



12 Weeks of Postpartum Workouts

First Phase: 6 Weeks of Walking-Only Workouts

Training Schedule:

- Monday - Walking Workout 1
- Tuesday - Mobility/Recovery Day
- Wednesday - Walking Workout 2
- Thursday - Mobility/Recovery Day
- Friday - Mobility/Recovery Day
- Saturday - Walking Workout 3
- Sunday - Mobility/Recovery Day

Week 1

Day 1

20 minutes of walking at a comfortable easy pace

Day 2

20 minutes of walking at a comfortable easy pace

Day 3

20 minutes of walking at a comfortable easy pace

Week 2

Day 1

25 minutes of walking at a comfortable easy pace

Day 2

25 minutes of walking at a comfortable easy pace

Day 3

25 minutes of walking at a comfortable easy pace

Week 3

Day 1

30 minutes of walking at a comfortable easy pace

Day 2

30 minutes of walking at a comfortable easy pace

Day 3

30 minutes of walking at a comfortable easy pace

Week 4

Day 1

35 minutes of walking at a comfortable easy pace

Day 2

35 minutes of walking at a comfortable easy pace

Day 3

35 minutes of walking at a comfortable easy pace

Week 5

Day 1

40 minutes of walking at a comfortable easy pace

Day 2

40 minutes of walking at a comfortable easy pace

Day 3

40 minutes of walking at a comfortable easy pace

Week 6

Day 1

45 minutes of walking at a comfortable easy pace

Day 2

45 minutes of walking at a comfortable easy pace

Day 3

45 minutes of walking at a comfortable easy pace

Second Phase: 6 Weeks Of Combo Workouts

Training Schedule:

- Monday - Workout 1
- Tuesday - Mobility/Recovery Day
- Wednesday - Workout 2
- Thursday - Mobility/Recovery Day
- Friday - Mobility/Recovery Day
- Saturday - Workout 3
- Sunday - Mobility/Recovery Day

Week 1

Day 1

A. Bodyweight Circuit #1

4 Rounds:

- Side Plank: 20 sec/side
- Push Up (on wall or knees if needed) x 8
- Bodyweight Squats x 15
- Cossack Squat: 30 sec
- Downward Dog: 30 sec

B. Mobility/Flexibility Workout #1

- 20 minute walk
- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 sec
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 2

A. Conditioning Circuit #1

- Walk, jog, row, or do some other form of cardio training for 20 minutes at a moderate pace.

B. Mobility/Flexibility Workout #2

- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 3

A. Kettlebell Circuit #1

3 Rounds:

- One Arm Kettlebell Swing x 10 R/L
- Sumo Deadlift x 10
- Halos x 15
- Diamond Pushup (on knees if needed) x 10
- Clean and Press x 10

B. Walk 20 Minutes

Week 2

Day 1

A. Bodyweight Circuit #2

3 Rounds:

- Walking Lunges x 8 R/L
- Downward Dog to Cobra Flow 30 sec.
- Bench Dip x 8
- Australian Pull Up x 8

B. Mobility/Flexibility Workout #1

- 20 minute walk
- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 2

A. Conditioning Circuit #2

- 30 minutes, alternate 1 min. fast pace, 2 min. moderate pace

B. Mobility/Flexibility Workout #2

- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 3

A. Kettlebell Circuit #2

4 Rounds:

- Good Morning x 15
- One Legged Deadlift x 10
- Thruster x 10 R/L
- Kettlebell Swing x 10

B. Walk 25 minutes

Week 3

Day 1

A. Bodyweight Circuit #1

4 Rounds:

- Side Plank: 20 sec/side
- Push Up (on wall or knees if needed) x 8
- Bodyweight Squats x 15
- Cossack Squat: 30 sec
- Downward Dog: 30 sec

B. Mobility/Flexibility Workout #1

- 20 minute walk
- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 2

A. Conditioning Circuit #2

30 minutes, alternate 1 min. fast pace, 2 min. moderate pace

B. Mobility/Flexibility Workout #2

- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 3

A. Kettlebell Circuit #3

5 Rounds:

- One Arm Snatch x 10
- Goblet Squat x 10
- Clean and Press x 10

B. Walk 25 minutes

Week 4

Day 1

A. Bodyweight Circuit #1

4 Rounds:

- Side Plank: 20 sec/side
- Push Up (on wall or knees if needed) x 8
- Bodyweight Squats x 15
- Cossack Squat: 30 sec
- Downward Dog: 30 sec

B. Mobility/Flexibility Workout #1

- 20 minute walk
- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 2

A. Conditioning Circuit #2

30 minutes, alternate 1 min. fast pace, 2 min. moderate pace

B. Mobility/Flexibility Workout #2

- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 3

A. Kettlebell Circuit #3

5 Rounds:

- One Arm Snatch x 10
- Goblet Squat x 10
- Clean and Press x 10

B. Walk 25 minutes

Week 5

Day 1

A. Bodyweight Circuit #2

3 Rounds:

- Walking Lunges x 8 R/L
- Downward Dog to Cobra Flow 30 sec.
- Bench Dip x 8
- Australian Pull Up x 8

B. Mobility/Flexibility Workout #1

- 20 minute walk
- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 2

A. Conditioning Circuit #2

- 30 minutes, alternate 1 min. fast pace, 2 min. moderate pace

B. Mobility/Flexibility Workout #2

- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 3

A. Kettlebell Circuit #2

4 Rounds:

- Good Morning x 15
- One Legged Deadlift x 10
- Thruster x 10 R/L
- Kettlebell Swing x 10

B. Walk 30 minutes

Week 6

Day 1

A. Bodyweight Circuit #3

- Inchworm 1 min.
- Flying Lunges x 10
- Side Plank 30 sec.
- Bodyweight Squats x 8
- Unweighted One-Legged Deadlift x 10 R/L

B. Mobility/Flexibility Workout #1

- 20 minute walk
- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 2

A. Conditioning Circuit #3

- 30 minutes, alternate 2 min. fast pace, 1 min. slow pace

B. Mobility/Flexibility Workout #2

- Inchworm x 1 minute
- Seated Hamstring Stretch x 30 seconds
- Glute Stretch x 30 seconds (Lie on your back and cross your right leg over your left knee. Wrap your fingers around your left thigh and gently pull back toward your chest.)
- Shoulder Rolls x 20 front/back
- Chest Opener x 20 (Hold a PVC pipe or broomstick with a wide grip at hip level. Open your chest and rotate the pipe until it is behind your body, then bring it back to the original position. Keep your elbows straight.)
- Neck Rolls x 20

Day 3

A. Kettlebell Circuit #3

5 Rounds:

- One Arm Snatch x 10
- Goblet Squat x 10
- Clean and Press x 10

B. Walk 30 minutes