

12- Week Postpartum “Get-My-Body-Back” Training

Pregnancy can take a toll on the body, even if you did maintain workouts and healthy eating throughout the ten months. My 12-week postpartum training program will help you get back into shape after you’ve allowed yourself time to recover. I would recommend starting this program as soon as you feel strong enough, whether that is two, four, six or twelve weeks after you’ve given birth. And ladies who didn’t just have a baby, but want to regain their post-baby body years after having children can start this workout immediately.

NOTE: For all of you newly-born mothers, be sure that you have evaluated your abdominal muscles for diastasis recti. Your main focus should be on regaining that core strength. You can begin walking and working on your core days after giving birth if you feel good. Don’t let anybody tell you that it is unsafe. It isn’t. Just keep in touch with your body. If you feel tired or you begin to bleed more than normal, slow down, sit down, and wait until tomorrow. I would also recommend that you do “Phase One, Week One” for an entire month before you begin the scheduled program. It will help you regain core strength without overexerting yourself.

I have outlined the program in an easy-to-print format. Each phase lists the workouts that you’ll be performing followed by the weekly schedules. At the end of this document, I have created a workout log sheet that you can use for each workout. Simply print it out, place it one of those nifty plastic sheet covers and use a dry-erase marker to track your workout. Saves paper and helps the environment.

Good luck!

Phase One:

The Workouts:

Core Circuit (perform twice)

Warm-Up:

- Abdominal Isometric Hold: 8-10 sets of 10 second holds
- Superman: 8-10 sets of 10 second holds

Workout:

- Elbow Plank: 10 sets of 30 seconds
- Single-Leg Plank: 10 sets of 30 seconds
- Supinated Alternating Heel Touch: 10 reps per side
- Elbow Plank Glute Raise: 1 set of 10 reps
- Side Plank Hip Raise (on elbow and knees): 1 set of 10 reps per side
- Dumbbell Romanian Deadlift: 1 set of 10 reps

Total Body Circuit (perform once)

- Squats: 3 sets of 15 reps
- Lunges: 3 sets of 10 reps
- Shoulder Press: 3 sets of 10 reps
- Dips: 3 sets of 10 reps
- Push-ups: 3 sets of 10 reps
- Pelvic Tilt: 10 reps with 5 sec holds
- Pelvic Bridge: 10 reps with 5 sec hold
- Calf Raises: 3 sets of 15
- Lying Leg Raises: 10 reps each side

Lightning Bolt Circuit

Perform each set three times before doing the next set.

Set 1: Squat (15) + Lunge (20) + Plank Jack (15)

Set 2: Plank Push-up (10) + Lunge (10) + Lunge Kick (15)

Set 3: Squat (15) + Pelvic Bridge (15) + Lying Leg Raises (15)

Set 4: Push-up (10) + Pelvic Tilts (15) + Mountain Climbers (15)

Ab Circuit

Complete circuit no rest; Perform 2-3 times.

- Plank Push-up (10)
- Flutter Kick (10)
- Oblique Crunch (20)
- Pelvic Tilt (5x for 5 secs)
- Plank (30 sec)
- Plank jumps (10)

15-Minute Workout:

- Jumping Jacks (25)

- Lying Overhead Reach (25)
- Ball Pass (15)
- Squat (25)
- Jumping Jacks (25)
- Seated Medicine Ball Twist (20)
- Tae-Bo Forward Punches (30)
- Push-ups (20)
- Tae-Bo Oblique Punches (30)
- Flutter Kicks with Resistance Band (20)
- Jumping Jacks (15)
- Burpees (15)

The Schedules:

Week One:

Monday: Walking/ Core Circuit/ 15 minutes walking stairs
 Tuesday: Walking/ 10 minutes stairs/ Total Body Circuit
 Wednesday: Walking/ Core Circuit/ 15 minutes walking stairs
 Thursday: Tabata/ Total Body Circuit/ Walking/ 10 minutes stairs
 Friday: Walking/ Core Circuit/ 10 minutes stairs
 Saturday: Walking/ Total Body Circuit/ 10 minutes stairs
 Sunday: Walking

Week 2:

Monday: Lightning bolt circuit/ 10 minutes stairs/ 5 mile walk
 Tuesday: Ab circuit/ 10 minutes stairs/ 5 mile walk
 Wednesday: 15-Minute Workout/ 10 minutes stairs/ 5 mile walk
 Thursday: Tabata sprints/ 5 mile walk
 Friday: Lightning bolt circuit/ 10 minutes stairs/ 5 mile walk
 Saturday: 10 minutes stairs/ 5 mile walk
 Sunday: Walking

Week 3:

Monday: 15-Minute Workout/ 10 minutes stairs/ 5 mile walk
 Tuesday: Ab circuit/ 10 minutes stairs/ 5 mile walk
 Wednesday: Lightning bolt circuit/ 10 minutes stairs/ 5 mile walk
 Thursday: Tabata sprints/ 10 minutes stairs/ 5 mile walk
 Friday: 15-Minute Workout/ 15 minutes stairs/ 5 mile walk
 Saturday: 10 minutes stairs/ 5 mile walk
 Sunday: Walking

Week 4:

Monday: Lightning bolt circuit/ 10 minutes stairs/ 5 mile walk
 Tuesday: Ab circuit/ 10 minutes stairs/ 5 mile walk
 Wednesday: 15-Minute Workout/ 10 minutes stairs/ 5 mile walk
 Thursday: Tabata sprints/ 5 mile walk
 Friday: Lightning bolt circuit/ 10 minutes stairs/ 5 mile walk
 Saturday: 10 minutes stairs/ 5 mile walk
 Sunday: Walking

Phase Two:

The Workouts:

Lower Body:

3 sets of 15 reps each

- Dumbbell/Barbell Deadlifts
- DB/Barbell Bent-Over Rows
- Lunges
- Pelvic Bridge
- Squats

Upper Body:

3 sets of 15 reps

- Shoulder Press
- Push-ups
- Dips
- Bent-Over Delt Raise
- Side Lateral Raise
- Wood chops with resistance band

Full Body:

3 sets of 20 reps

- DB Thruster
- Resistance Band Rows
- Squats
- Bent-Over Rows
- Resistance Band Pulldowns

The Schedules:

Week 5:

Monday: Lower-body strength workout/ 15 minutes stairs/ 5 mile walk

Tuesday: Cardio: 5 mile walk

Wednesday: Upper-body strength workout/ 15 minutes stairs/ 5 mile walk

Thursday: Cardio: Tabata sprints + walking

Friday: 5 mile walk

Saturday: Full-body strength workout/ 10 minutes stairs

Sunday: Rest

Week 6:

Monday: Lower-body strength workout/ 15 minutes stairs/ 5 mile walk

Tuesday: Cardio: 5 mile walk

Wednesday: Upper-body strength workout/ 15 minutes stairs/ 5 mile walk

Thursday: Cardio: Tabata sprints + walking

Friday: 5 mile walk

Saturday: Full-body strength workout/ 10 minutes stairs

Sunday: Rest

Week 7:

Monday: Lower-body strength workout/ 15 minutes stairs/ 5 mile walk

Tuesday: Cardio: 5 mile walk

Wednesday: Upper-body strength workout/ 15 minutes stairs/ 5 mile walk

Thursday: Cardio: Tabata sprints + walking

Friday: 5 mile walk

Saturday: Full-body strength workout/ 10 minutes stairs

Sunday: Rest

Week 8:

Monday: Lower-body strength workout/ 15 minutes stairs/ 5 mile walk

Tuesday: Cardio: 5 mile walk

Wednesday: Upper-body strength workout/ 15 minutes stairs/ 5 mile walk

Thursday: Cardio: Tabata sprints + walking

Friday: 5 mile walk

Saturday: Full-body strength workout/ 10 minutes stairs

Sunday: Rest

Phase Three:

The Workouts:

Back and Biceps:

3 sets of 10 reps

- Bent-over DB rows
- Inverted Row
- Resistance Band Row
- One-arm DB Row
- Cross-Body Hammer Curl
- Biceps Curls

Shoulders and Abs:

- 10 minutes of stairs or Jump Rope for 1 minute
- Alternating DB Shoulder Press
- Front Delt Raise
- Side Lat Raise
- Plank Thrust
- Elbow Plank
- Plank Push-Up
- Pelvic Tilt

Legs and Calves:

3 sets of 10 reps.

- Lunges
- Lying Side Leg Raises
- DB Squats
- Calf Raises
- Lying Leg Lifts

Chest, tris, and abs:

3 sets of 12.

- Push-ups
- Resistance Band Flyes
- Chest Press (resistance bands)
- Skull crusher
- Triceps push down
- Dips
- Bodyweight triceps press
- Plank jack
- Wood chops
- Tae-Bo oblique Punches
- Tae-Bo forward punches

The Schedules:

Week 9:

Monday: Back and biceps/ 5 mile walk/ 5 minutes stairs
Tuesday: 5 mile walk
Wednesday: Shoulders and abs/ 5 mile walk/ 10 minutes stairs
Thursday: Tabata
Friday: Legs and calves/ 5 miles walk
Saturday: Chest, triceps, and abs/ 5 miles walk/ 15 minutes stairs
Sunday: Walking

Week 10:

Monday: Back and biceps/ 5 mile walk/ 5 minutes stairs
Tuesday: 5 mile walk
Wednesday: Shoulders and abs/ 5 mile walk/ 10 minutes stairs
Thursday: Tabata
Friday: Legs and calves/ 5 miles walk
Saturday: Chest, triceps, and abs/ 5 miles walk/ 15 minutes stairs
Sunday: Walking

Week 11:

Monday: Back and biceps/ 5 mile walk/ 5 minutes stairs
Tuesday: 5 mile walk
Wednesday: Shoulders and abs/ 5 mile walk/ 10 minutes stairs
Thursday: Tabata
Friday: Legs and calves/ 5 miles walk
Saturday: Chest, triceps, and abs/ 5 miles walk/ 15 minutes stairs
Sunday: Walking

Week 12:

Monday: Back and biceps/ 5 mile walk/ 5 minutes stairs
Tuesday: 5 mile walk
Wednesday: Shoulders and abs/ 5 mile walk/ 10 minutes stairs
Thursday: Tabata
Friday: Legs and calves/ 5 miles walk
Saturday: Chest, triceps, and abs/ 5 miles walk/ 15 minutes stairs
Sunday: Walking

