

TFGG

the fit girl gang

mama

Postnatal Game Plan

Welcome

Hello you incredible woman, and welcome to your TFGG Postnatal Game Plan. This was created to help give you guidance and support as you connect with yourself mentally and physically after giving birth to your baby.

The Postnatal Game Plan is a gentle guide to help you rebuild core strength, heal diastases recti, and bring movement into your life again. Unlike our other TFGG training, this is not about challenging your physical limits. The purpose of this is to help you to begin to feel like yourself again, and to set you up to be able to begin to train once your body is ready.

The Postnatal Game Plan is for you if:

You are a new Mama (anywhere from 3-16 weeks postpartum) and have been given clearance from your doctor to gently begin exercising

You are currently experiencing diastases recti and want to heal and strengthen your core muscles

You want to incorporate movement back into your daily routine for increased energy and mental clarity.

You've been itching to start training again, but you know your body isn't ready yet. This is the gentle place to start.

How to use it:

Use this formula for movement for as long or as little as you'd like. You may find that within a couple of weeks you are ready for more, and can then progress on to our TFGG MAMA Program as long as you have clearance from your Doctor!

Don't stress about following this perfectly, just incorporate it whenever you can. Remember that something is always better than nothing, and right now it's more important than ever to be kind to yourself and be proud of whatever you are able to fit in.

Above all else, please be patient with yourself and your body! What you have done is nothing short of a miracle, and just because it might be taking longer than you'd like to heal doesn't mean you aren't getting stronger each day.

Part 1: Breath & Core

The Breath & Core component of our game plan is designed to help you reconnect your deep core stabilizer muscles. These are the muscles that need to be properly re-engaged, before working on your external core muscles (the ones you feel when you do things like planks and v-sits).

The goal with Breath and Core is to incorporate it as frequently as you feel able to. Aim for 3-4x/week, but you can do this every day if you feel ready and have the time!

Part 2: Low Impact Cardio

The Low Impact Cardio Component is designed to get you up and moving again as soon as you feel ready.

Just like Breath & Core, feel free to incorporate this as frequently as you feel able to. Begin with short, slow paced walks and gradually build on to them. Aim for 3-4x/week, but you can do this every day if you feel ready and have time.

Part 3: Stretch & Mobility Flow

The Stretch & Mobility Flow was created to help you feel connected to your body again. We want to make sure you're feeling mobile and release any extra tension you're holding from carrying your little babe around all day.

The goal with Stretch & Mobility is 2-3x/week.

Please keep in mind that every day is different, and there is no such thing as perfection! One week you might be able to get in movement every day, and another week it might be completely impossible. Do what you can, and remember that it's just about taking it one day at a time.

Part 1: Breath & Core

This is a 20 minute floor routine specifically designed to help you strengthen your core stabilizers and pelvic floor.

Make sure you watch the videos before going through this on your own!

1. Seated Breath Work x 10

The goal is to slowly increase the number of breaths you can do with your lower abdominals drawn in each time you do this.

2. Lying Breath Work x 10

Here you are focussing on compressing your low back to the ground with each breath.

3. Pelvic Tilts x 10

Do these slowly by counting to 3 as you tilt up and 3 as you lower down.

4. Heel Drags x 8/leg

Do these on a smooth surface if you can! As you can tell from the video, they don't worry well on a rubber mat with a rubber heel.

5. Slow Hip Bridges x 8

Do these slowly by counting to 5 as you raise up and 5 as you lower down.

6. Pillow Squeeze Bridges x 8

Do these slowly by counting to 5 as you raise up and 5 as you lower down. Make sure to squeeze your thighs together as tightly as you can.

7. Single-leg Raises x 6/leg

Do these slowly by counting to 5 as you raise up and 5 as you lower down. If you find these irritate your back, try bending the opposite leg as I do in the video

8. Marching x 6/leg

Do these slowly by counting to 3 as you raise up and 3 as you lower down. If these are too much for right now, lower one leg before raising up the next.

9. Bird Dogs x 5/side

Do these slowly by counting to 3 as you raise up and 3 as you lower down. Focus on staying as balanced as you can by squeezing your glutes as you brace your core and keep your hips square.

Part 2: Low Impact Cardio

This baby is completely up to you! The goal here is 20-30 minutes of steady state cardio to train your heart and get you ready for that TFGG HIIT soon.

What is Steady State Cardio?

Low intensity steady state (or "LISS") is a lower level of physical exertion during cardio for a longer period of time. The goal with Steady State is to choose a do-able pace and maintain it for the entire length of your cardio session. If you're newer to training, this might be walking. If you're more experienced, this might be moderate paced running or walking up a steep hill. Whatever you do, you should be able to maintain the pace, and be able to hold a conversation during it.

How you get in your cardio is up to you! Bottom line: do what your body allows, and do what you enjoy.

Steady State Cardio Ideas

- **(If you have access to the gym)**
 - Treadmill (flat)
 - Treadmill (incline)
 - Stationary Bike
 - Stairmaster
 - Elliptical
- **(If you don't have access to the gym)**

The best thing you can do is walk while pushing the stroller. This is INCREDIBLE as it adds an element of resistance and core stabilization. If you can't go outside, look for large indoor places like the mall or an indoor track.

Part 3: Stretch & Mobility Flow

This is a 15 minute floor routine specifically designed to release tension in your hips, back, hamstrings, glutes, and calves.

Make sure you watch the video before going through this on your own! Feel free to stretch along with me every time you do this. I did my absolute best "calm voice" in it for you.

Note: There are no "reps" given, the goal is just to stay in each stretch for as long as you can to allow your body to sink into it and your muscles to release tension. The general rule is a minimum of 40 seconds in each stretch.

1. **Kneeling Breaths**
2. **Neck Release**
3. **Overhead Tricep Stretch**
4. **Forward Shoulder Blade Release**
5. **Child's Pose with reach**
6. **Downward Dog**
7. **Hanging Hamstring Stretch**
8. **Monk Stretch w/ Reaches**
9. **Deep Lunge**
10. **Lunge Twist**
11. **Pigeon Stretch**
12. **Hand Clasp w/ Forward Reach**
13. **Cross Body Twist**
14. **Thread the Needle**

Golden Rule of Stretching:

Use your breath to your advantage. With each inhale stay where you are, and with each exhale, lower slightly deeper into your stretch. It's such a calming pattern and you'll be amazed what it does for your flexibility.