






Post Natal – Exercise sheet 2

While performing all the exercises:

- Breathe in to prepare and breathe out to perform the exercise
- Keep shoulder blades down and fixed at all times
- Maintain neutral position in the pelvis and lower spine
- Connect your pelvic floor and deep abdominals with each breathe out
- Control the speed and quality of the movement
- Repeat all exercises 8 times.

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|  | Pelvic Bridge |
|  | Hip Rolls |
|  | Starfish |
|  | Curl Up with Leg Lift |
|  | Shell Stretch |
|  | Full Superwoman |
|  | Single Leg Lift |
|  | Diamond Press |

Move smarter, not harder...