

8 Week Postpartum Exercise Routine

Intro

[Welcome](#)
[What Is the Pelvic Floor?](#)
[The Pelvic Floor is Part of the Core](#)
[Deep Breathing Foundation](#)

Week 1

	Breathing/Core	Lower Body	Upper Body	Walking
Day 1	Deep Breathing on Back Deep Breathing Sitting		Shoulder Blade Squeezes Pec Stretch	5-10 min at a comfortable pace
Day 2	Deep Breathing Standing Deep Breathing Sidelying		Bear Hugs Pec Stretch	5-10 min at a comfortable pace
Day 3	Deep Breathing on Back Deep Breathing Sitting		Shoulder Blade Squeezes Pec Stretch	5-10 min at a comfortable pace
Day 4	Deep Breathing Standing Deep Breathing Sidelying		Bear Hugs Pec Stretch	5-10 min at a comfortable pace
Day 5	Deep Breathing on Back Deep Breathing Sitting		Shoulder Blade Squeezes Pec Stretch	5-10 min at a comfortable pace
Day 6	Deep Breathing Standing Deep Breathing Sidelying		Bear Hugs Pec Stretch	5-10 min at a comfortable pace
Day 7	Deep Breathing on Back Deep Breathing Sitting		Shoulder Blade Squeezes Pec Stretch	5-10 min at a comfortable pace

Week 2

	Breathing/Core	Lower Body	Upper Body	Walking
Day 1	Deep Breathing on Back Deep Breathing Sitting	Mini Squat	Open Books Seated Rows	10-15 min at a comfortable pace
Day 2	Deep Breathing Standing Deep Breathing Sidelying	Sit to Stand	Seated Reaches Forward/Backward Seated Reaches Side to Side Seated Reaches Rotation	10-15 min at a comfortable pace
Day 3	Deep Breathing on Back Deep Breathing Sitting	Mini Squat	Open Books Seated Rows	10-15 min at a comfortable pace
Day 4	Deep Breathing Standing Deep Breathing Sidelying	Sit to Stand	Seated Reaches Forward/Backward Seated Reaches Side to Side Seated Reaches Rotation	10-15 min at a comfortable pace
Day 5	Deep Breathing on Back Deep Breathing Sitting	Mini Squat	Open Books Seated Rows	10-15 min at a comfortable pace
Day 6	Deep Breathing Standing Deep Breathing Sidelying	Sit to Stand	Seated Reaches Forward/Backward Seated Reaches Side to Side Seated Reaches Rotation	10-15 min at a comfortable pace
Day 7	Deep Breathing on Back Deep Breathing Sitting	Mini Squat	Open Books Seated Rows	10-15 min at a comfortable pace

Week 3

	Breathing/Core	Lower Body	Upper Body	Walking
Day 1	Deep Breathing on Back with Pelvic Floor Deep Breathing Sitting with Pelvic Floor	Squat to 90 Hip Flexor	Cat Neutral	15-20 min at a comfortable pace
Day 2	Deep Breathing Standing with Pelvic Floor Deep Breathing Sidelying with Pelvic Floor	Bridge Calf	Bear Hugs Pec Stretch	15-20 min at a comfortable pace
Day 3	Deep Breathing on Back with Pelvic Floor Deep Breathing Sitting with Pelvic Floor	Squat to 90 Hip Flexor	Cat Neutral	15-20 min at a comfortable pace
Day 4	Deep Breathing Standing with Pelvic Floor Deep Breathing Sidelying with Pelvic Floor	Bridge Calf	Bear Hugs Pec Stretch	15-20 min at a comfortable pace
Day 5	Deep Breathing on Back with Pelvic Floor Deep Breathing Sitting with Pelvic Floor	Squat to 90 Hip Flexor	Cat Neutral	15-20 min at a comfortable pace
Day 6	Deep Breathing Standing with Pelvic Floor Deep Breathing Sidelying with Pelvic Floor	Bridge Calf	Bear Hugs Pec Stretch	15-20 min at a comfortable pace
Day 7	Deep Breathing on Back with Pelvic Floor Deep Breathing Sitting with Pelvic Floor	Squat to 90 Hip Flexor	Cat Neutral	15-20 min at a comfortable pace

Week 4

	Breathing/Core	Lower Body	Upper Body	Walking
Day 1	Deep Breathing Sitting with Pelvic Floor Dead Bug Arm	Static Mini Lunge Squat to 90 Hamstring	Bear Hugs Mini Cat Cow	20-25 min
Day 2	Deep Breathing Standing with Pelvic Floor Supine March	Bridge Stagger Sit to Stand Close Distance	Wall Push Up Thread Needle	20-25 min
Day 3	Deep Breathing Sitting with Pelvic Floor Dead Bug Arm	Static Mini Lunge Squat to 90 Hamstring	Bear Hugs Mini Cat Cow	20-25 min
Day 4	Deep Breathing Standing with Pelvic Floor Supine March	Bridge Stagger Sit to Stand Close Distance	Wall Push Up Thread Needle	20-25 min
Day 5	Deep Breathing Sitting with Pelvic Floor Dead Bug Arm	Static Mini Lunge Squat to 90 Hamstring	Bear Hugs Mini Cat Cow	20-25 min
Day 6	Deep Breathing Standing with Pelvic Floor Supine March	Bridge Stagger Sit to Stand Close Distance	Wall Push Up Thread Needle	20-25 min
Day 7	Deep Breathing Sitting with Pelvic Floor Dead Bug Arm	Static Mini Lunge Squat to 90 Hamstring	Bear Hugs Mini Cat Cow	20-25 min

Week 5

	Breathing/Core	Lower Body	Upper Body	Walking
Day 1	Quadruped Breathing Stagger Stance Chop	Full Static Lunge Stagger Bridge Hamstring	Wall Push Up Full Cat Cow	25-30 min
Day 2	Dead Bug Arm Dead Bug Heel Tap	Static Lateral Lunge Hip Hinge	Quadruped Shoulder Taps Plank on Knees 30s	25-30 min
Day 3	Quadruped Breathing Stagger Stance Chop	Full Static Lunge Stagger Bridge Hamstring	Wall Push Up Full Cat Cow	25-30 min
Day 4	Dead Bug Arm Dead Bug Heel Tap	Static Lateral Lunge Hip Hinge	Quadruped Shoulder Taps Plank on Knees 30s	25-30 min
Day 5	Quadruped Breathing Stagger Stance Chop	Full Static Lunge Stagger Bridge Hamstring	Wall Push Up Full Cat Cow	25-30 min
Day 6	Dead Bug Arm Dead Bug Heel Tap	Static Lateral Lunge Hip Hinge	Quadruped Shoulder Taps Plank on Knees 30s	25-30 min
Day 7	Quadruped Breathing Stagger Stance Chop	Full Static Lunge Stagger Bridge Hamstring	Wall Push Up Full Cat Cow	25-30 min

Week 6

	Breathing/Core	Lower Body	Upper Body	Walking
Day 1	Dead Bug Isometric Side Plank on Knee Overhead Reach	Reverse Lunge to Knee Drive Stagger Sit to Stand Increased Distance	Push Up on Knees Thread Needle	30+min
Day 2	Dead Bug Alternate Arms and Heel Taps Quadruped Breathing Arm Raise	Hip Thrusters Forward Stepping Lunge	Plank on Knees 45s Y to W's	30+min
Day 3	Dead Bug Isometric Side Plank on Knee Overhead Reach	Reverse Lunge to Knee Drive Stagger Sit to Stand Increased Distance	Push Up on Knees Thread Needle	30+min
Day 4	Dead Bug Alternate Arms and Heel Taps Quadruped Breathing Arm Raise	Hip Thrusters Forward Stepping Lunge	Plank on Knees 45s Y to W's	30+min
Day 5	Dead Bug Isometric Side Plank on Knee Overhead Reach	Reverse Lunge to Knee Drive Stagger Sit to Stand Increased Distance	Push Up on Knees Thread Needle	30+min
Day 6	Dead Bug Alternate Arms and Heel Taps Quadruped Breathing Arm Raise	Hip Thrusters Forward Stepping Lunge	Plank on Knees 45s Y to W's	30+min
Day 7	Dead Bug Isometric Side Plank on Knee Overhead Reach	Reverse Lunge to Knee Drive Stagger Sit to Stand Increased Distance	Push Up on Knees Thread Needle	30+min

Week 7

	Breathing/Core	Lower Body	Upper Body	Walking
Day 1	Dead Bug Full Leg Extension Side Plank on Knees Thread Needle	Walking Lunge Single Leg RDL	Plank to Downward Dog Scapular Push Up on Knees	30+ min increase pace
Day 2	Bird Dog Legs Dead Bug Alternate Arms and Heel Taps	Curtsey Lunge to Knee Drive Single Leg Bridge	Push Up on Knees Bear Hold	30+ min increase pace
Day 3	Dead Bug Full Leg Extension Side Plank on Knees Thread Needle	Walking Lunge Single Leg RDL	Plank to Downward Dog Scapular Push Up on Knees	30+ min increase pace
Day 4	Bird Dog Legs Dead Bug Alternate Arms and Heel Taps	Curtsey Lunge to Knee Drive Single Leg Bridge	Push Up on Knees Bear Hold	30+ min increase pace
Day 5	Dead Bug Full Leg Extension Side Plank on Knees Thread Needle	Walking Lunge Single Leg RDL	Plank to Downward Dog Scapular Push Up on Knees	30+ min increase pace
Day 6	Bird Dog Legs Dead Bug Alternate Arms and Heel Taps	Curtsey Lunge to Knee Drive Single Leg Bridge	Push Up on Knees Bear Hold	30+ min increase pace
Day 7	Dead Bug Full Leg Extension Side Plank on Knees Thread Needle	Walking Lunge Single Leg RDL	Plank to Downward Dog Scapular Push Up on Knees	30+ min increase pace

Week 8

	Breathing/Core	Lower Body	Upper Body	Walking
Day 1	Full Dead Bug Full Side Plank Overhead Reach	Butt Blaster Single Leg Sit to Stand	Full Push Up Bear Hold	30+ min increase pace
Day 2	Full Bird Dog Bear Hold Leg Extensions	Lunge Matrix Single Leg Hip Thrusters	Full Plank Triangle Push Up on Knees	30+ min increase pace
Day 3	Full Dead Bug Full Side Plank Overhead Reach	Butt Blaster Single Leg Sit to Stand	Full Push Up Bear Hold	30+ min increase pace
Day 4	Full Bird Dog Bear Hold Leg Extensions	Lunge Matrix Single Leg Hip Thrusters	Full Plank Triangle Push Up on Knees	30+ min increase pace
Day 5	Full Dead Bug Full Side Plank Overhead Reach	Butt Blaster Single Leg Sit to Stand	Full Push Up Bear Hold	30+ min increase pace
Day 6	Full Bird Dog Bear Hold Leg Extensions	Lunge Matrix Single Leg Hip Thrusters	Full Plank Triangle Push Up on Knees	30+ min increase pace
Day 7	Full Dead Bug Full Side Plank Overhead Reach	Butt Blaster Single Leg Sit to Stand	Full Push Up Bear Hold	30+ min increase pace

Flora Physical Therapy
1506 Post Road
Fairfield, CT 06824

www.florapt.com
info@florapt.com
203-522-7800