



Breaking Muscle Workouts

Mommy Workouts: Diastasis Recti Recovery Cycle

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. Before you begin, [read this article](#) to learn more about the workouts, diastasis recti, and effective core training.



Breaking Muscle Workouts

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 – 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](#)

20 minutes brisk walking



Breaking Muscle Workouts

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 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 2, Day 2

[Yoga Core Awakening Flow](#)

20 minutes brisk walking

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



Breaking Muscle Workouts

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
- 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

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 – 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



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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



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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

Clean and press x 15/side

20 minute brisk walk/run

Week 5, Day 2

45 minute brisk walk/run



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Week 5, Day 3

A. 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



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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](#)

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



Breaking Muscle Workouts

Week 7, Day 3

5 Rounds:

2 handed kettlebell swing x 20

Clean and press 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



Breaking Muscle Workouts

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 \(omit ab bicycles\)](#)

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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.



Breaking Muscle Workouts

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



Breaking Muscle Workouts

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)



Breaking Muscle Workouts

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 \(omit ab bicycles\)](#)