

**I designed the Diastasis Recti Cycle for moms who are looking for a gentle way to work out and gradually rebuild core strength and stability.** Having dealt with diastasis recti myself in the past, I know how frustrating it can be. The good news is, with time, patience, and consistency, diastasis recti can be healed.

The cycle is broken into three four-week phases:

**Phase One** focuses on stabilizing the core muscles and restoring abdominal strength and low back support through bodyweight workouts with gentle core strengthening exercises, daily walking, and restorative core exercises done daily

**Phase Two** continues the exercises from phase one, but with kettlebell workouts added in twice a week to build strength gradually. The strength exercises in phase two will have a higher volume and lower load than in phase three.

**Phase Three** adds in one day of intense cardiovascular exercise while also increasing the load and turning down the volume for your strength work.

You will probably notice there are no traditional core exercises in this series, like sit ups or toes to bar. **Until your diastasis has completely healed, avoid these exercises.** Even after your diastasis has closed, you may choose to avoid these exercises and opt for movements that place less load on the abdominal wall.

Please reach out with any questions! You can email me at [Nicole@breakingmuscle.com](mailto:Nicole@breakingmuscle.com).

### **Week 1, Day 1**

3 Rounds:

[Wall sit](#): 20 seconds

Glute bridge x 15 – slow and controlled, with a yoga block between your knees

Side plank x 10 seconds per side – Use your non-supporting arm for extra stability if needed

Downward dog at the wall – 5 deep breaths

[Plank against the wall](#) – 20 seconds

[Wide legged squat \(yogi squat\)](#) – 30 seconds, take breaks as needed.

B.

20 minutes brisk walking

[Legs up the wall](#) – 30 seconds

Child's pose – 30 seconds

[Psoas release – 1 to 3 minutes](#)

### **Week 1, Day 2**

30 minutes brisk walking

### **Week 1, Day 3**

3 Rounds:

[Single leg deadlift](#) x 10 per side – bodyweight only for phase one. Focus on engaging the core throughout.

Hang from a bar – 15 seconds

[Glute bridge](#) x 15

[Windshield wipers](#) x 15 per side – Keep your knees bent and rest as needed

[Wall push up](#) x 15

Bodyweight squats x 10

### **Week 1, Day 4**

30 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

### **Week 1, Day 5**

[Yoga Core Awakening Flow \(sub Baby Cobra for Up Dog\)](#)

20 minutes brisk walking

### **Week 2, Day 1**

3 Rounds:

[Australian pull up](#) x 10

Crawling (hands and knees) – 1 minute

Plank against the wall – 20 seconds

[Wall ball](#) x 10 – Use a light ball for these. They shouldn't kill you.

Wall push up x 15

Side plank x 10 seconds per side

B.

20 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

### **Week 2, Day 2**

30 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

### **Week 2, Day 3**

3 Rounds:

Single leg deadlift x 10 per side – bodyweight only for phase one. Focus on engaging the core throughout.

Hang from a bar – 15 seconds

Glute bridge x 15

Windshield wipers with knees bent x 15 per side

Wall push up x 15

Bodyweight squats x 10

20 minutes brisk walking

### **Week 2, Day 4**

20 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

### **Week 2, Day 5**

30 minutes brisk walking

### **Week 3, Day 1**

[Side-lying leg raises](#) x 20 per side

Lunges x10 per side

Push up on the wall x 20

Lunges x 10 per side

Hang from a bar x20 seconds

Single leg deadlift x 10 per side – bodyweight only for phase one. Focus on engaging the core throughout.

Crawling (hands and knees) – 1 minute

### **Week 3, Day 2**

30 minutes brisk walking

### **Week 3, Day 3**

3 Rounds:

[Wall sit](#): 25 seconds

Glute bridge x 20 – slow and controlled, with a yoga block between your knees

Side plank x 15 seconds per side – Use your non-supporting arm for extra stability if needed

Downward dog at the wall – 7 deep breaths

Plank against the wall – 25 seconds

Wide legged squat (yogi squat) – 40 seconds, take breaks as needed.

B.

20 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

### **Week 3, Day 4**

[Yoga Core Awakening Flow](#)

20 minutes brisk walking

### **Week 3, Day 5**

3 Rounds:

Australian pull up x 10

Crawling (hands and knees) – 1 minute

Plank against the wall – 20 seconds

Wall ball x 10 – Use a light ball for these. They shouldn't kill you.

Wall push up x 15

Side plank x 20 seconds

B.

20 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

### **Week 4, Day 1**

3 Rounds:

Wall sit: 20 seconds

Glute bridge x 15 – slow and controlled, with a yoga block between your knees

Side plank x 10 seconds per side – Use your non-supporting arm for extra stability if needed

Downward dog – 5 deep breaths

Plank against the wall – 20 seconds

Wide legged squat (yogi squat) – 30 seconds, take breaks as needed.

### **Week 4, Day 2**

30 minutes brisk walking

### **Week 4, Day 3**

3 Rounds:

Single leg deadlift x 10 per side – bodyweight only for phase one. Focus on engaging the core throughout.

Hang from a bar – 15 seconds

Glute bridge x 15

Windshield wipers with knees bent x 15 per side

Wall push up x 15

Bodyweight squats x 10

20 minutes brisk walking

#### **Week 4, Day 4**

3 Rounds:

Australian pull up x 10

Crawling (hands and knees) – 1 minute

Plank against the wall – 20 seconds

Wall ball x 10 – Use a light ball for these. They shouldn't kill you.

Wall push up x 15

Side plank x 20 seconds

B.

20 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

#### **Week 4, Day 5**

Side-lying leg raises x 20 per side

Lunges x10 per side

Push up on the wall x 20

Lunge with twist x 10 per side

Hang from a bar x20 seconds

Single leg deadlift x 10 per side – bodyweight only for phase one. Focus on engaging the core throughout.

Crawling (hands and knees) – 1 minute

### **PHASE TWO**

#### **Week 5, Day 1**

3 Rounds:

[2 handed kettlebell swing](#) x 20

Kettlebell clean x 15/side

20 minute brisk walk/run

## **Week 5, Day 2**

45 minute brisk walk/run

## **Week 5, Day 3**

3 Rounds:

Wall sit: 20 seconds

Glute bridge x 15 – slow and controlled, with a yoga block between your knees

Side plank x 10 seconds per side – Use your non-supporting arm for extra stability if needed

Downward dog – 5 deep breaths

Plank against the wall – 20 seconds

Wide legged squat (yogi squat) – 30 seconds, take breaks as needed.

B.

20 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

## **Week 5, Day 4**

[Yoga: Hip Flexor Fun](#)

## **Week 5, Day 5**

3 Rounds:

[Farmer's walk](#) x 30 seconds

[Goblet squat](#) x 20

## **Week 6, Day 1**

45 minute brisk walk/run

## **Week 6, Day 2**

**3 Rounds:**

One arm row x 15/side

Single leg deadlift x 15

## **Week 6, Day 3**

Yoga: [Vinyasa Flow \(omit ab bicycles\)](#)

## **Week 6, Day 4**

3 Rounds:

Single leg deadlift x 15 per side – bodyweight only

Hang from a bar – 25 seconds

Glute bridge x 20

Windshield wipers x 15 per side – Keep your legs extended and rest as needed

Wall push up x 20  
Bodyweight squats x 20

### **Week 6, Day 5**

3 Rounds:  
Halos x 10/side  
One arm swing x 20/side  
Front squat x 20/side

### **Week 7, Day 1**

[Yoga Core Awakening Flow - sub Baby Cobra for Upward Dog](#)

### **Week 7, Day 2**

3 Rounds:  
Australian pull up x 15  
Crawling (in plank position) – 1 minute  
Plank against the wall – 20 seconds  
Wall ball x 20  
Wall push up x 15  
Side plank x 30 seconds

B.

20 minutes brisk walking  
Legs up the wall – 30 seconds  
Child's pose – 30 seconds  
Psoas release – 3 to 5 minutes

### **Week 7, Day 3**

5 Rounds:  
2 handed kettlebell swing x 20  
Kettlebell clean x 10/side

20 minute brisk walk/run

### **Week 7, Day 4**

45 minutes walk/run

### **Week 7, Day 5**

3 Rounds:  
Farmer's walk x 30 seconds  
Goblet squat x 20

**Week 8, Day 1**

Side-lying leg raises x 30 per side  
Lunges x15 per side  
Push up on the wall x 20  
Lunge with twist x 15 per side  
Hang from a bar x30 seconds  
Single leg deadlift x 15 per side  
Crawling (hands and knees) – 1 minute

**Week 8, Day 2**

3 Rounds:  
One arm row x 15/side  
Single leg deadlift x 15

**Week 8, Day 3**

45 minutes walk/run

**Week 8, Day 4**

3 Rounds:  
[Halos](#) x 10/side  
One arm swing x 20/side  
[Front squat](#) x 20/side

20 minute walk/run

**Week 8, Day 5**

Yoga: [Vinyasa Flow \(omit ab bicycles\)](#)

**PHASE THREE****Week 9, Day 1**

5 Rounds:  
2 handed kettlebell swing x 10  
Clean and press x 10/side

20 minute brisk walk/run

**Week 9, Day 2**

30-60 minutes moderate to high intensity exercise (examples: running, interval training, rowing, spinning)

**Week 9, Day 3**

3 Rounds:

Wall sit: 20 seconds

Glute bridge x 15 – slow and controlled, with a yoga block between your knees

Side plank x 10 seconds per side – Use your non-supporting arm for extra stability if needed

Downward dog – 5 deep breaths

Plank against the wall – 20 seconds

Wide legged squat (yogi squat) – 30 seconds, take breaks as needed.

B.

20 minutes brisk walking

Legs up the wall – 30 seconds

Child's pose – 30 seconds

Psoas release – 1 to 3 minutes

### **Week 9, Day 4**

[Yoga: Hip Flexor Fun](#)

### **Week 9, Day 5**

5 Rounds:

Farmer's walk x 20 seconds

Goblet squat x 10

### **Week 10, Day 1**

30-60 minutes moderate to high intensity exercise (examples: running, interval training, rowing, spinning)

### **Week 10, Day 2**

**5 Rounds:**

One arm row x 10/side

Single leg deadlift x 10

### **Week 10, Day 3**

Yoga: [Vinyasa Flow \(omit ab bicycles\)](#)

### **Week 10, Day 4**

5 Rounds:

Single leg deadlift x 15 per side – bodyweight only

Hang from a bar – 25 seconds

Glute bridge x 20

Windshield wipers x 15 per side – Keep your legs extended and rest as needed

Wall push up x 20

Bodyweight squats x 20

### **Week 10, Day 5**

5 Rounds:  
Halos x 5/side  
One arm swing x 10/side  
Front squat x 10/side

### **Week 11, Day 1**

[Yoga Core Awakening Flow](#)

### **Week 11, Day 2**

3 Rounds:  
Australian pull up x 20  
Crawling (in plank position) – 1 minute  
Plank against the wall – 20 seconds  
Wall ball x 20  
Wall push up x 15  
Side plank x 30 seconds

B.

20 minutes brisk walking  
Legs up the wall – 30 seconds  
Child's pose – 30 seconds  
Psoas release – 3 to 5 minutes

### **Week 11, Day 3**

5 Rounds:  
2 handed kettlebell swing x 20  
Clean and press x 6-8/side

20 minute brisk walk/run

### **Week 11, Day 4**

30-60 minutes moderate to high intensity exercise (examples: running, interval training, rowing, spinning)

### **Week 11, Day 5**

5 Rounds:  
Farmer's walk x 30 seconds  
Goblet squat x 10

### **Week 12, Day 1**

Side-lying leg raises x 30 per side  
Lunges x15 per side

Push up on the wall x 20  
Lunge with twist x 15 per side  
Hang from a bar x30 seconds  
Single leg deadlift x 15 per side  
Crawling (hands and knees) – 1 minute

### **Week 12, Day 2**

5 Rounds:  
One arm row x 8-10/side  
Single leg deadlift x 8-10/side

### **Week 12, Day 3**

30-60 minutes moderate to high intensity exercise (examples: running, interval training, rowing, spinning)

### **Week 12, Day 4**

5 Rounds:  
Halos x 5/side  
One arm swing x 10/side  
Front squat x 10/side

20 minute walk/run

### **Week 12, Day 5**

Yoga: [Vinyasa Flow \(omit ab bicycles\)](#)