



Strong Hips and Core for Moms

Two Week Program

Equipment Needed: Blue Miniband

Plan of attack: Perform each circuit of exercises two (or three) times through. Do the circuits every other day so your muscles have a day of rest in between. Be sure to do the Week One circuit on at least 3 separate occasions before moving on to the Week Two circuit.

Week One:

Supine breathing exercises – make the band rise and fall – long slow breaths, 8 times

Posterior pelvic tilts – 8 times

Dead bugs (just legs) – 8 times per side

Banded bridges – 15 times

Banded knee fall-outs – hold up in a bridge for as long as able - 15 times per side

Banded bear crawls – 8 times

Prone plank – 8 deep breaths

Side plank – 5 deep breaths per side

Banded squats – 15 times

Week Two:

Supine breathing exercises – make the band rise and fall - long slow breaths, 8 times

Dead bugs (legs and arms) – 10 times per side

Posterior pelvic tilts into banded bridges – 10 times

Banded bear crawl into downward dog – 6 times

Prone plank w/ banded hip abductions – 10 times per side

Side plank - 6 deep breaths per side

Banded staggered squats – 10 times per side

Banded monster walks – 20 steps forward, 20 steps backwards

Banded sidestepping – 20 steps left, 20 steps right