



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 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 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 programme 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.

The training split & the 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:

- Always get an induction at your gym to show you how to set up machines and ask for help if unsure about equipment.
- Start with machines before progressing to free weights as they will help you master form.
- 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 'how to.')
- **Incorporate your breathwork into each warm up.** Watch the video on the platform first. 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

30 second row

SETS	REPS	REST
3-4	30s	30s



Plate - ground to overhead
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



30 second row

SETS	REPS	REST
3-4	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



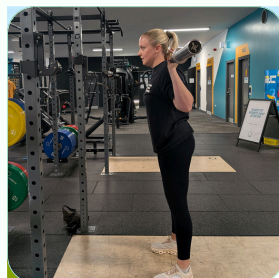
Empty bar Romanian deadlift
(start unweighted, progress to weights as you feel ready and with clinician guidance)

SETS	REPS	REST
3-4	5	30s



Empty bar back squat
(start unweighted, progress to weights as you feel ready and with clinician guidance)

SETS	REPS	REST
3-4	5	30s

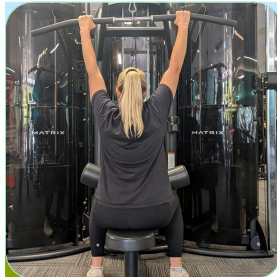


Week 13

Upper Body

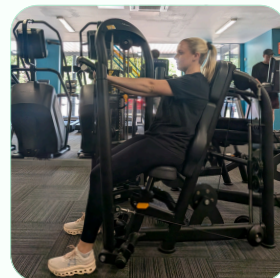
Cable wide lat pulldown

SETS	REPS	REST
3-4	5	30s



Chest press machine
(medium weight)

SETS	REPS	REST
3-4	5	30s



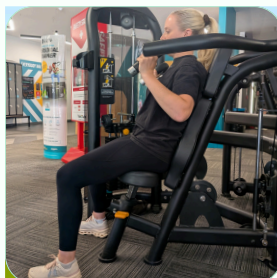
Pull-up assist machine
(light weight)

SETS	REPS	REST
3-4	5	30s



Seated shoulder press machine
(medium weight)

SETS	REPS	REST
3-4	5	30s



Week 14

Full Body

Ski-er

(alter resistance as required)

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

Bench assisted double dumbbell row
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Cable chest flys
(light-medium weight)

SETS	REPS	REST
3-4	8-10	30s



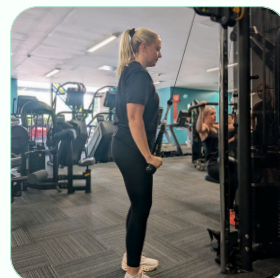
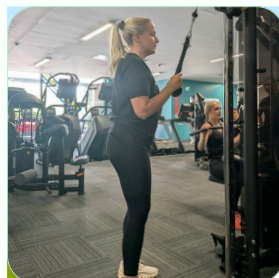
Single arm cable lat raise
(light - medium weight)

SETS	REPS	REST
3-4	8-10	30s



Cable tricep push down
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Week 14

Lower Body

Empty bar hip thrust

(start unweighted, progress to weights as you feel ready and with clinician guidance)

SETS	REPS	REST
3-4	8-10	30s



Leg extension machine (heavy weight)

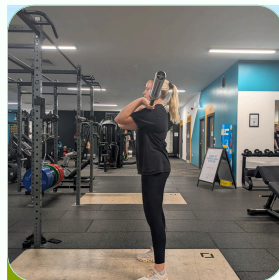
SETS	REPS	REST
3-4	8-10	30s



Empty bar cyclist squats

(start unweighted, progress to weights as you feel ready and with clinician guidance)

SETS	REPS	REST
3-4	8-10	30s



Leg press machine (heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Week 15

Full Body

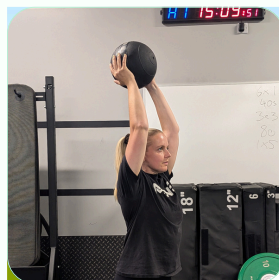
Sumo deadlift high pull
(light weight)

SETS	REPS	REST
3-4	8-10	30s



Slam balls
(Medicine ball, medium weight)

SETS	REPS	REST
3-4	10	30s



Static bike
(alter resistance as required)

SETS	REPS	REST
3-4	30s	30s



Weighted split squats, alternate leg
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Week 15

Lower Body

Hip thrust with barbell
(or use a heavy dumbbell)

SETS	REPS	REST
3-4	8-10	30s



cycling squat
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Weighted split squats, alternate leg
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Sumo squat using a kettlebell or dumbbell
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Week 16

Full Body

Ski-er

(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 dumbbell 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
(alternate leg, medium weight)

SETS	REPS	REST
3-4	10-12	30s



Single leg, leg extension machine
(alternate leg, 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 or low weight
strict press

SETS	REPS	REST
3-4	6-8	30s



Seated lateral raise
(light weights)

SETS	REPS	REST
3-4	12-15	30s



Empty bar bent over row
start unweighted, progress to weights as you feel ready and with clinician guidance)

SETS	REPS	REST
3-4	12-15	30s



Week 17

Full Body

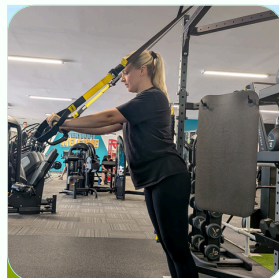
TRX rows

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 kettlebell carry (heavy weight, alternate arm)

SETS	REPS	REST
3-4	8-10	30s



Single arm cluster (medium weight kettlebell)

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
(alternate leg)

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
(medium- heavy kettlebell or dumbbell)

SETS	REPS	REST
3-4	8-10	30s



Week 17

Upper Body

Wide lat cable 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 assist machine
(Lighter weight)

SETS	REPS	REST
3-4	8-10	30s



Seated shoulder press machine
(medium weight)

SETS	REPS	REST
3-4	8-10	30s

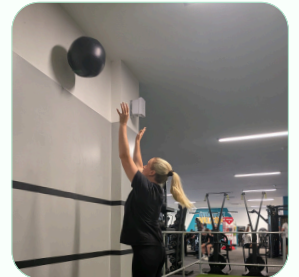


Week 18

Full Body

Wall balls

SETS	REPS	REST
3-4	8-10	30s



Static bike

(alter resistance as required)

SETS	REPS	REST
3-4	10cals	30s



Kettlebell swings (heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Double kettlebell front rack hold (medium-heavy weight)

SETS	REPS	REST
3-4	45s	30s



Week 18

Lower Body

Single leg curl machine
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Deficit calf raises
double leg for first 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



Barbell 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
(choose the variation that's right for you)

SETS	REPS	REST
3-4	45s	30s



Week 19

Lower body

Barbell reverse lunge
(bar on your back, alternate leg)

SETS	REPS	REST
3-4	8-10	30s



Double dumbbell Romanian deadlifts

SETS	REPS	REST
3-4	8-10	30s



Single leg hip thrusts
(use bench and barbell or dumbbells, alternate leg)

SETS	REPS	REST
3-4	8-10	30s



Single leg step ups
(light weight, alternate leg)

SETS	REPS	REST
3-4	8-10	30s



Week 19

Upper body

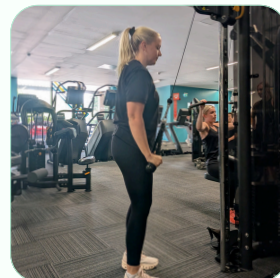
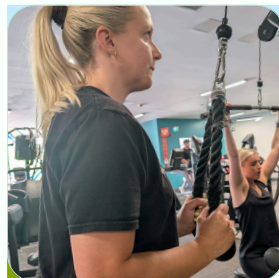
Wide grip lat pull down
(light - medium weight)

SETS	REPS	REST
3-4	8-10	30s



Cable machine tricep push down
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Chest supported bench double dumbbell row
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Double dumbbell incline bench press
(medium weight)

SETS	REPS	REST
3-4	12-15	30s



Week 20

Full body

Low box jumps

SETS	REPS	REST
3-4	8-10	30s



Ski-er

(adjust resistance as required)

SETS	REPS	REST
3-4	45s	30s



Box assisted burpees

SETS	REPS	REST
3-4	8-10	30s



Sled push

(no weight)

SETS	REPS	REST
3-4	60s	30s



Week 20

Lower body

Barbell back rack split squat
(elevate the front foot to scale up)

SETS	REPS	REST
3-4	8-10	30s



Double dumbbell lunges
(heavy weight, alternate leg)

SETS	REPS	REST
3-4	8-10	30s



Banded step aparts
(alternate direction to work both legs)

SETS	REPS	REST
3-4	8-10	30s



Machine assisted leg curl
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Week 20

Upper body

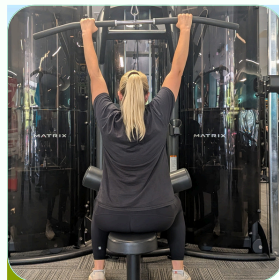
Inverted row

SETS	REPS	REST
3-4	12-15	30s



Narrow grip lat pull down (light- medium weight)

SETS	REPS	REST
3-4	8-10	30s



Pedlay row (medium - heavy weight)

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
(Kettle bell, medium weight)

SETS	REPS	REST
3-4	8-10	30s



Week 21

Lower body

Barbell sumo squat
(medium - heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Leg press machine
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Single leg hip thrust
(add weight if it feels good)

SETS	REPS	REST
3-4	8-10	30s



Reverse lunge with barbell
(alternate leg, add weight if feels good)

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
(light-medium weight)

SETS	REPS	REST
3-4	8-10	30s



Seated wide strict press
(light-medium dumbbells)

SETS	REPS	REST
3-4	8-10	30s



Week 22

Full body

Plank

(choose the option that's right for you)

SETS	REPS	REST
3-4	30s	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 to high pull
(kettle bell or dumbbell, heavy)

SETS	REPS	REST
3-4	8-10	30s



Weighted step ups
(alternate leg, light weight)

SETS	REPS	REST
3-4	8-10	30s



Plank hold
(Choose the variation that feels right for you)

SETS	REPS	REST
3-4	45s	30s



Week 22

Upper body

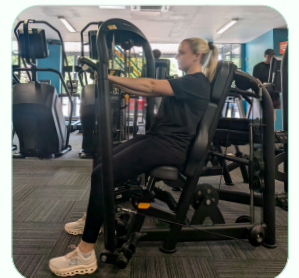
Wide grip lat pull down
(medium - heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Chest press machine
(medium - heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Double arm TRX row

SETS	REPS	REST
3-4	12-15	30s



Half kneeling single arm Arnold press
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Week 23

Full body

Wall balls

SETS	REPS	REST
3-4	12-15	30s



Ski or Row

(your preference/what's available to you)

SETS	REPS	REST
3-4	60s	30s



Burpees

SETS	REPS	REST
3-4	10	30s



Plank

(choose the variation that's right for you)

SETS	REPS	REST
3-4	60s	30s



Week 23

Lower body

Barbell back squat
(medium to heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Alternating deficit lunges
(weight to scale up)

SETS	REPS	REST
3-4	8-10	30s



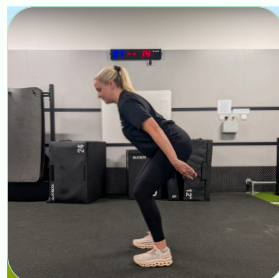
Weighted wall sit hold
(medium - heavy weight)

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 kettlebell oblique crunches
(two sets each side, medium - heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Week 24

Full body

Bike or uphill walk on treadmill
(your preference)

SETS	REPS	REST
3-4	60s	30s



Sled push
(add weight to scale)

SETS	REPS	REST
3-4	30s	30s



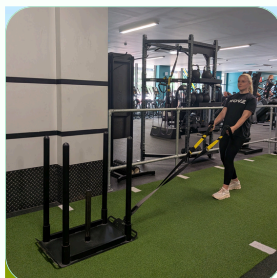
Broad jumps
(add burpee to scale up)

SETS	REPS	REST
3-4	8-10	30s



Sled pull
(add 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
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Single leg, single arm dumbbell Romanian deadlift + row
(alternate leg/arm each set)

SETS	REPS	REST
4	8-10	30s



Leg press
(heavy weight)

SETS	REPS	REST
3-4	8-10	30s



Week 24

Upper body

Machine assisted tricep dips
(medium weight)

SETS	REPS	REST
3-4	8-10	30s



Machine assisted pull ups
(medium weight)

SETS	REPS	REST
3-4	12-15	30s



Swiss ball plank pull ins

SETS	REPS	REST
3-4	12-15	30s



Machine assisted chest press
(medium- heavy 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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