



# Home 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, home 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

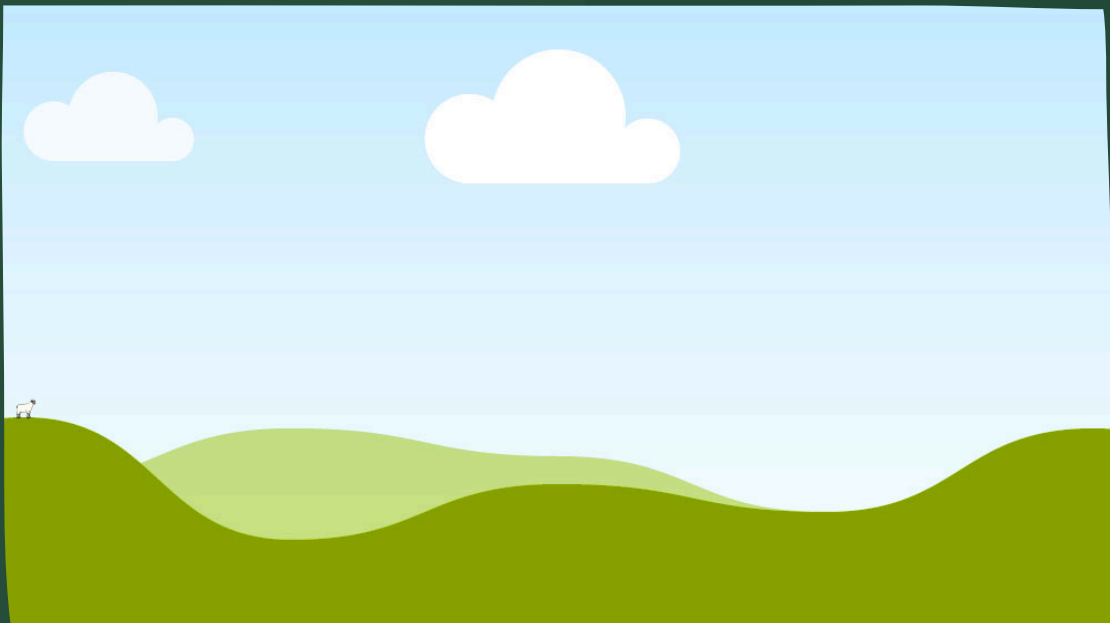
This programme follows a balanced training split, alternating between upper, lower and full-body workouts to allow proper recovery:

- 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

**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!**

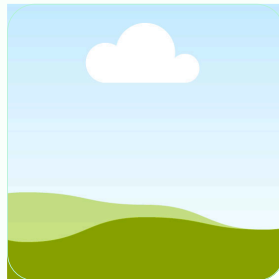
# Week 13

## Full Body

Bodyweight thruster

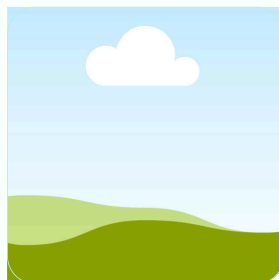
Equipment  
needed: dumbbell  
or substitute

SETS	REPS	REST
3-4	8-10	30s



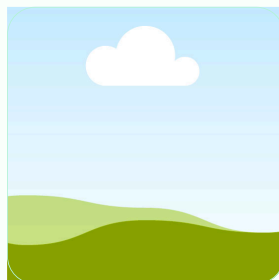
kneeling robot press up

SETS	REPS	REST
3-4	8-10	30s



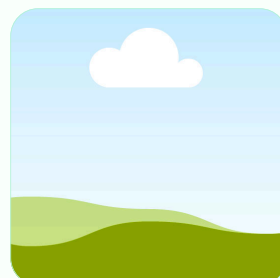
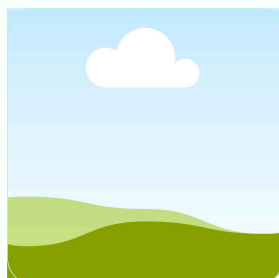
Side plank

SETS	REPS	REST
1	30-60s	30s



lying hamstring curl (dumbbell between feet)

SETS	REPS	REST
3-4	8-10	30s



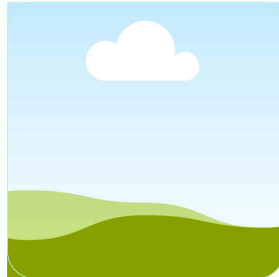
# Week 13

Equipment  
needed: band

## Lower Body

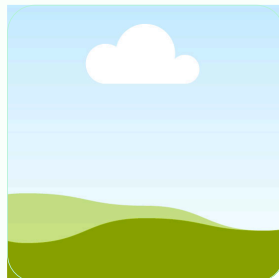
Banded good morning

SETS	REPS	REST
3-4	8-10	30s



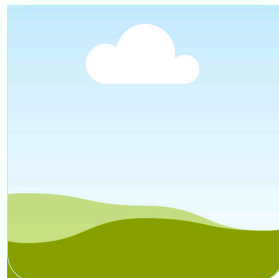
Wall sit hold

SETS	REPS	REST
3-4	1	30s



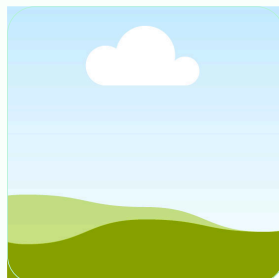
1 bodyweight squat, 1 pulse  
(slow eccentric movement)

SETS	REPS	REST
3-4	8-10	30s



Double calf raises

SETS	REPS	REST
3-4	8-10	30s





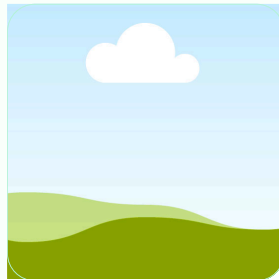
# Week 13

Equipment  
needed: band

## Upper Body

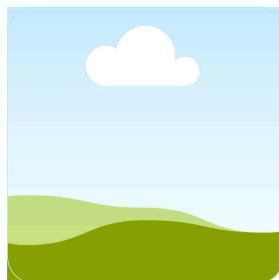
Banded bicep curls

SETS	REPS	REST
3-4	8-10	30s



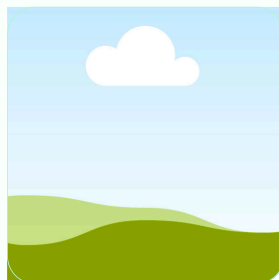
Banded shoulder press

SETS	REPS	REST
3-4	8-10	30s



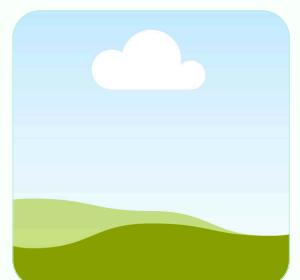
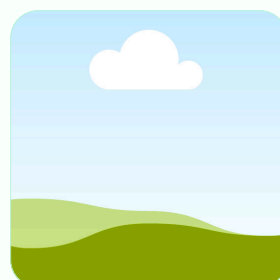
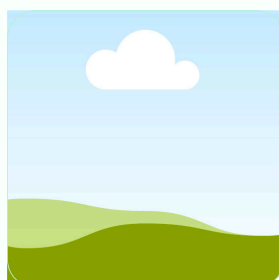
Banded single arm row

SETS	REPS	REST
3-4	8-10	30s



Lying single arm banded chest press

SETS	REPS	REST
3-4	8-10	30s

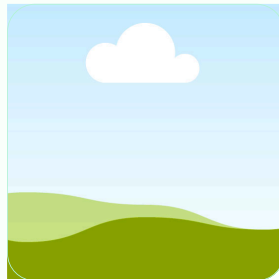


# Week 14

## Full Body

Incline press ups

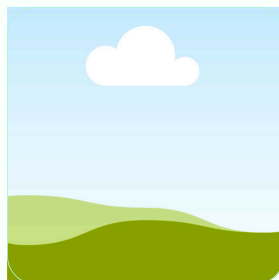
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed: dumbbell  
or substitute

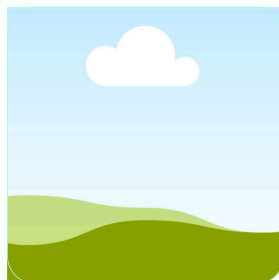
Weighted or banded  
deadbugs

SETS	REPS	REST
3-4	8-10	30s



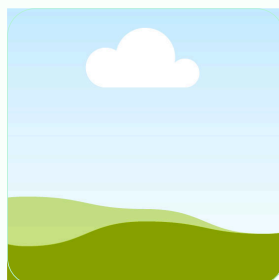
Dumbbell ground to overhead  
(moderate weight, single arm)

SETS	REPS	REST
1	30-60s	30s



Goblet squat pulses  
(light to moderate weight)

SETS	REPS	REST
3-4	8-10	30s

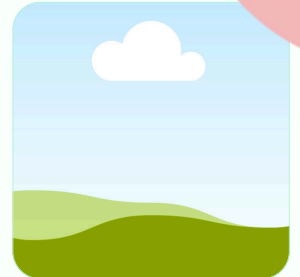
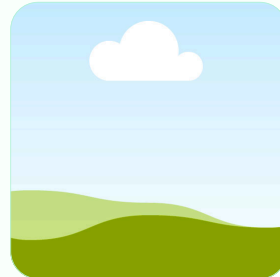
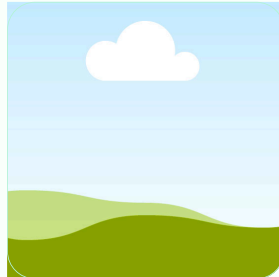


# Week 14

## Lower Body

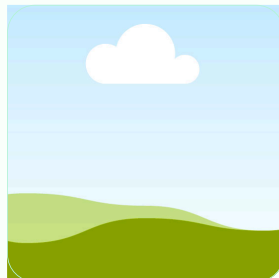
Split squat  
(slow eccentric)

SETS	REPS	REST
3-4	8-10	30s



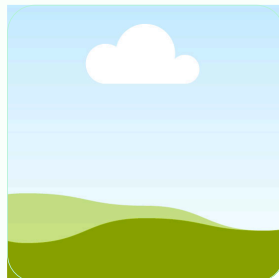
Staggered stance RDL  
(light weight)

SETS	REPS	REST
3-4	1	30s



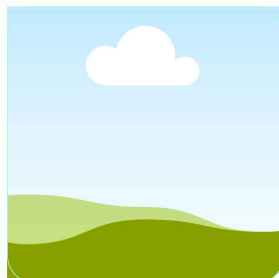
Bodyweight Lateral lunges

SETS	REPS	REST
3-4	8-10	30s



Bodyweight or light weight  
reverse lunge to knee drive

SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed: band  
and dumbbell

# Week 14

Equipment  
needed:  
dumbbell

## Upper Body

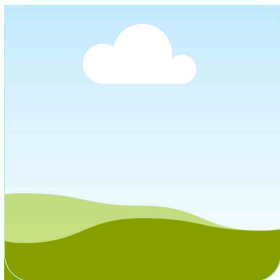
Lying skull crusher (one heavy or two light dumbbells)

SETS	REPS	REST
3-4	8-10	30s



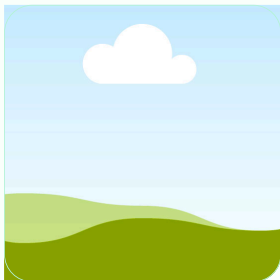
Lying chest flies  
(light dumbbell)

SETS	REPS	REST
3-4	8-10	30s



Single arm Arnold press  
(light to moderate dumbbell)

SETS	REPS	REST
3-4	8-10	30s

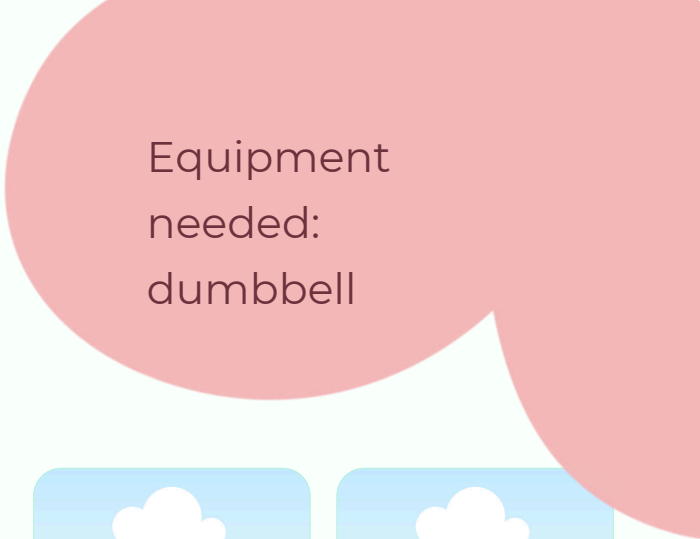


Single arm push press  
(light to moderate dumbbell)

SETS	REPS	REST
3-4	8-10	30s



# Week 15



Equipment  
needed:  
dumbbell

## Full Body

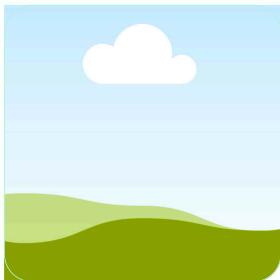
Weighted pull throughs in hover position (+ optional shoulder taps)

SETS	REPS	REST
3-4	8-10	30s



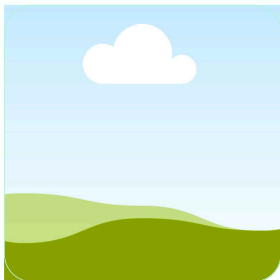
Single arm hang snatch (moderate to heavy weight)

SETS	REPS	REST
3-4	1	30s



Goblet lunges (moderate to heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Farmers carry

SETS	REPS	REST
3-4	8-10	30s



# Week 15

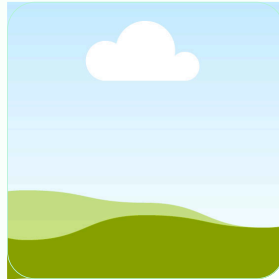
Equipment  
needed: optional  
dumbbell

## Lower Body

Side plank leg lifts

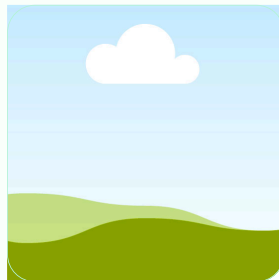
(knees stacked and lifting the top leg)

SETS	REPS	REST
3-4	8-10	30s



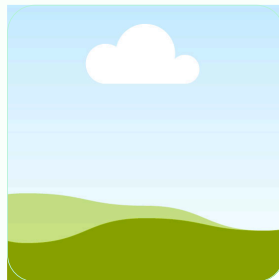
Feet elevated glute bridge

SETS	REPS	REST
3-4	1	30s



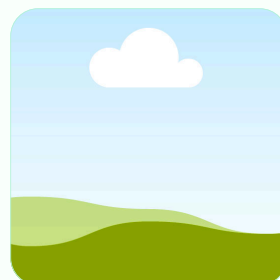
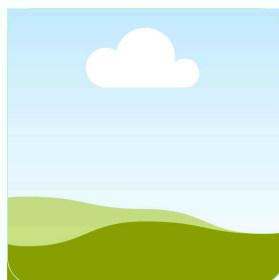
Wall RDLs single leg

SETS	REPS	REST
3-4	8-10	30s



Weighted or none weighted  
hip thrusts

SETS	REPS	REST
3-4	8-10	30s



# Week 15

Equipment  
needed: band  
and dumbbell

## Upper Body

Double dumbbell hammer curls  
(slow eccentric, light weight)

SETS	REPS	REST
3-4	8-10	30s



Banded lat pull downs

SETS	REPS	REST
3-4	8-10	30s



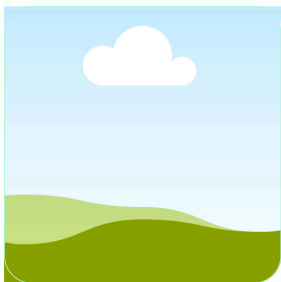
Dumbbell around the worlds

SETS	REPS	REST
3-4	8-10	30s



Double dumbbell reverse flies  
(light weight)

SETS	REPS	REST
3-4	8-10	30s



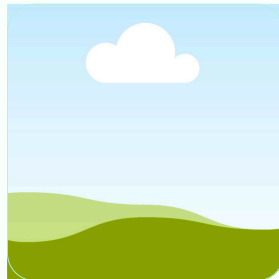
# Week 16

Equipment  
needed:  
dumbbell

## Full Body

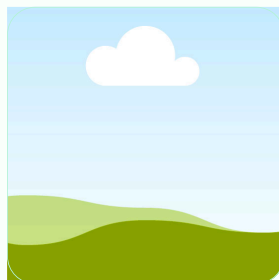
Sumo deadlift to high pull  
(moderate weight)

SETS	REPS	REST
3-4	8-10	30s



## Thrusters

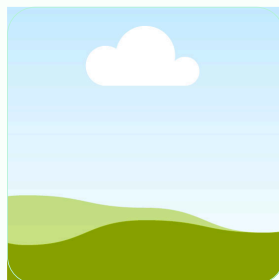
SETS	REPS	REST
3-4	8-10	30s



## Step ups into reverse lunge

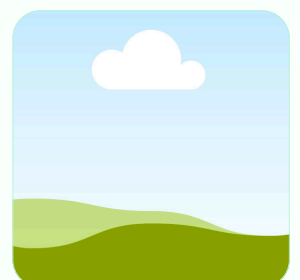
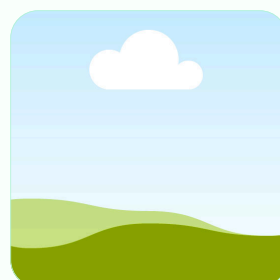
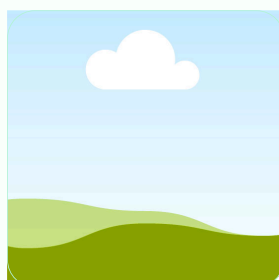
(step up left side +left side lunge then step up right side + right side lunge = 1 rep)

SETS	REPS	REST
3-4	8-10	30s



## Single arm dumbbell clean and press (light weight)

SETS	REPS	REST
3-4	8-10	30s





# Week 16

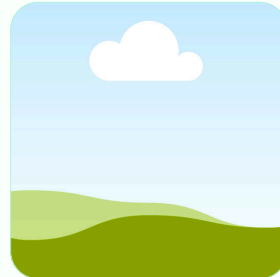
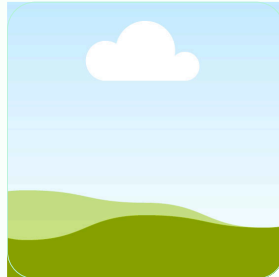
Equipment  
needed: band  
and dumbbell

## Lower Body

Good morning

(moderate-heavy weight or slow eccentric)

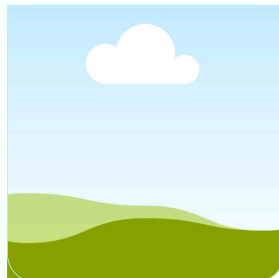
SETS	REPS	REST
3-4	8-10	30s



Split squats

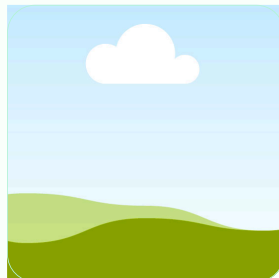
(moderate- heavy weight or slow eccentric)

SETS	REPS	REST
3-4	8-10	30s



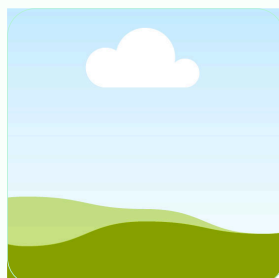
Single leg glute bridge

SETS	REPS	REST
3-4	8-10	30s



Lying banded single leg hamstring curl

SETS	REPS	REST
3-4	8-10	30s



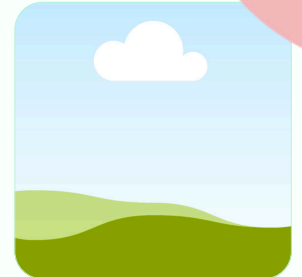
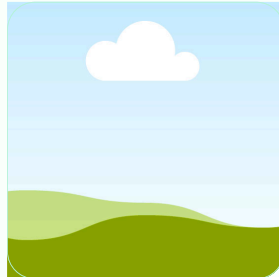
# Week 16

Equipment  
needed: band  
and dumbbell

## Upper Body

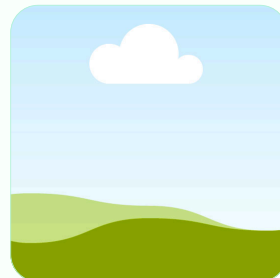
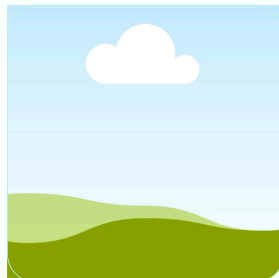
Hammer curl to strict press  
(light- moderate weight)

SETS	REPS	REST
3-4	8-10	30s



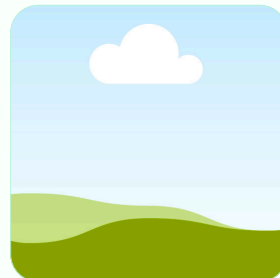
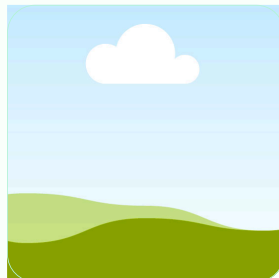
Banded high pulls

SETS	REPS	REST
3-4	8-10	30s



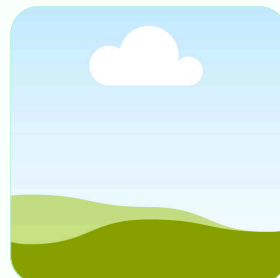
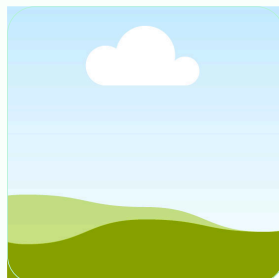
Bench/sofa/chair supported wide dumbbell row  
(moderate weight)

SETS	REPS	REST
3-4	8-10	30s



Robot press ups  
(knees/full plank)

SETS	REPS	REST
3-4	8-10	30s



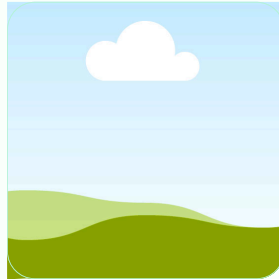
# Week 16

Equipment  
needed: band  
and dumbbell

## Upper Body

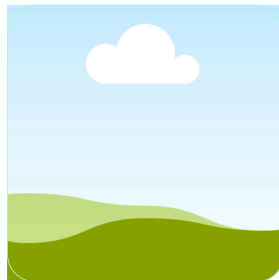
Hammer curl to strict press  
(light- moderate weight)

SETS	REPS	REST
3-4	8-10	30s



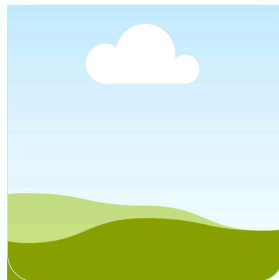
Banded high pulls

SETS	REPS	REST
3-4	8-10	30s



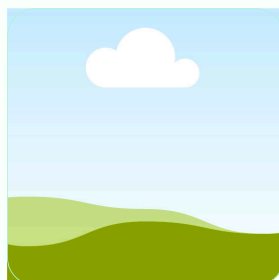
Bench/sofa/chair supported wide dumbbell row  
(moderate weight)

SETS	REPS	REST
3-4	8-10	30s



Robot press ups  
(knees/full plank)

SETS	REPS	REST
3-4	8-10	30s

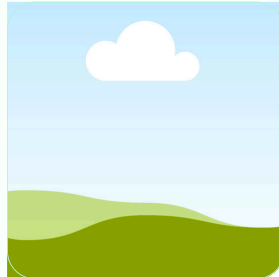


# Week 16

## Upper Body

Hammer curl to strict press  
(light- moderate weight)

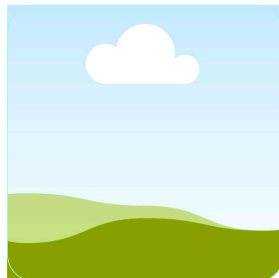
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed: band  
and dumbbell

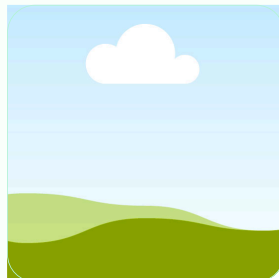
Banded high pulls

SETS	REPS	REST
3-4	8-10	30s



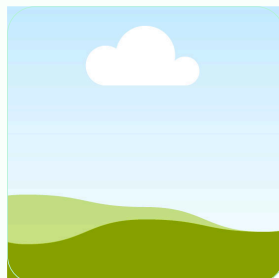
Bench/sofa/chair supported wide dumbbell row  
(moderate weight)

SETS	REPS	REST
3-4	8-10	30s



Robot press ups  
(knees/full plank)

SETS	REPS	REST
3-4	8-10	30s



# Week 17



Equipment  
needed:  
dumbbell

## Full Body

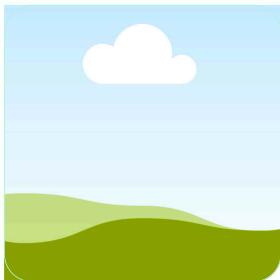
Mountain climbers

SETS	REPS	REST
3-4	8-10	30s



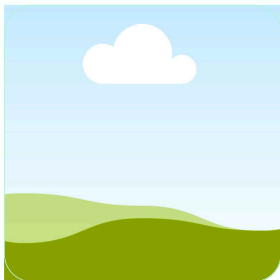
Strict press  
(double or single arm- moderate weight)

SETS	REPS	REST
3-4	8-10	30s



Plank hold

SETS	REPS	REST
3-4	45s	30s



Staggered stance rotational RDLs

SETS	REPS	REST
3-4	8-10	30s

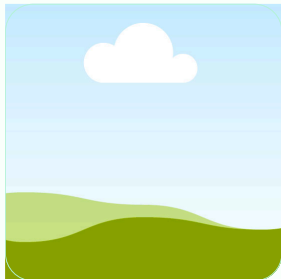


# Week 17

## Lower Body

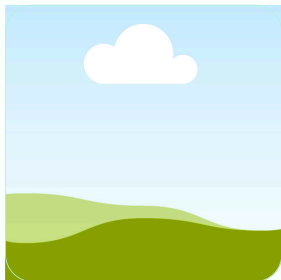
Bodyweight sumo deadlift

SETS	REPS	REST
3-4	8-10	30s



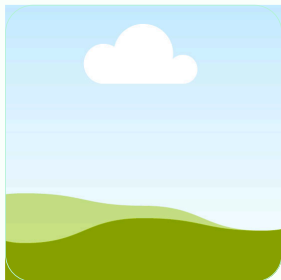
Feet elevated cyclist goblet squat

SETS	REPS	REST
3-4	8-10	30s



Deadlift

SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

# Week 17

Equipment  
needed: band  
and dumbbell

## Upper Body

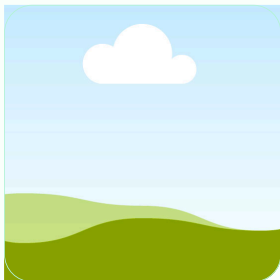
Double dumbbell bench floor press  
(moderate weight)

SETS	REPS	REST
3-4	8-10	30s



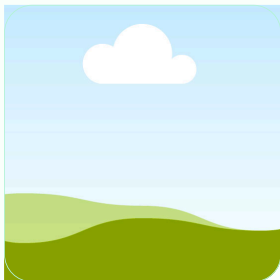
Tricep dips

SETS	REPS	REST
3-4	8-10	30s



Double dumbbell push press  
(moderate weight)

SETS	REPS	REST
3-4	8-10	30s



Single arm banded pull down

SETS	REPS	REST
3-4	8-10	30s

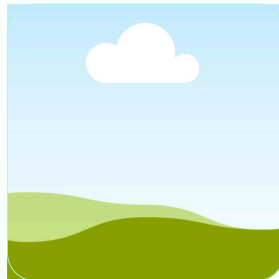


# Week 18

## Full Body

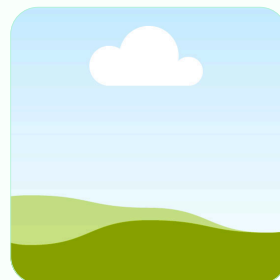
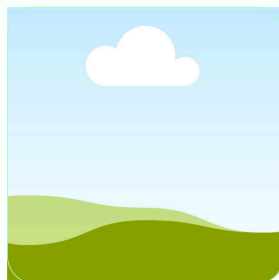
Inch worms

SETS	REPS	REST
3-4	8-10	30s



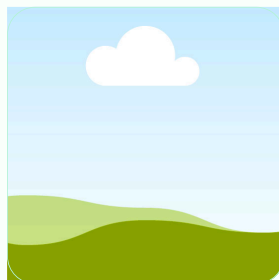
Dumbbell swings  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



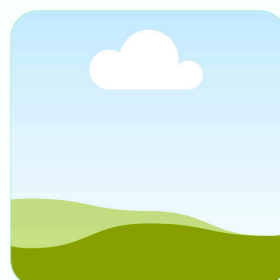
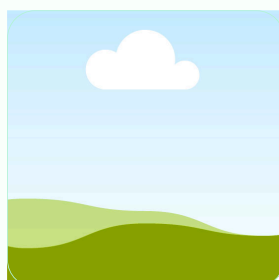
Hand release press ups

SETS	REPS	REST
3-4	8-10	30s



1/2 kneeling wood chop  
(light weight )

SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell



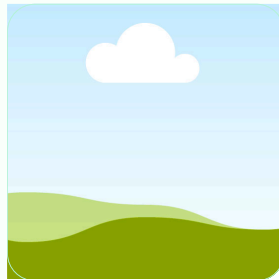
# Week 18

## Lower Body

Single leg hip thrusts

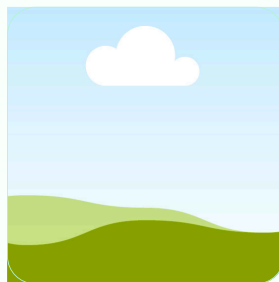
Equipment  
needed:  
dumbbell

SETS	REPS	REST
3-4	8-10	30s



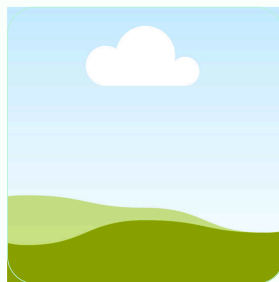
Squat + pause at bottom  
(slow eccentric, moderate weight)

SETS	REPS	REST
3-4	8-10	30s



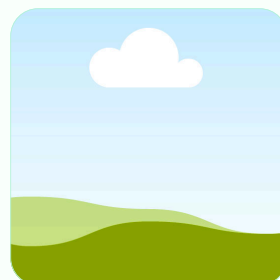
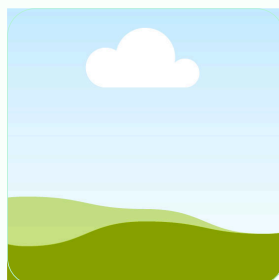
Single leg RDLs  
(add weight if want more)

SETS	REPS	REST
3-4	8-10	30s



Single leg step ups  
(drive up off the foot on the step/chair- add weight if want more)

SETS	REPS	REST
3-4	8-10	30s



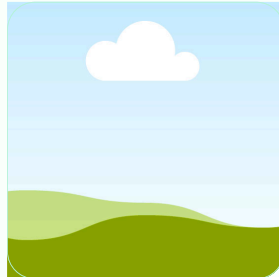
# Week 18

Equipment  
needed:  
dumbbell

## Upper Body

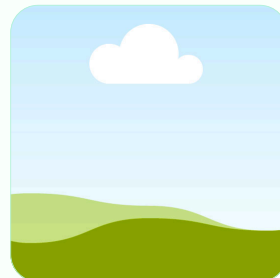
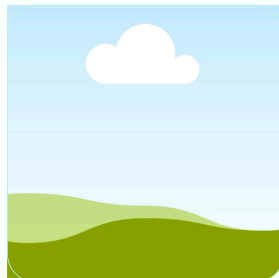
Seated wide strict press (double or single arm, light to moderate weight)

SETS	REPS	REST
3-4	8-10	30s



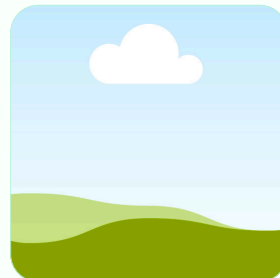
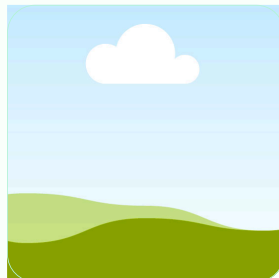
Renegade row  
(knees down or full plank)

SETS	REPS	REST
3-4	8-10	30s



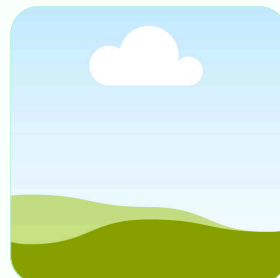
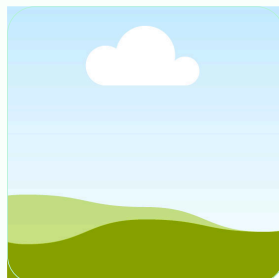
Dumbbell bent over row  
(weighted or single arm and bench supported)

SETS	REPS	REST
3-4	8-10	30s



Incline push ups

SETS	REPS	REST
3-4	8-10	30s

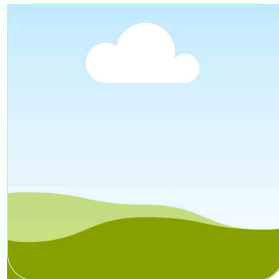


# Week 19

## Full body

1/2 burpees

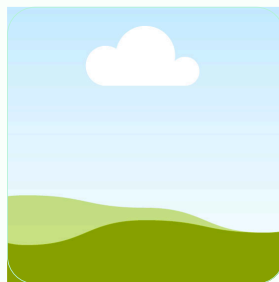
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

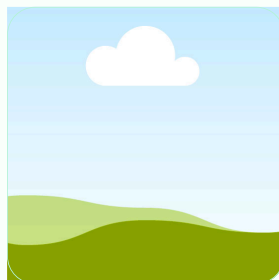
Weighted wall-sit hold  
(Medium or heavy weight)

SETS	REPS	REST
3-4	45s	30s



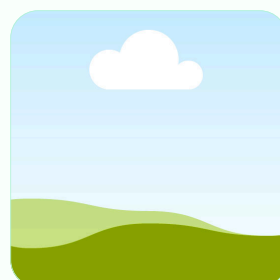
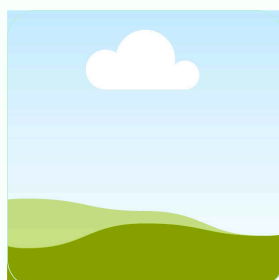
Walking farmers lunges  
(use a heavy weight in each hand)

SETS	REPS	REST
3-4	8-10	30s



Plank hold

SETS	REPS	REST
3-4	45s	30s



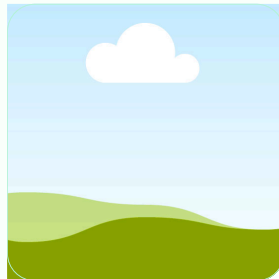
# Week 19

## Lower body

Single leg, foot elevated glute bridge

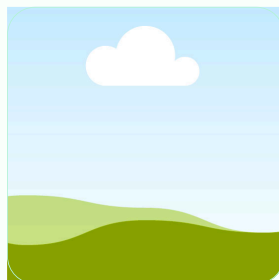
Equipment  
needed:  
dumbbell

SETS	REPS	REST
3-4	8-10	30s



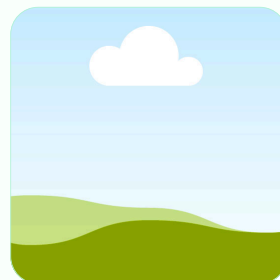
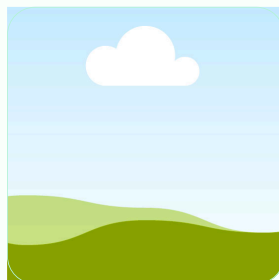
Weighted bird-dog fans  
(Light weight)

SETS	REPS	REST
3-4	8-10	30s



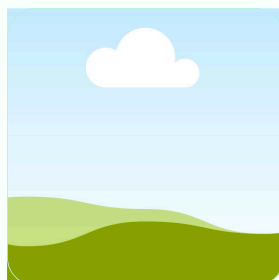
Single leg hip thrusts  
((Medium to heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Double dumbbell, heel elevated squat  
(medium to heavy weight)

SETS	REPS	REST
3-4	8-10	30s



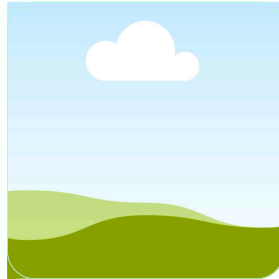
# Week 19

Equipment  
needed: band  
and dumbbell

## Upper body

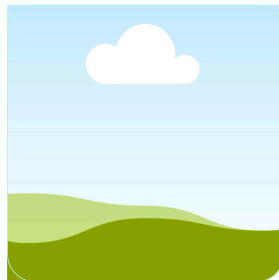
Double alternating floorpress  
(keep one weight above chest )

SETS	REPS	REST
3-4	8-10	30s



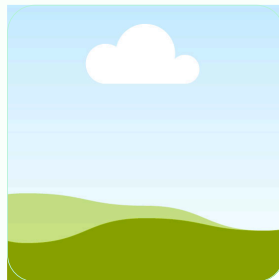
Banded face pulls

SETS	REPS	REST
3-4	8-10	30s



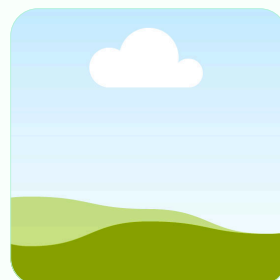
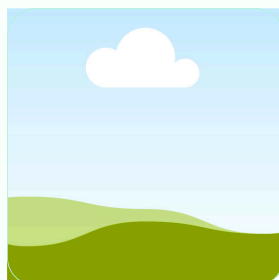
Double dumbbell deficit press ups

SETS	REPS	REST
3-4	8-10	30s



Bicep curls  
(light weight)

SETS	REPS	REST
3-4	12-15	30s

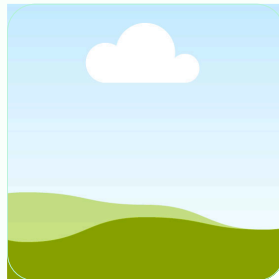


# Week 20

## Full body

Weighted deadbugs  
(light weight)

SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

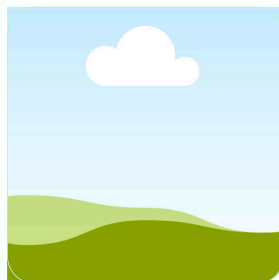
Rainbow taps & tricep press up

SETS	REPS	REST
3-4	8-10	30s



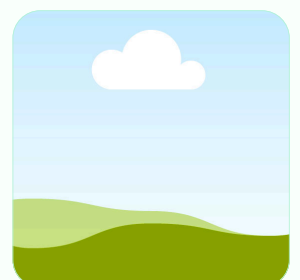
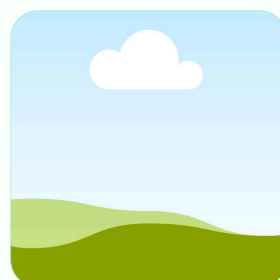
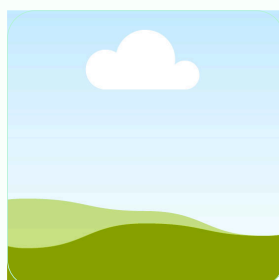
Bird dog hold

SETS	REPS	REST
3-4	45s	30s



Weighted walk or jog  
(light weight)

SETS	REPS	REST
3-4	60s	30s



# Week 20

## Lower body

Single leg Romanian deadlift (RDL)  
medium to heavy weight

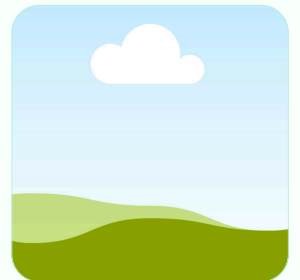
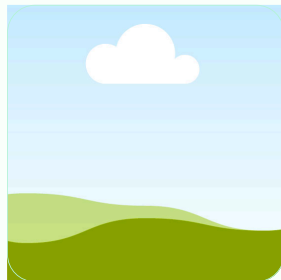
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

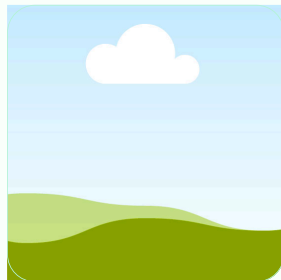
Front foot elevated split squat

SETS	REPS	REST
3-4	8-10	30s



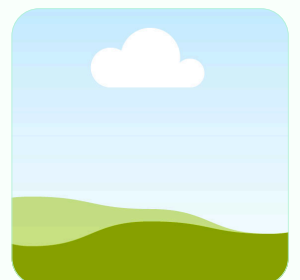
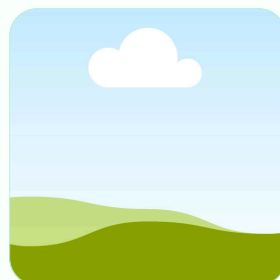
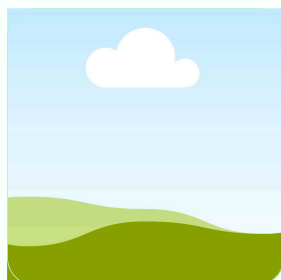
Curtsey lunge  
(light to medium weight)

SETS	REPS	REST
3-4	8-10	30s



Lateral step overs

SETS	REPS	REST
3-4	8-10	30s



# Week 20

Equipment  
needed:  
dumbbell

## Upper body

Lateral raise  
2 x light weights

SETS	REPS	REST
3-4	12-15	30s



Shoulder press  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



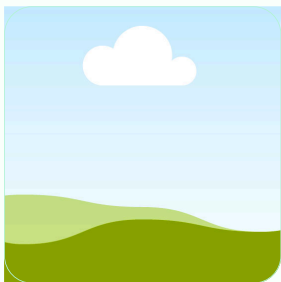
Narrow press  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Palms up row  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



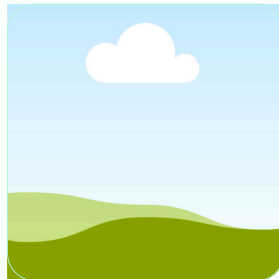


# Week 21

## Full body

### Burpees

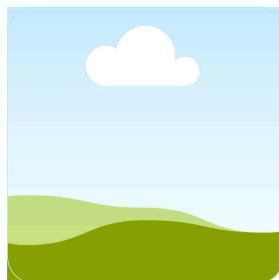
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

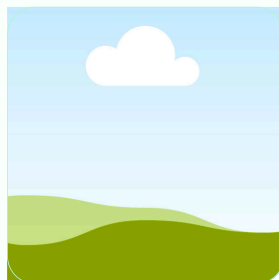
### Standing oblique crunches

SETS	REPS	REST
3-4	8-10	30s



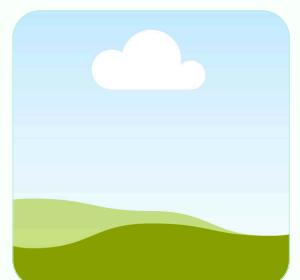
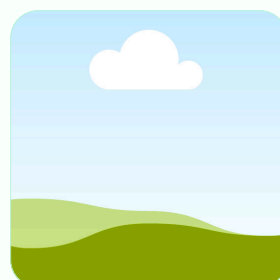
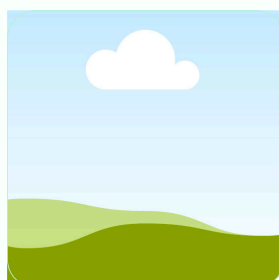
### Reverse lunge to dumbbell bicep curl (light weight)

SETS	REPS	REST
3-4	8-10	30s



### Side plank hold

SETS	REPS	REST
3-4	8-10	30s

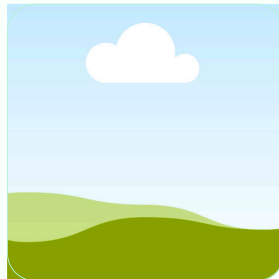


# Week 21

## Lower body

Weighted squat & pulse  
(medium to heavy weight)

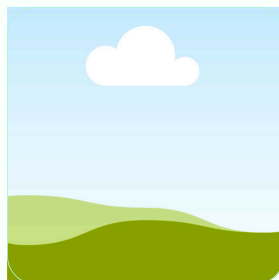
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

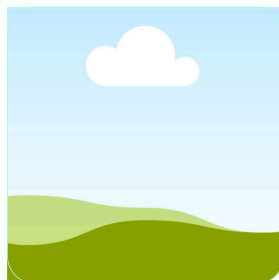
Staggered stance RDL  
(2 x medium weights)

SETS	REPS	REST
3-4	8-10	30s



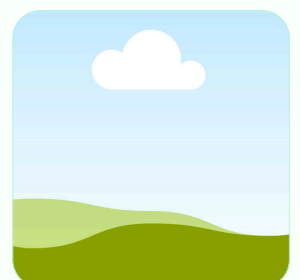
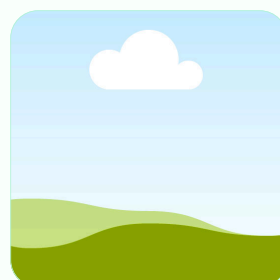
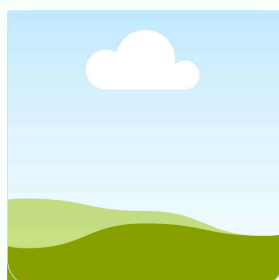
Double dumbbell thruster  
(medium to heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Weighted wall sit hold  
(heavy weight)

SETS	REPS	REST
3-4	45s	30s



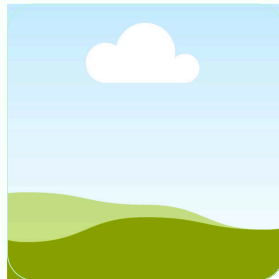
# Week 21

Equipment  
needed:  
dumbbell

## Upper body

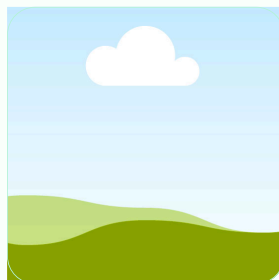
Single weight tricep press  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



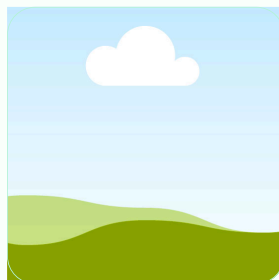
L-sit strict press  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



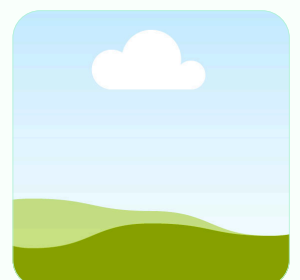
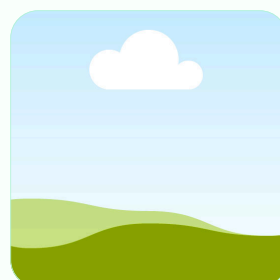
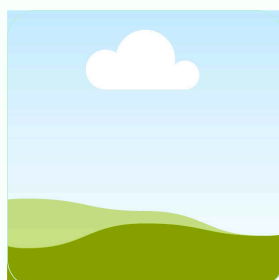
Lying chest fly's  
(2 x light weight)

SETS	REPS	REST
3-4	12-15	30s



Single arm floor press (opposite leg knee  
above hip and foot off the floor)

SETS	REPS	REST
3-4	45s	30s



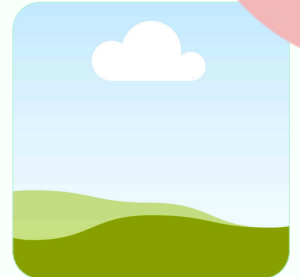
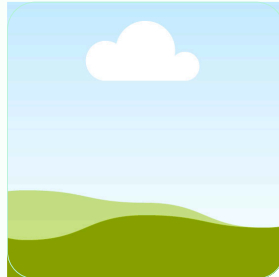
# Week 22

Equipment  
needed: band

## Full body

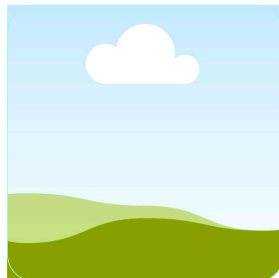
Lunge hold + banded arrow pull

SETS	REPS	REST
3-4	8-10	30s



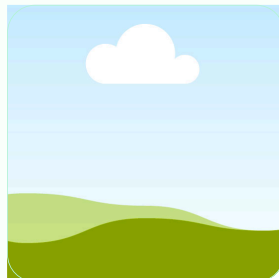
Banded clam shell dips  
(in side plank)

SETS	REPS	REST
3-4	8-10	30s



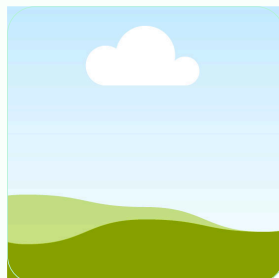
Lying side banded leg lifts

SETS	REPS	REST
3-4	12-15	30s



Banded bridge hold marches  
(hold weight above chest to scale up)

SETS	REPS	REST
3-4	45s	30s

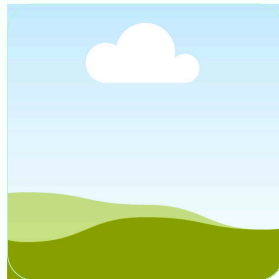


# Week 22

## Lower body

Banded squat to step out

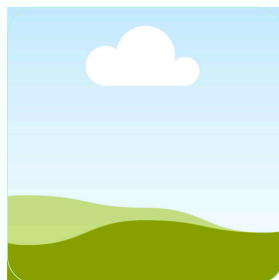
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed: band  
and dumbbell

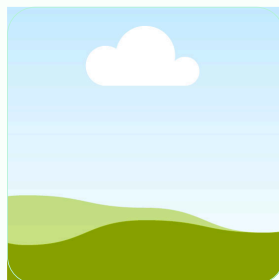
Standing banded reverse kicks

SETS	REPS	REST
3-4	8-10	30s



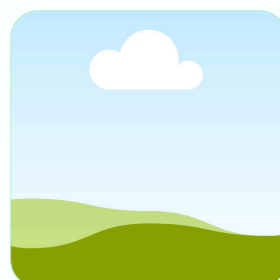
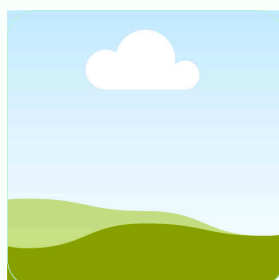
Banded duck walks

SETS	REPS	REST
3-4	12-15	30s



Single leg sit to stand (light  
weight & add a jump to scale up)

SETS	REPS	REST
3-4	45s	30s



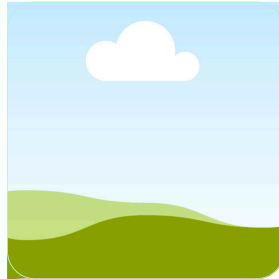
# Week 22

Equipment  
needed: band  
and dumbbell

## Upper body

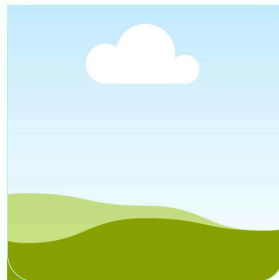
Double dumbbell man maker  
(light to medium weight)

SETS	REPS	REST
3-4	8-10	30s



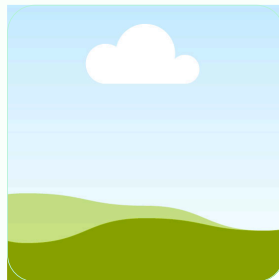
Double dumbbell Arnold press  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



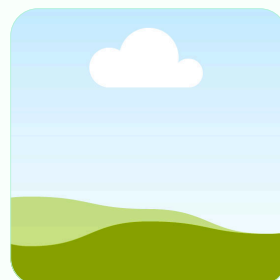
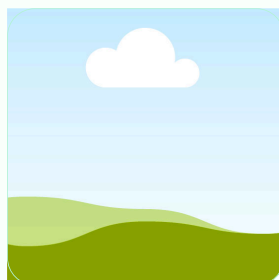
Seated two banded row

SETS	REPS	REST
3-4	12-15	30s



Lunge hold + banded tricep  
kick backs

SETS	REPS	REST
3-4	45s	30s



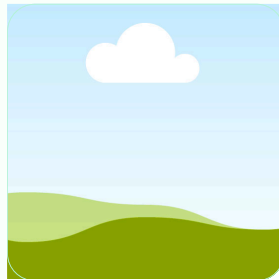
# Week 23

Equipment  
needed:  
dumbbell

## Full body

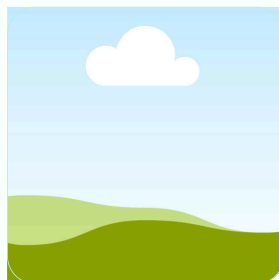
Feet elevated Russian twists  
(add weight to scale up)

SETS	REPS	REST
3-4	8-10	30s



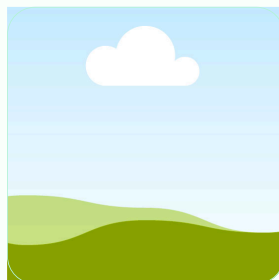
Prisoner get up to lateral jump

SETS	REPS	REST
3-4	8-10	30s



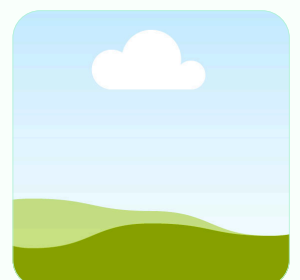
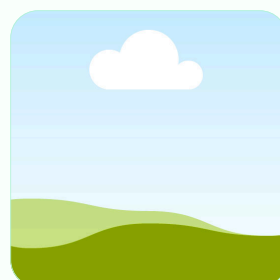
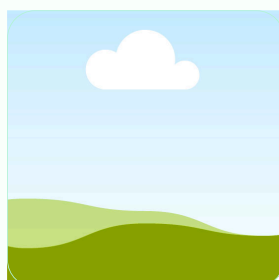
4-point hover hold

SETS	REPS	REST
3-4	45s	30s



Double dumbbell clean & press  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



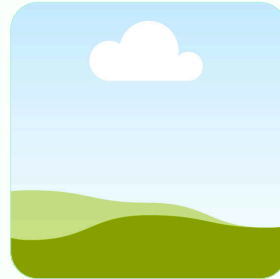
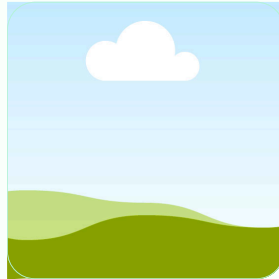
# Week 23

Equipment  
needed: band  
and dumbbell

## Lower body

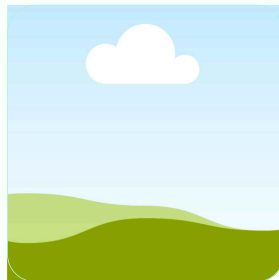
Dumbbell suitcase squat to calf raise  
(2 x medium weight)

SETS	REPS	REST
3-4	8-10	30s



Dumbbell rear foot elevated split  
squat (2 x medium weight)

SETS	REPS	REST
3-4	8-10	30s



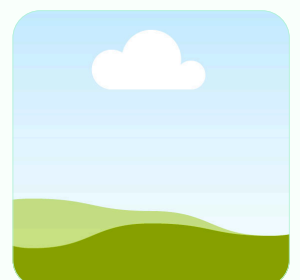
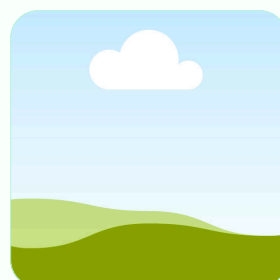
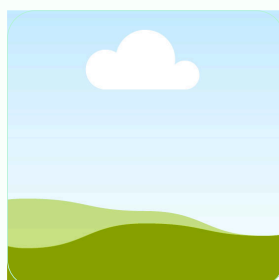
Side lying adductor circles

SETS	REPS	REST
3-4	45s	30s



Banded lateral leg lifts

SETS	REPS	REST
3-4	8-10	30s



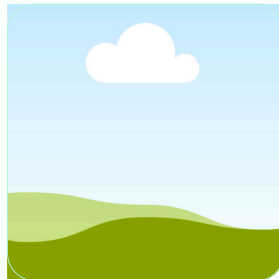


# Week 23

## Upper body

Pilates press ups

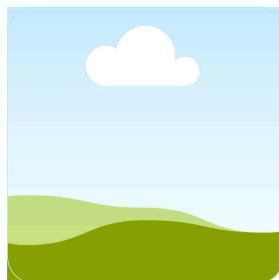
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

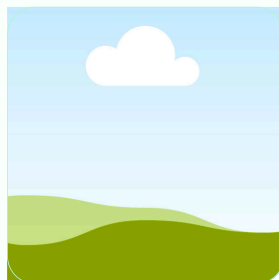
Wide weighted shoulder press  
(2 x medium weight)

SETS	REPS	REST
3-4	8-10	30s



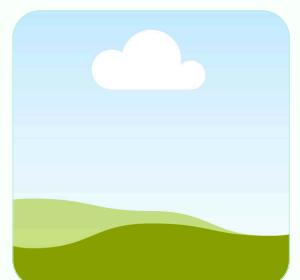
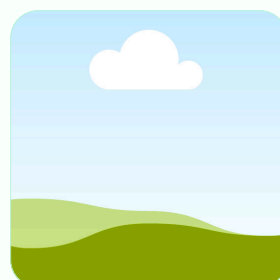
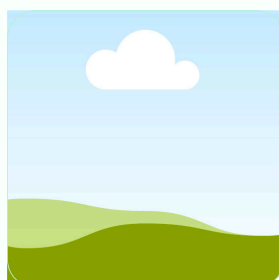
Tricep pulses  
(light weight)

SETS	REPS	REST
3-4	12-15	30s



Weighted dip to lateral press  
(light weight)

SETS	REPS	REST
3-4	8-10	30s

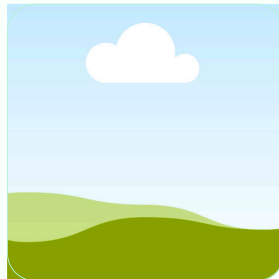


# Week 24

## Full body

Burpee to step up/jump

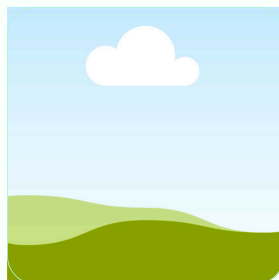
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

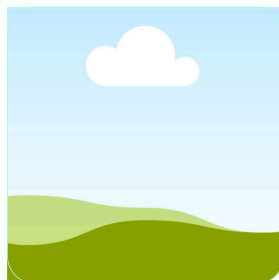
V sit-ups

SETS	REPS	REST
3-4	8-10	30s



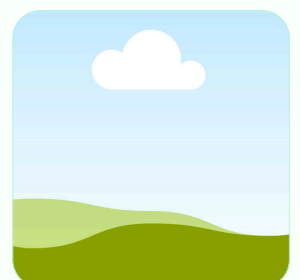
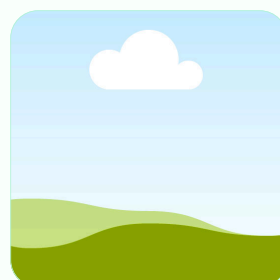
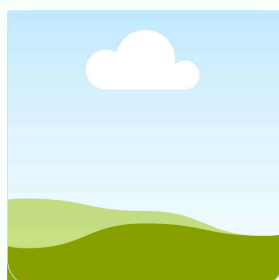
Dumbbell squat  
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Standing front punches  
(2 x light weights)

SETS	REPS	REST
3-4	8-10	30s

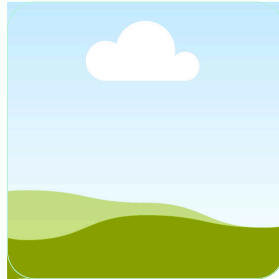


# Week 24

## Lower body

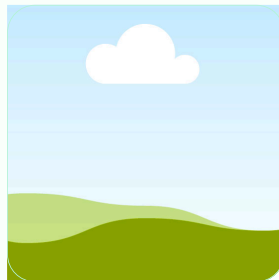
Lateral step overs  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



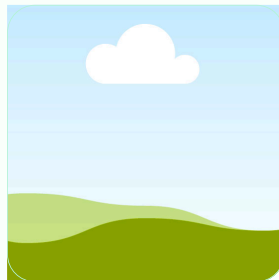
Dumbbell thrusters  
(2 x medium weight)

SETS	REPS	REST
3-4	8-10	30s



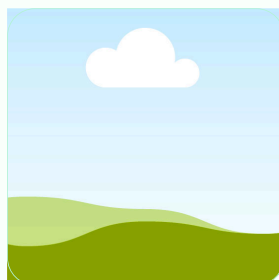
Single arm overhead lunges  
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Weighted wall-sit hold  
(heavy weight)

SETS	REPS	REST
3-4	45s	30s



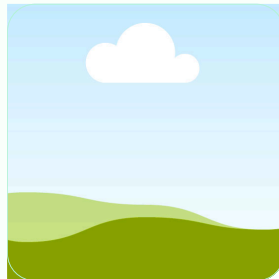
Equipment  
needed:  
dumbbell

# Week 24

## Upper body

Offset press ups

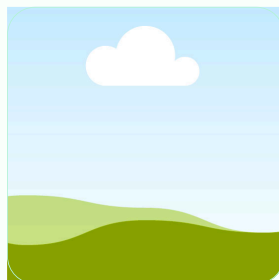
SETS	REPS	REST
3-4	8-10	30s



Equipment  
needed:  
dumbbell

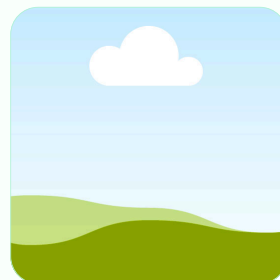
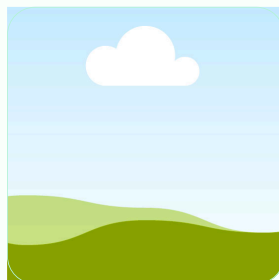
Bicep curl to press  
(light weight)

SETS	REPS	REST
3-4	12-15	30s



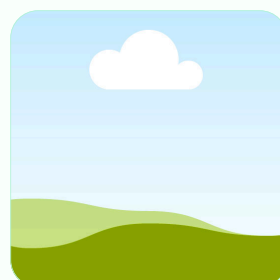
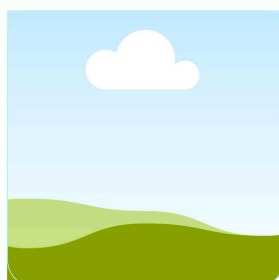
Front raise to lateral lower  
(2 x light weights)

SETS	REPS	REST
3-4	12-15	30s



Single arm lateral raise  
(light weight)

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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