

Here's a **safe, beginner-friendly postpartum exercise routine** to help you rebuild strength, support your core, and gently return to fitness after childbirth 🦵👩

(Always get clearance from your doctor before starting.)

Gentle Postpartum Exercises for New Moms

1. Pelvic Tilts (Core & Lower Back)

How to do it:

- Lie on your back with knees bent and feet flat.
- Gently tighten your core and press your lower back into the floor.
- Hold for 5 seconds, then relax.

Reps: 10–15

Benefits: Strengthens deep core muscles and eases back tension.

2. Kegels (Pelvic Floor)

How to do it:

- Tighten the muscles you use to stop the flow of urine.
- Hold for 5 seconds.
- Relax for 5 seconds.

Reps: 10–20 daily

Benefits: Improves bladder control and pelvic support.

3. Glute Bridges (Hips & Core)

How to do it:

- Lie on your back with knees bent.
- Press your heels into the floor and lift your hips.
- Squeeze your glutes at the top.
- Lower slowly.

Reps: 12–15

Benefits: Strengthens hips, glutes, and stabilizes the core.

4. Seated Marches (Core & Posture)

How to do it:

- Sit tall in a chair.
- Lift one knee at a time slowly.
- Keep your core tight and chest upright.

Reps: 10–12 per side

Benefits: Improves balance and abdominal control.

5. Wall Push-Ups (Upper Body)

How to do it:

- Stand facing a wall with hands at shoulder height.
- Bend elbows and bring chest toward the wall.
- Push back to start.

Reps: 10–15

Benefits: Strengthens arms, chest, and core safely.

15–20 Minute Sample Workout

Exercise	Set s	Reps
Pelvic Tilts	2	15
Kegels	2	20
Glute Bridges	2	15
Seated Marches	2	12/sid e

Postpartum Safety Tips

- Avoid crunches or sit-ups early postpartum.
 - Stop if you feel pain, pressure, or pulling.
 - Breathe slowly — never hold your breath.
 - Rest when your body asks for it.
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