

The Postpartum **Rebuild** Program.

3 core exercises that you can do at home in under 3 minutes to focus on when rebuilding your internal support system.

Please seek support if you feel pain, heaviness, or experience any urinary symptoms (leakage, urgency).

1. **Pelvic tilts**

Good for: initial activation, warm up

Think about: drawing your belly button in to your spine, or like you are trying to connect your ribs and hips.

Reps/ sets: 10 x 2

Position: lying, 4 point kneeling, standing against wall.

Example: <https://www.youtube.com/shorts/i18INLCfr3o>

2. **Toe taps**

Good for: deep abdominal activation

Think about: lying on your back with feet on floor, flatten your lower spine into the mat (abs on). Lift both legs into table top. Gently lower one down, tapping on the mat, then back up. The challenge is keeping the back flat!

Reps/ sets: 5 x 3 each side

Position: lying

Example: https://www.youtube.com/shorts/sprgAGz_ejM

3. **4 point hover holds**

Good for: full body integration with core

Think about: hands under shoulders, knees under hips. Tuck your toes in, and find a neutral position with your spine (ab support on!). Breathe OUT and push through your hands and feet, hovering your knees slightly above the mat. Hold for 2-3 seconds.

Reps/ sets: 5 x 3 (increase hold length as you get stronger)

Position: hands and knees

Example: <https://www.youtube.com/shorts/esljOfKmXLE>

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