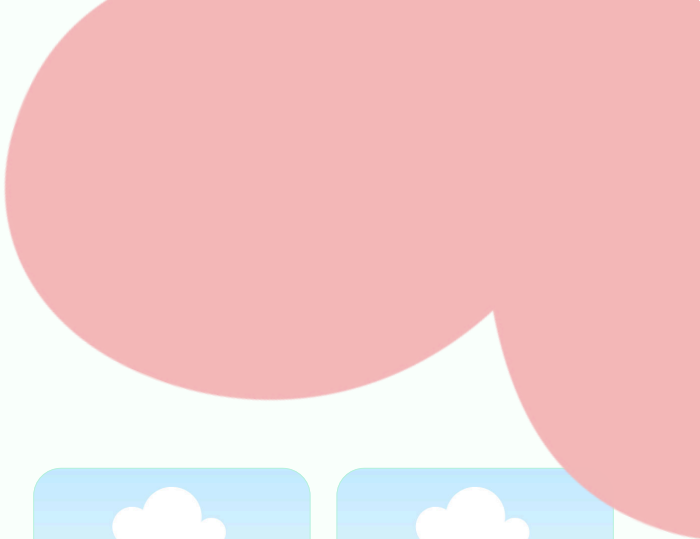
SETS	REPS	REST
3-4	12-15	30s



Standing KB oblique crunches

SETS	REPS	REST
3-4	8-10	30s





# Week 24

## Full body

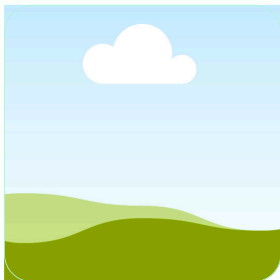
Bike/uphill walk

SETS	REPS	REST
3-4	60s	30s



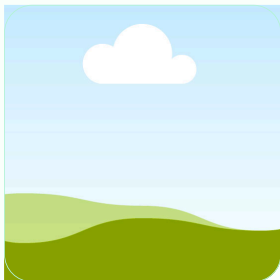
Sled push  
(weight to scale)

SETS	REPS	REST
3-4	30s	30s



Burpee broad jumps

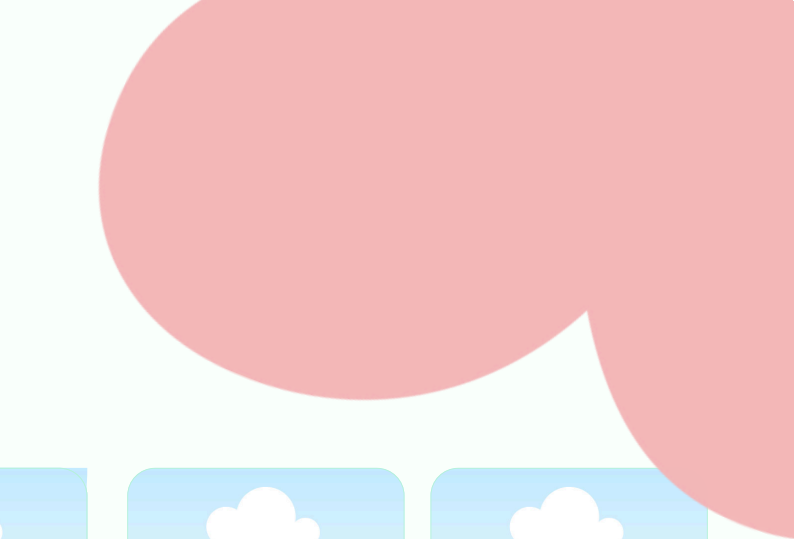
SETS	REPS	REST
3-4	8-10	30s



Sled pull  
(weight to scale)

SETS	REPS	REST
3-4	30s	30s





# Week 24

## Lower body

Barbell Romanian deadlift  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Heels elevated cyclist squat

SETS	REPS	REST
3-4	8-10	30s



Single leg, single arm cable  
Romanian deadlift + row

SETS	REPS	REST
3-4	8-10	30s



Leg press  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s





# Week 24

## Upper body

Band assisted tricep dips

SETS	REPS	REST
3-4	8-10	30s



Dip bar pull ups

SETS	REPS	REST
3-4	12-15	30s



Swiss ball plank pull ins

SETS	REPS	REST
3-4	12-15	30s



Seated cable row

SETS	REPS	REST
3-4	10-12	30s



# Disclaimer

This programme is intended for general guidance and should not replace medical advice. Always consult your doctor or a qualified healthcare provider before starting any postpartum fitness program.

By partaking in the Life Postpartum Gym guide, you acknowledge that there is always an element of risk involved with any physical exercise and to do so is solely at your own risk. In the event that you should feel discomfort or pain during an exercise you should stop immediately and seek medical assistance as required.

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