



Workout Add-On: Diastasis Recti Healing - Phase 3

Incorporate this quick core strengthening circuit into your regular routines to encourage your abdominals to heal successfully. This is phase three...be sure to fully complete all eight weeks of Phase One and Phase Two 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 Dead bugs (pause & exhale when fully extended)	2 x 6/side	2 x 8/side	2 x 10/side	3 x 8/side
1b In-line bird dogs (switch side every 0:15)	2 x 1:00 total	2 x 1:00 total	2 x 1:00 total	3 x 1:00 total
1c PB banded bridges and hamstring curls	2 x 6 each	2 x 8 each	2 x 10 each	3 x 8 each
1d Side plank (don't forget to breathe!)	2 x 0:15-0:20/side	2 x 0:20/side	2 x 0:25/side	3 x 0:25-0:30/side

Notes: Move slowly through this circuit, emphasizing impeccable technique and precision. Do the circuit two times through (i.e. 2 x 6/side).