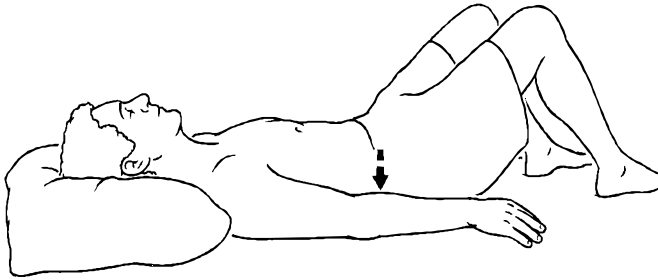


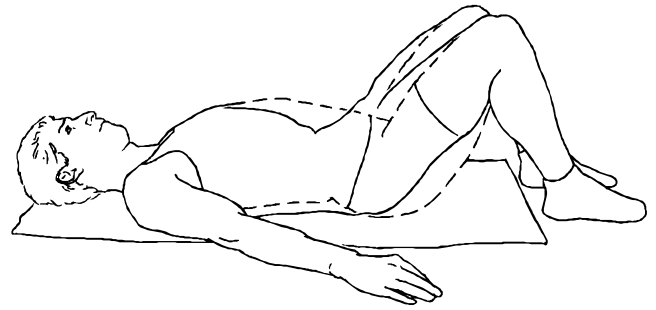
TRUNK STABILITY - 4 Breathing in Neutral Spine



Lie on back with knees bent. Place baby on your belly, sitting against your knees. As you exhale, pull abdominals in towards spine. Hold 2-5 seconds.

Repeat 10 times per set.

BEGINNER - 3 Coccyx Curl

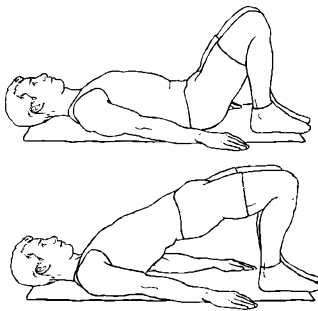


Lie on back, legs bent. Exhale, pull stomach in, tighten abs and squeeze bottom. Inhale, rolling back down through the spine.

Place baby on your belly sitting against your knees.

Repeat 6 times.

BEGINNER - 28 Bridge

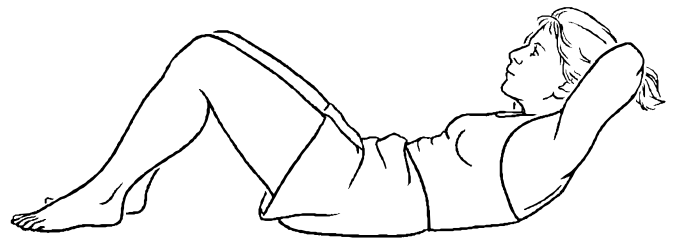


Lie back, legs bent. Exhale, pull low belly in and roll up through spine. Keep ribs in. Exhale, rolling down along spine from top.

Place baby on your belly sitting against your knees.

Repeat 8 times.

Pilates custom: Curl-Up: Phase 3

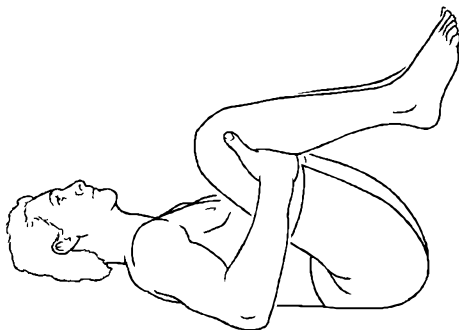


Clasp hands behind your neck for support. Exhale and roll up to the upper ab position, inhale and roll back down.

Make sure that you are pulling UP on your pelvic floor as in a kegel and NOT bearing down during this exercise. If you have a diastasis rectus, make sure to wrap a sheet around your belly and pull tight as you raise your head. Baby can be on your belly sitting against your knees.

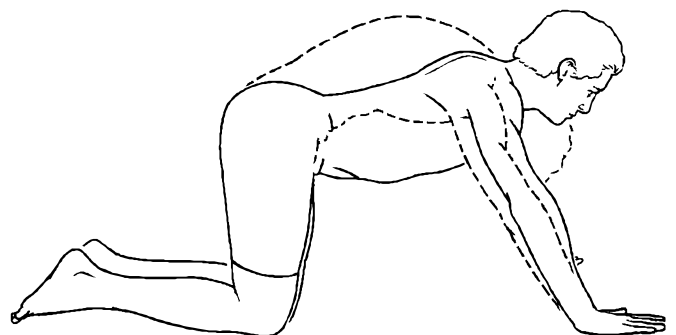
Repeat 8 times.

Table Top position



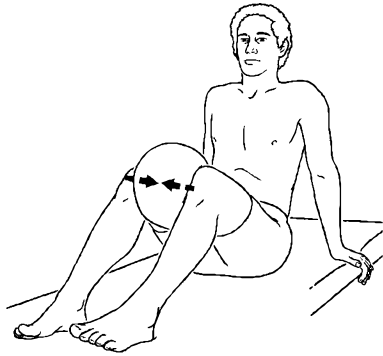
Bring your legs up to table top position and place your baby on your knees on her belly. Exhale to pull in your stomach and send your legs slightly away from you, inhale to return to the starting position. Make sure that your back does not lift into an arch as you move your legs.

BACK - 14 Angry Cat Stretch



Exhale to lift your stomach towards your spine, inhale to relax. Baby can lie down on the floor in between your arms.

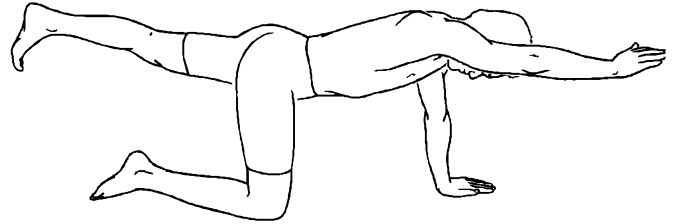
HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric



With ball or folded pillow between knees, TURN YOUR FEET IN and gently squeeze knees together.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 10 Arm / Leg Extension: Alternate (All-Fours)

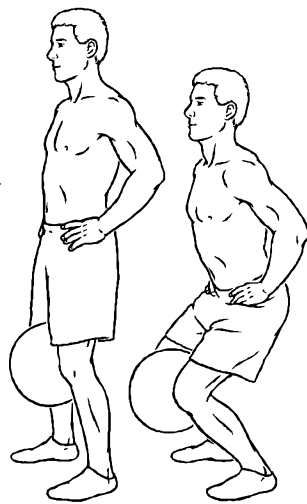


Start by raising one arm up and holding pelvis neutral, then try lifting one leg up behind you. If you feel stable, you can try to lift the opposite arm and leg at the same time. Make sure to keep your pelvis still and neutral.

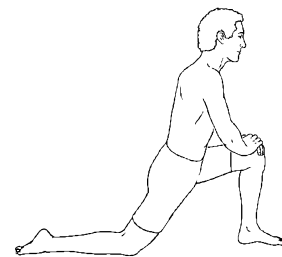
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 75 Mini Squat

Hold baby in front of you. (Stand with ball between knees- this is optional) Squat with head up, reaching back with buttocks as if sitting down. Repeat with your legs in turnout.



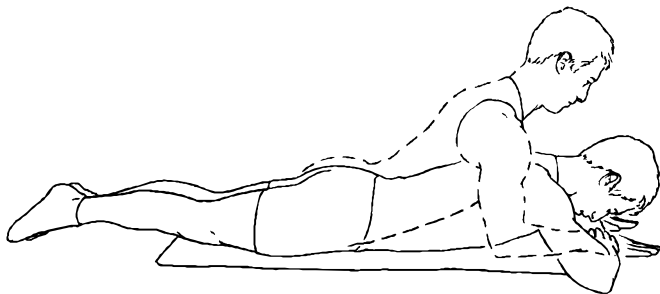
HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on one knee, lunge forward, squeezing your gluts and pulling your belly in. you should feel a stretch in the front of your hip. Back out of the stretch and hold your foot in your hand, lunge slightly forward again to increase the quad stretch. Hold 30 seconds.

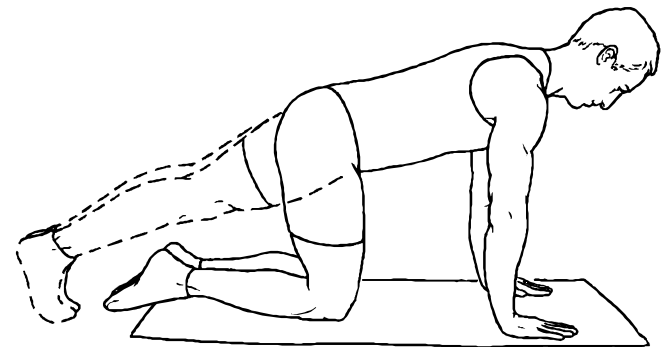
Repeat on the other side.

BEGINNER - 22 Swan Prep



Lie on stomach, chin on hands. Inhale, raising upper torso with back extensors, hips flat. Pivot on hands to bring forearms parallel. Exhale, slowly lowering torso and pivoting arms open. Keep shoulders down and neck in line with spine. You can place baby in front of you and play "peek -a- boo".

BEGINNER - 37 Front Arm Support



On hands and knees, extend right then left leg to push-up position. Keep body in straight line. You can do this from your knees or toes. Bend your elbows and kiss your baby, press back up.