



Workout Add-On: Diastasis Recti Healing - Phase 1

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

Do this circuit in conjunction with Workouts A and B in the Strong Mommas membership (this will work well with the QuickStart workouts, too). 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 Diaphragm + pelvic floor breathing	2 x 5 full breath cycles	2 x 6 full breath cycles	2 x 7 full breath cycles	2 x 8 full breaths
1b Pelvic tilts with exhale	2 x 10	2 x 12	2 x 15	2 x 15
1c Pelvic tilt bracing with toe taps (take breaks as needed)	2 x 10/leg	2 x 12/leg	2 x 15/leg	2 x 15/leg
1d Modified side plank (don't forget to breathe!)	2 x 5 full breath cycles	2 x 6 full breath cycles	2 x 7 full breath cycles	2 x 8 full breaths

Notes: Move slowly through this circuit, emphasizing impeccable technique and precision. Do the circuit two times through (i.e. 2 x 5 full breath cycles)