



Workout Add-On: Diastasis Recti Healing - Phase 2

Incorporate this quick core strengthening circuit into your regular routines to encourage your abdominals to heal successfully. This is phase two...be sure to fully complete all four weeks of phase one before beginning this phase.

Do this circuit in conjunction with Workouts A and B in the Strong Mommas membership. Perform this circuit immediately after warming up and prior to performing the rest of the main workout. You can also perform these exercises daily.

Diastasis Recti Healing Circuit	Week 1	Week 2	Week 3	Week 4
1a Posterior pelvic tilt w/ leg lowering	2 x 6/side	2 x 8/side	2 x 10/side	3 x 10/side
1b Half kneeling chopping lift (light weight or band)	2 x 6/side	2 x 8/side	2 x 10/side	3 x 10/side
1c Bird dogs (switch sides every 0:15)	2 x 1:00 total	2 x 1:00 total	2 x 1:30 total	3 x 1:30 total
1d Banded bridges (pause at top)	2 x 10	2 x 12	2 x 15	3 x 10

Notes: Move slowly through this circuit, emphasizing impeccable technique and precision. These exercises are beneficial daily.