

12 Week At-Home Maternity Leave Exercise Guide

TG 255M

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SUMMARY OF P3T POSTPARTUM AT-HOME EXERCISE SESSION ACTIVITIES

BALANCE and COORDINATION

EXERCISES	ALTERNATE	STRETCHES
Centering Standing	Seated	N/A
Core Compressions Standing	Seated	N/A

GENERAL WARM-UP (MAY COMBINE)

Brisk Walk
Standard or Modified Preparation Drill
Aerobics Steps
March/Jog in Place
Dynamic Stretches

BACK WORKOUTS

EXERCISES	ALTERNATE	STRETCHES
Shoulder Retraction with band	With Partner	Upper Back Stretch
Seated Row with band	With Partner	Upper Back Stretch
Horizontal Arm Extension with band	None	Upper Back Stretch
Prone Row	Upper Back Extension on Hands & Knees	Upper Back Stretch
Pull-Downs with band	None	Side bend, Overhead Arm Pull with Bend

CHEST WORKOUTS

EXERCISES	ALTERNATE	STRETCHES
Pushups	6 point, Seated, Wall	Chest/Bicep Stretch standard or modified, Extend and Flex
Flies with dumbbells on back	Flies seated with band	Chest/Bicep Stretch standard or modified, Extend and Flex
Supine Push Press with weights	chest press no resistance	Chest/Bicep Stretch standard or modified, Extend and Flex
Isometric Chest Exercise	None	Chest/Bicep Stretch standard or modified, Extend and Flex

SHOULDER WORKOUTS

EXERCISES	ALTERNATE	STRETCHES
Isometric rotators with partners	With bands	Overhead Arm Pull, Shoulder stretch
Lateral or Front Arm Raise with wts	With bands	Overhead Arm Pull, Shoulder stretch
Overhead push press with	With partner	Overhead Arm Pull, Shoulder stretch

BUTTOCKS WORKOUTS

EXERCISES	ALTERNATE	STRETCHES
Hip Extension on knees	Standing	Child's pose, hip & back stretch, hands & knees stretch, single leg over, Piriformis muscle stretch
Pelvic Tilt	None	Child's pose, hip & back stretch, hands & knees stretch, single leg over, Piriformis muscle stretch

LEG WORKOUTS

EXERCISES	ALTERNATE	STRETCHES
Lateral leg raises (<28 weeks)	Standing with bands (3rd trimester)	Hip and Back Stretch, Piriformis release and stretch, single leg over
Medial leg raises	Isometric exercise adductor (seated)	Groin Stretch, Piriformis release and stretch
Standing Leg Curls (hamstrings)	with bands	Hamstring stretch
Lunges (quads and buttocks)	Not as deep	Piriformis release and stretch, Calf Stretch, Quadriceps stretch
Squats to mid-calf (quads)	modify to knee	Quadriceps stretch standing, thigh stretch
Wall Sits for 1 minute (quads)	Not sit as deep, relax then sit again	Quadriceps stretch standing, thigh stretch

ABDOMINALS WORKOUT

EXERCISES	ALTERNATE	STRETCHES
Hiss/compress on back	Hiss/compress on side (2nd/3rd tri)	Abdominal stretch standing
C-curve (seated or standing)	None	Abdominal stretch standing
Curl Up with hands behind head	Curl Down / Curl up on side	Abdominal stretch standing
Plank front and oblique	On Knees or high plank on hands	Abdominal stretch standing
Oblique Curl Ups	Standing side bends	Abdominal stretch standing, Overhead arm pull
Oblique Standing with bands/wt	Seated, side-bending	Abdominal stretch standing, Overhead arm pull
Sit-up Drill	None	Abdominal stretch standing

SPECIAL EXERCISES FOR POSTPARTUM SOLDIERS

Four for the Core (Bent leg raise, Shoulder Bridge, Back Bridge, Quadraplex)
Hip Stability Drill (Lateral Leg Raise, Medial Leg Raise, Single Leg Tuck, Bent Leg Lateral Leg Raise, Single Leg Over)
Plank Routines (low on forearms, high on hands, lean right and left, lift one arm or leg, rotate to one hand/leg, move arms/legs in and out)
Shoulder Stability Drill (I, T, Y, L, W)

RELAXATION AND STRESS MANAGEMENT

Music
Deep breathing
Imagery
Visualization
Progressive Muscle Relaxation
Meditation

12 Week At-Home Postpartum Exercise Chart

	Exercise Preparation	Kegels	Abdominal Exercises	Strength & Endurance	Cardiovascular	Static Stretching	Stress Management
Week One	Lie in CRP for 2-3 minutes before beginning exercises.	Begin with 5. Progress to 10.	Hiss/Compress: Begin with 3 sets of 5. Progress to 3 sets of 7. Core Compressions: Perform for 30 seconds.	None.	Walk slowly for 5-10 minutes daily.	Low Back and Abdominal: 2 times each, hold 20-30 sec. Progress to 3 times each.	Lie in CRP for 10-12 min. to relax. Play music or use stress management technique to relax 5-10 minutes.
Week Two	Lie in CRP for 2- 3 min., then proceed with exercises.	Progress to 2 sets of 10.	Hiss/Compress: Progress to 3 sets of 10 with flat abdomen. Core Compressions: Perform for 1 min. Progress to Head Lifts: Begin with 3 sets of 5, then progress to 3 sets of 10. Check and splint for <u>diastases</u> .	Pelvic Tilt: Begin with 3 sets of 5. Seated Row: Begin with 3 sets of 5. Progress to 3 sets of 10.	Walk daily for 15 min. without stopping. Progress to alternating 5 min. walk with 1 min jog for 15 - 30 min. Cool down with 5 minute slow walk. Perform this alternating walk/jog routine (including warm-up and cool down) 3 times a week.	Low Back, Abdominal: Perform 3 times, hold 20 – 30 sec. Add Buttock and Upper Back Stretch: Perform 2 times each, hold for 20-30 sec. Progress to 3 times.	Lie in CRP for 10-12 min. to relax. Play music or use stress management technique to relax 5-10 minutes.
Week Three	Lie in CRP for 2- 3 min., then proceed with exercises.	Progress to 3 sets of 10.	Hiss/ Compress: 3 sets of 10. Core Compressions: Perform for 1 minute. Head Lifts: 3 sets of 10 with compressed abdomen. Curl-Ups with Arms crossed: Begin with 3 sets of 5. Progress to 3 sets of 10. Continue splinting as needed for <u>diastases</u> .	Pelvic Tilt: Progress to 3 sets of 10. Add Hip extension: Begin with 3 sets of 5. Prone Row: Begin with 3 sets of 5. If C-section or breast discomfort, do Seated Row: 3 sets of 10. Add Squats: Begin with 3 sets of 5. Progress to 3 sets of 10, touching to knees.	Walk (warm-up) for 5 min. Alternate walk/jog , increasing the amount of jogging time to 3 min. walk/3 min. jog for a total of 20-30 min. Cool down with 5 minute slow walk. Perform this alternating walk/jog routine (including warm-up and cool down) 3 times a week.	Low Back, Upper Back, Abdominal, Buttocks, Stretches: 3 times each, hold 20-30 sec. Add Chest and Quad stretches: 2 times each, hold for 20-30 sec.	Lie in CRP for 10-12 min. to relax. Play music or use stress management techniques to relax for 5-10 minutes.

12 Week At-Home Postpartum Exercise Chart

	Exercise Preparation	Kegels	Abdominal Exercises	Strength & Endurance	Cardiovascular	Static Stretching	Stress Management
Week Four	Lie in CRP for 2- 3 min., then proceed with exercises.	3 sets of 10.	<p>Hiss/ Compress: 3 sets of 10.</p> <p>Core Compressions: Perform for 1 minute.</p> <p>Curl Ups With Hands Over Chest: 3 sets of 10.</p> <p>Progress to Curl-ups with Hands Behind Head: Progress to 3 sets of 10.</p> <p>Once you can do curl ups with hands behind head no splinting needed.</p>	<p>Hip Extension: 3 sets of 10.</p> <p>Prone Row: Progress to 3 sets of 10.</p> <p>If C-section or breast discomfort, do Seated Row: 3 sets of 10.</p> <p>Squats: 3 sets of 10, touch to knees.</p> <p>Push-Ups: Begin 3 sets of 5 <u>on knees.</u> Progress to 3 sets of 10, keep abdomen tight.</p>	<p>Walk for 5 minutes.</p> <p>Alternate walk/jog, increasing the jogging time to 2 min. walk/4 min. jog for a total of 30 minutes. Cool down with a 5 minute slow walk.</p> <p>Perform this alternating walk/jog routine (including warm-up and cool down) 3 times a week.</p>	<p>Low Back, Upper Back, Abdominal, Buttocks, Chest and Quad Stretches: 3 times each, hold for 20-30 sec.</p> <p>Add Hamstring Stretch: 2 times each, hold for 20-30 seconds.</p>	<p>Lie in CRP for 10-12 min to relax.</p> <p>Play music or use stress management techniques to relax for 5-10 minutes.</p>
Week Five	Lie in CRP for 2- 3 min., then proceed with exercises.	3 sets of 10.	<p>Hiss/ Compress: 3 sets of 10.</p> <p>Core Compressions: Perform for 1 minute.</p> <p>Curl-Ups with Hands Behind Head: 3 sets of 10.</p> <p>Oblique Curl-Ups: Progress to 3 sets of 5.</p> <p>Progress to Army Sit-Up doing 3 sets of 3.</p>	<p>Hip Extension: 3 sets of 10.</p> <p>Squats: 3 sets of 10, touch at mid-calf.</p> <p>Prone Row: 3 sets of 10.</p> <p>Push-Ups: 3 sets of 5 - 10. Attempt 1 set regulation push-ups. Do remainder on knees.</p>	<p>Warm-up with a 5 minute brisk walk.</p> <p>Walk/Jog without stopping, increasing jogging time to 1 min. walk/5 min. jog for a total of 30 min. Cool down by walking slowly for 5 minutes.</p> <p>Perform this alternating walk/jog routine (including warm-up and cool down) 3 times a week.</p>	<p>Low back, Upper Back, Abdominal, Chest, Hamstring, and Quad Stretches: 3 times each, hold for 20-30 sec.</p>	<p>Lie in CRP for 10-12 min. to relax.</p> <p>Play music or use stress management techniques to relax for 5-10 minutes.</p>

12 Week At-Home Postpartum Exercise Chart

	Exercise Preparation	Kegels	Abdominal Exercises	Strength & Endurance	Cardiovascular	Static Stretching	Stress Management
Week Six	Lie in CRP for 2- 3 min., then proceed with exercises.	3 sets of 10.	<p>Hiss/ Compress, 3 sets of 10.</p> <p>Core Compressions: Perform for 1 minute.</p> <p>Curl-Ups with Hands Behind Head: 3 sets of 10.</p> <p>Oblique Curl- Ups: 3 sets of 10.</p> <p>Progress to Army Sit-Up doing 3 sets of 5.</p>	<p>Hip Extension: 3 sets of 10.</p> <p>Squats: 3 sets of 10, touching at mid-calf.</p> <p>Prone Row: 3 sets of 10.</p> <p>Push-ups: 3 sets of 10.</p> <p>Attempt 1 set Of Regulation Push-Ups. Do remainder on knees.</p>	<p>Warm-up with a 5 minute brisk walk.</p> <p>Walk/Jog without stopping, increasing jogging time to 1 min. walk/6 min. jog for a total of 35 minutes. Cool down with 5 minute slow walk.</p> <p>Perform this alternating walk/jog routine (including warm-up and cool down) 3 times a week.</p> <p><u>Time 1 mile run time.</u> <u>Determine quarter mile split time.</u></p>	<p>Low Back, Upper Back, Abdominal, Chest, Buttocks, Hamstring, and Quad Stretches: 3 times each, hold for 20-30 sec.</p>	<p>Lie in CRP for 10-12 min. to relax.</p> <p>Play music or use stress management techniques to relax for 5-10 minutes.</p>
Week Seven	<p>Replace CRP with General Warm- up.</p> <p>Perform the Modified Preparation Drill: 5 reps each.</p>	3 sets of 10.	<p>Hiss/ Compress: 3 sets of 10.</p> <p>Core Compressions: Perform for 1 minute.</p> <p>Curl-ups With Hands Behind Head: 3 sets of 10.</p> <p>Oblique Curl- ups: 3 sets of 10.</p> <p>Progress to Army Sit-Ups: 3 sets of 7.</p>	<p>Hip Extension: 3 sets of 10.</p> <p>Squats: 3 sets of 10 touching at mid-calf.</p> <p>Prone Row: 3 sets of 10.</p> <p>Push-Ups: minimum 3 sets 10.</p> <p>Attempt 1 set of Regulation Push-ups. Do remainder on knees.</p>	<p>Warm-up with a 5 minute brisk walk.</p> <p>Walk/Jog/Run without stopping, increasing length of jog/run time to 1 min. walk/8 min jog/run for a total of 36 minutes. Cool down with a 5 minute walk</p> <p>Perform this alternating walk/jog/eun routine (including warm-up and cool down) 3 times a week.</p> <p>Use the Reconditioning R un Chart to assist you in improving your run time.</p>	<p>Low Back, Upper Back, Abdominal, Chest, Buttocks, Hamstring, and Quad Stretches: 3 times each, hold 20-30 sec.</p>	<p>Lie in CRP for 10-12 min. to relax.</p> <p>Play music or use stress management techniques to relax for 5-10 minutes.</p>

12 Week At-Home Postpartum Exercise Chart

	Exercise Preparation	Kegels	Abdominal Exercises	Strength & Endurance	Cardiovascular	Static Stretching	Stress Management
Week Eight	<p>General Warm- up.</p> <p>Perform the Modified Preparation Drill: 5 reps each.</p>	3 sets of 10.	<p>Hiss/ Compress: 3 sets of 10.</p> <p>Core Compressions: Perform for 1 minute.</p> <p>Curl-Ups With Hands Behind Head: 3 sets of 10.</p> <p>Oblique Curl-Ups: 3 sets of 10.</p> <p>Army Sit-Ups: Do 3 sets of 9.</p>	<p>Hip Extension: 3 sets of 10.</p> <p>Squats: 3 sets of 10, touching at mid-calf.</p> <p>Prone Row: 3 sets of 10.</p> <p>Push-Ups: 3 sets 10. Do 1 set regulation push-ups. Do remainder on knees.</p>	<p>Warm-up with a 5 minute brisk walk.</p> <p>Jog/Run without stopping, increasing speed of run time with 1min walk/10 min jog/run. Spend total of 30 minutes. Cool down with a 5 minute walk.</p> <p>Perform this alternating walk/jog/run routine (including warm-up and cool down) 3 times a week.</p> <p>Use the, Reconditioning Run Chart to help improve your run time.</p>	<p>Low Back, Upper Back, Abdominal, Chest, Buttocks, Hamstring, and Quad Stretches: 3 times each, hold 20-30 sec.</p>	<p>Lie in CRP for 10-12 min to relax.</p> <p>Play music or use stress management techniques to relax for 5-10 minutes.</p>
Week Nine	<p>General Warm- up.</p> <p>Perform the Modified Preparation Drill: 5 reps each.</p>	3 sets of 10.	<p>Hiss/ Compress, 3 sets of 10.</p> <p>Core Compressions: Perform for 1 minute.</p> <p>Curl-Ups with Hands Behind Head: 3 sets of 10.</p> <p>Oblique Curl-Ups: 3 sets of 10.</p> <p>Progress to Army Sit-Ups, doing 3 sets of 10.</p>	<p>Hip Extension: 3 sets of 10.</p> <p>Squats: 3 sets of 10 touching at mid-calf.</p> <p>Prone Row: 3 sets of 10.</p> <p>Push-Ups: 3 sets 10.</p> <p>Do 1 set Regulation Push-Ups. Do remainder on knees.</p>	<p>Warm-up with a 5 minute brisk walk.</p> <p>Jog/Run without stopping, increasing length of run time to 1 min. walk/ 13 min jog/run. Spend total of 30 minutes. Cool down with a 5 minute walk.</p> <p>Perform this walk/jog/run routine (including warm-up and cool down) 3 times a week</p> <p>Use the Reconditioning Run Chart to help improve your run time.</p>	<p>Low Back, Upper back, Abdominal, Chest, Buttocks, Hamstring, and Quad Stretches: 2 times each, hold for 20-30 sec.</p> <p>Add Recovery Drill: 1 set, hold each stretch 20 sec.</p>	<p>Lie in CRP for 10-12 min to relax.</p> <p>Play music or use stress management techniques to relax for 5-10 minutes.</p>

12 Week At-Home Postpartum Exercise Chart

	Exercise Preparation	Kegels	Abdominal Exercises	Strength & Endurance	Cardiovascular	Static Stretching	Stress Management
Week Ten	<p>General Warm- up.</p> <p>Perform the standard Preparation Drill</p> <p>5 reps each.</p>	3 sets of 10.	<p>Hiss/Compress: 3 sets of 10.</p> <p>Core Compressions: Perform 1 minute.</p> <p>Curl-ups With Hands Behind Head: 3 sets of 10.</p> <p>Oblique Curl-Ups: 3 sets of 10.</p> <p>Progress to Army Sit-Ups, doing as many as possible in 2 minutes. (Aim for 30.)</p>	<p>Hip Extension: 3 sets of 10.</p> <p>Squats: 3 sets of 10 touching at mid-calf.</p> <p>Prone Row: 3 sets of 10.</p> <p>Push-Ups: 3 sets 10.</p> <p>Do 1 set, Regulation Push-Ups. Do remainder on knees.</p>	<p>Warm-up with a 5 minute brisk walk.</p> <p>Jog/Run without stopping, increasing speed of run time.</p> <p>Alternate 1 min walk/15 min jog/run for a total of 30 minutes. Cool down with a 5 minute walk.</p> <p>Perform this walk/jog/run routine (including warm-up and cool down) 3 times a week.</p> <p>Use the, Reconditioning Run Chart to help improve your run time.</p>	<p>Low Back, Upper back, Abdominal, Chest, Buttocks, Hamstring, and Quad Stretches: 2 times each, hold 20-30 sec.</p> <p>Add Recovery Drill: 1 set, hold each stretch 20 sec.</p>	<p>Lie in CRP for 10-12 min. to relax.</p> <p>Play music or use stress management techniques to relax for 5-10 minutes.</p>
Week Eleven	<p>General Warm- up.</p> <p>Perform the standard Preparation Drill</p> <p>5 reps each.</p>	3 sets of 10	<p>Hiss/Compress: 3 sets of 10.</p> <p>Core Compressions: Perform for 1 minute.</p> <p>Curl-Ups With Hands Behind Head: 3 sets of 10.</p> <p>Oblique Curl-Ups: 3 sets of 10.</p> <p>Progress to Army Sit-ups, doing as many as possible in 1 minute. (Aim for 32.)</p>	<p>Hip Extension: 3 sets of 10.</p> <p>Squats: 3 sets of 10, touching at mid-calf.</p> <p>Prone Row: 3 sets of 10.</p> <p>Push-Ups: 3 sets 10.</p> <p>Attempt 2 sets Regulation Push-Ups. Do remainder on knees.</p>	<p>Warm-up with a 5 minute brisk walk.</p> <p>Jog/Run without stopping, increasing length of run time to 20 min. Cool down with a 5 minute walk.</p> <p>Perform this routine (including warm-up and cool down) 3 times a week.</p> <p>Use the, Reconditioning Run Chart to help improve your run time.</p>	<p>Low Back, Upper back, Abdominal, Chest, Buttocks, Hamstring, and Quad Stretches: 2 times each, hold 20 – 30 sec.</p> <p>Add Recovery Drill: 1 set, hold each stretch 20 sec.</p>	<p>Lie in CRP for 10-12 min. to relax.</p> <p>Play music or use stress management techniques to relax for 5-10 minutes.</p>

12 Week At-Home Postpartum Exercise Chart

	Exercise Preparation	Kegels	Abdominal Exercises	Strength & Endurance	Cardiovascular	Static Stretching	Stress Management
Week Twelve	General Warm- up. Perform the Standard Preparation Drill: 5 reps each.	3 sets of 10.	Hiss/Compress: 3 sets of 10. Core Compressions : Perform for 1 minute. Curl-Ups With Hands Behind Head: 3 sets of 10. Oblique Curl-Ups: 3 sets of 10. Progress to Army Sit-Ups doing as many as possible in 2 minutes. Aim for 34.	Hip Extension: 3 sets of 10. Squats: 3 sets of 10, touching at mid-calf Prone Row: 3 sets of 10. Push-Ups: 3 sets 10. Attempt 2 sets of Regulation Push-Ups. Do remainder on knees.	Warm-up with a 5 minute brisk walk. Jog/Run without stopping, increasing speed of run time for a total of 30 minutes. Cool down with a 5 minute walk. Perform this jog/run routine (including warm-up and cool down) 3 times a week. Use the, Reconditioning Run Chart to help improve your run time.	Low Back, Upper Back, Abdominal, Chest, Buttocks, Hamstring, and Quad stretches: 2 times each, hold 20-30 sec. Add Recovery Drill: 1 set, hold each stretch 20 sec.	Lie in CRP for 10-12 min. to relax. Play music or use stress management techniques to relax for 5-10 minutes.

Walk/jog/run may be executed outside (on a flat surface), on a treadmill, or on an elliptical machine. Walk/jog/run exercise sessions should be executed 3 days/week. Alternative exercise sessions should be performed on the days in between your Walk/Jog/Run days. Alternative exercise sessions may include: swimming, cycling, aerobics, Zumba, yoga, and endurance weight training. Alternative exercise sessions should work different muscle groups than those worked during the walk/jog/run exercise sessions. Allow for at least 1 day of total rest (no structured exercise) per week.



P3T Postpartum At-Home Exercise Session Form: Week 1

COMPONENT	TIME	ACTIVITY	DETAILS
Constructive Rest Position (CRP)	3 minutes	Lie in CRP before beginning exercises	Lie on back with knees up and hands resting on abdomen. Breathe slowly.
Centering	2 minutes	Stand neutral position; Mentally focus on body movements; Balance by rocking; Deep breathing	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.
Special Exercise	5 minutes	Kegels	Begin with 5; Progress to 10.
Strength	5 minutes	Hiss/compress and core compression ab exercises	Begin with 3 sets of 5; Progress to 3 sets of 7.
Cardiovascular	5-10 minutes	Walk slowly on flat surface	Daily, at own pace.
Flexibility	5 minutes	Lower back and Abdominal stretches	2 times each, hold 20 – 30 sec.; Progress to 3 times
Relaxation	10 minutes	Lie in CRP to relax Use progressive muscular relaxation	Play calming music, and focus on something that brings you joy or fills you with gratitude.



P3T Postpartum At-Home Exercise Session Form: Week2

COMPONENT	TIME	ACTIVITY	DETAILS
Constructive Rest Position (CRP)	3 minutes	Lie in CRP before beginning exercises	Lie on back with knees up and hands resting on abdomen. Breathe slowly.
Centering	2 minutes	Stand neutral position; Mentally focus on body movements; Balance by rocking; Deep breathing	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.
Special Exercise	5 minutes	Kegels	2 sets of 10.
Strength	5 minutes	Hiss/compress and core compression abdominal exercise Head lifts Pelvic tilt standing or on back Seated Row with band	3 sets of 10 keeping abdomen compressed. <u>Check for diastases, splint as required.</u> Perform 3 sets of 5. Perform 3 sets of 5.
Cardiovascular	15 minutes 15-30 minutes	Walk on flat surface at own pace Progress to alternating 5 min walking and 1 min slow jogging Cool down with 5 minute slow walk	Walk daily without stopping. Perform this walk/jog routine 3 times a week.
Flexibility	5 minutes	Lower and Upper back stretch Abdominal stretch Buttock stretch	3 times each, hold 20 – 30 sec.
Relaxation	10 minutes	Lie in CRP to relax Use imagery to facilitate relaxation	Play calming music and focus on a place that is calm and peaceful to you, Using all of your senses, imagine yourself at this location.



P3T Postpartum At-Home Exercise Session Form: Week3

COMPONENT	TIME	ACTIVITY	DETAILS
Constructive Rest Position (CRP)	3 minutes	Lie in CRP before beginning exercises	Lie on back with knees up and hands resting on abdomen. Breathe slowly.
Centering	2 minutes	Stand neutral position; Mentally focus on body movements; Balance by rocking; Deep breathing	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.
Special Exercise	5 minutes	Kegels	3 sets of 10.
Strength	5 minutes	Hiss/compress and core compression abdominal exercise Head lifts Curl-ups with hands on abdomen Pelvic tilt standing or on back Prone Row or ALTERNATE Seated Row with band (for cesarean delivery or breast discomfort) Hip Extension standing Squat to knees	3 sets of 10 each, keeping abdomen compressed. <u>Check for diastases, splint as required.</u> Perform 3 sets of 10. Perform 3 sets of 5. Perform 3 sets of 10. Perform 3 sets of 5. Perform 3 sets of 10. Perform 3 sets of 5. Perform 3 sets of 5.
Cardiovascular	5 minutes 15-30 minutes	Walk on flat surface at own pace to warm up Alternate 4 min walking and 2 min slow jogging Progress to 3 minutes walking and 3 minutes jogging as own pace allows Cool down with 5 minute slow walk	Perform this walk/jog routine (including warm-up and cool down) 3 times a week.
Flexibility	5 minutes	Lower and Upper back stretch Abdominal stretch Buttock stretch Chest stretch Quad stretch	3 times each, hold 20 – 30 sec.
Relaxation	10 minutes	Lie in CRP to relax Use visualization to facilitate relaxation	Play calming music and focus on happy events in the future.

P3T Postpartum At-Home Exercise Session Form: Week4

COMPONENT	TIME	ACTIVITY	DETAILS
Constructive Rest Position (CRP)	3 minutes	Lie in CRP before beginning exercises	Lie on back with knees up and hands resting on abdomen. Breathe slowly.
Centering	2 minutes	Stand neutral position; Mentally focus on body movements; Balance by rocking; Deep breathing	Rock forward and back then side to side - repeat 3X Reach arms overhead and inhale, lower arms and exhale with hiss.
Special Exercise	5 minutes	Kegels	3 sets of 10.
Strength	5 minutes	Hiss/compress and core compression abdominal exercise Curl-ups with hands over chest or on abdomen, progress to hands behind head Oblique curl-ups. Pelvic tilt standing or on back Prone Row or ALTERNATE Seated Row with band (for cesarean delivery or breast discomfort) Hip Extension standing Squat to knees Modified Pushups	3 sets of 10 each. <u>Check for diastases, splint as required. Once you can do curl ups with hands behind head no splinting needed.</u> Begin with 3 sets of 3. Perform 3 sets of 5. Perform 3 sets of 10. Perform 3 sets of 10. Perform 3 sets of 10. Perform 3 sets of 10. Begin 3 sets of 5 <u>on knees.</u> Progress to 3 sets of 10, Keep abdomen tight.
Cardiovascular	5 minutes 20 minutes 5 minute	Walk on flat surface at own pace to warm up Alternate walk/jog progressing from 3 minutes walking and 3 minutes slow jogging TO 2 min walking and 4 min jogging as own pace allows Cool down with slow walk	3 times a week
Flexibility	5 minutes	Lower and Upper back stretch Chest stretch, Abdominal stretch, Buttock stretch Quad stretch, Hamstring stretch	3 times each Hold 20 – 30 sec
Relaxation	10 minutes	Lie in CRP to relax Use meditation to facilitate relaxation	Play calming music and focus on word or phrase that brings a sense of calm, peace, hope

P3T Postpartum At-Home Exercise Session Form: Week5

COMPONENT	TIME	ACTIVITY	DETAILS
Constructive Rest Position (CRP)	3 minutes		Lie on back with knees up and hands resting on abdomen. Breathe slowly.
Centering	2 minutes	Stand neutral position; Mentally focus on body movements; Balance by rocking; Deep breathing	Rock forward and back then side to side - repeat 3X. Inhale and exhale with hiss – repeat 3X.
Special Exercise	5 minutes	Kegels	3 sets of 10.
Strength	5 minutes	Hiss/compress and core compression abdominal exercise Curl-ups with hands behind head, over chest, or on abdomen Oblique curl-ups. <u>Begin regulation sit-ups</u> <u>ONLY IF CAN DO 30 curl-ups with hands behind head</u> Pelvic tilt standing or on back Prone Row or ALTERNATE Seated Row with band (for cesarean delivery or breast discomfort) Hip Extension standing Squats to mid-calf Modified Pushups	3 sets of 10 each; <u>Check for diastases, splint as required. Once you can do curl ups with hands behind head no splinting needed.</u> Begin with 3 sets of 5. Perform 3 sets of 5. Begin with 3 sets of 3. Perform 3 sets of 10. Perform 3 sets of 10. Perform 3 sets of 10. Perform 3 sets of 10. Begin 3 sets of 5 <u>on knees.</u> Attempt 1 set regulation push-ups.
Cardiovascular	5 minutes 30 minutes 5 minute	Walk on flat surface at brisk pace to warm up Alternate walk/jog progressing to 1 min walking and 5 min jogging as own pace allows Cool down with slow walk.	Perform this walk/jog routine (including warm-up and cool down) 3 times a week.
Flexibility	5 minutes	Lower and Upper back stretch Chest stretch, Abdominal stretch, Buttock stretch Quad stretch, Hamstring stretch	3 times each; hold 20 – 30 sec
Relaxation	10 minutes	Lie in CRP to relax Use meditation to facilitate relaxation	Play calming music and focus on word or phrase that brings a sense of calm, peace, and/or hope.

P3T Postpartum At-Home Exercise Session Form: Week 6

3 times a week

Another day - Time 1 mile run and determine quarter mile split time

COMPONENT	TIME	ACTIVITY	DETAILS
Constructive Rest Position (CRP)	3 minutes	Lie in CRP before beginning exercises	Lie on back with knees up and hands resting on abdomen. Breathe slowly.
Centering	2 minutes	Stand neutral position; Mentally focus on body movements; Balance by rocking; Deep breathing	Rock forward and back then side to side - repeat 3X Inhale and exhale with hiss – repeat 3X.
Special Exercise	5 minutes	Kegels	3 sets of 10.
Abdominal Exercises	5 minutes	Hiss/compress and core compression abdominal exercise Curl-ups with hands behind head, over chest, or on abdomen Oblique curl-ups. <u>Begin regulation sit-ups</u> <i>ONLY IF CAN DO 30 curl-ups with hands behind head</i>	3 sets of 10. 3 sets of 10. <u>Check for diastases, splint as required. Once you can do curl ups with hands behind head no splinting needed.</u> Begin with 3 sets of 5
Muscle Strength & Endurance		Pelvic tilt standing or on back Prone Row or ALTERNATE Seated Row with band (for cesarean delivery or breast discomfort) Hip Extension standing Squats to mid-calf Modified Pushups	3 sets of 10. 3 sets of 10. 3 sets of 10. 3 sets of 10. 3 sets of 10. Attempt 1 set regulation push-ups, do the rest on knees.
Cardiovascular	5 minutes 35 minutes 5 minute	Walk on flat surface at brisk pace to warm up Alternate walk/jog Cool down with slow walk	Alternate walk/jog; progress to 1 min. walking and 6 min jogging at own pace. Perform this walk/jog routine (including warm-up and cool down) 3 times a week.
Flexibility (static stretches)	5 minutes	Lower and Upper back, Chest, Abdominal, Buttock, Thigh, and Hamstring stretches	3 times each; hold 20 – 30 sec
Relaxation	10 minutes	Lie in CRP to relax Use any of the stress management techniques to facilitate relaxation	Play calming music and focus on word or phrase that brings a sense of calm, peace, and/or hope.

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 1: Upper Body MSE and Aerobics for Cardio

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	3 minutes 1 minute 1 minute	Lie in Constructive Rest Position before exercising Stand neutral position; Deep breathing with hiss Core compression	Lie on back with knees up and hands resting on abdomen. Breathe slowly and mentally focus. Repeat 3X. Inhale & exhale while tightening deep abdominal muscles.
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10.
General Warm-up	5 minutes	Slow aerobics dance steps	Practice the aerobic steps with no music and at a slow pace to familiarize yourself with the movements.
Muscle Strength & Endurance	10 minutes	Pushups – progress from wall to modified 6-point on knees to regulation push-ups Triceps extension Biceps curls Horizontal arm extension	3 sets of 12 reps. 3 sets of 12 reps w/bands. 3 sets of 12 reps w/bands. 3 sets of 12 reps w/bands.
Special PP Exercise	2 minutes	Lateral and medial leg raises	Repeat 5X each side.
Cardiovascular	30 minutes	Warm-up (march, dynamic stretching)* Aerobic dance routine (w/o step)* Cool down (walk in a circle) *	6 minutes 20 minutes 4 minutes
Flexibility (Static stretches)	7 minutes	Standing stretches -chest, upper back, biceps, triceps stretch, * Seated stretches – hip & back, hamstring, thigh	3X each holding 20 seconds. Pulse must be at 100 before go to floor for seated stretches.
Relaxation	4 minutes	Progressive muscular relaxation;	Listen to calming music.
Centering	1 minute	Focus on something you are thankful for	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 2: Lower body MSE with cardio walk/jog/run on track

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	3 minutes 1 minute 1 minute	Lie in Constructive Rest Position before exercising Stand neutral position; Deep breathing with hiss Core compressions 1 minute	Lie on back with knees up and hands resting on abdomen, breath slowly Mentally focus; Repeat 3X Inhale & exhale while tightening deep abdominals
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10 reps.
General Warm-up	5 minutes	Walk	Slowly increase pace.
Muscle Strength & Endurance	10 minutes	Squats w/ feet 4", 8" apart and then shoulder width apart Standing medial and lateral leg raises Leg curls	3 sets of 12 reps w/ weights – one set per each leg position (i.e. 4" apart, 8" apart, etc.). 3 sets of 10 reps w/ bands for resistance. 3 sets of 10 reps w/ bands.
Special PP Exercise	2 minutes	Bent leg raise and Quadruplex	Repeat 5X each.
Cardiovascular	8 minutes 10 minutes 6 minutes	Warm-up with brisk walk Run straight away and jog curves of track 30/60s on track.* Cool down*.	Walk 3 laps of track. Repeat 4 times. Repeat 4 times. Walk a lap of track.
Flexibility (static stretches)	5 minutes	Hamstring, calf, thigh, groin, lower back stretches.	2X each holding 30 seconds. Take pulse and ensure pulse is < 100 bpm before performing any stretches on the floor.
Relaxation	5 minutes	Deep Breathing & imagery	Take a "mental trip" to your dream vacation.
Centering	2 minutes	Mentally focus on a positive event that happened this week.	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 3: Fun, Low Impact Pool Workout

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	2 minutes	Stand neutral position; Deep breathing with hiss/compress and Core compressions 1 minute	Repeat 3X. Inhale & exhale while tightening deep abdominals.
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10 reps.
General Warm-up	6 minutes	Warm-up with walk/jogging in circle w/arm pushes to front and side	Alternate: Jog length of pool using aqua jogger.
Muscle Strength & Endurance	10 minutes	Using pool weights, biceps/triceps, flies/arm extensions, rows, lateral arm raises	3 sets of 10 reps while jogging slowly.
Cardiovascular	30 minutes	Kick with board two laps Aqua jog ladder, 15 second hard, 5 second easy, 30 second hard, 15 sec easy, 60 sec hard, 30 sec easy, 90 sec hard, 45 sec easy, 2 min hard, 1 min easy* then reverse back down Cool down - walking *	20 minutes total. Reduce intensity used to perform "hard interval(s)" if they get too difficult or you feel out of breath. 4 minutes
Flexibility (static stretches)	3 minutes	chest and biceps, upper back, C-curve, Quad/ thigh/hamstring/ calf stretches	2X each; holding for 30 seconds.
Relaxation	4 minutes	Deep abdominal breathing while floating	Use noodle to float.
Centering	2 minutes	Have fun playing in the water!	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 4: Abdominal Strengthening & Cardio Improvement

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	3 minutes 1 minute 1 minute	Lie in Constructive Rest Position before exercising Stand neutral position; Deep breathing with hiss Core compressions 1 minute	Lie on back with knees up and hands resting on abdomen. Breath slowly and mentally focus; Repeat 3X. Inhale & exhale while tightening deep abdominals
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10 reps.
General Warm-up	5 minutes	march, grapevine, mambo	Slowly increase pace.
Muscle Strength & Endurance	5 minutes 1 minute 4 minutes	Standing C-curve W/o diastasis - curl ups own pace With diastasis - curl downs own pace Abdominal stretch afterwards Push-up/Sit up Drill	10 reps. 3 sets of 10 reps. 3 sets of 10 reps. 3X hold 20 seconds. As many as can in 1 minute.
PP Special Exercises	3 minutes	Plank routine	Vary position.
Cardiovascular	30 minutes	Brisk walk to warm up, pump arms* Run/jog/walk on track*. Cool-down-walk length of track.	6 minutes 20 minutes At own pace using run progression chart for guidance. 4 minutes
Flexibility (static stretches)	3 minutes	Calf, thigh, quad & hamstring stretches* Single leg over	2X each, holding each for 20 seconds Take pulse and ensure pulse is < 100 bpm before performing any stretches on the floor.
Relaxation	5 minutes	Progressive muscular relaxation with repetitive word phrase	Play calming music.
Centering	2 minutes	Congratulate yourself for exercising today	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 5: Abdominal Strengthening & Cardio Speed Drills

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/ compress Core compression 1 minute	Lie on back with knees up and hands resting on abdomen. Breath slowly and mentally focus; Repeat 3X Inhale & exhale while tightening deep abdominals.
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10 reps.
General Warm-up	2 minutes 3 minutes	Dynamic stretches Walk	Slowly increase pace.
Muscle Strength & Endurance	10 minutes	Standing pelvic tilts Abdominal (head lift, c-curve, curl downs, curl up on side or curl ups w/arm across chest or w/hands behind head, Oblique curl-ups)	3 sets of 10 reps. 1 sets of 12 reps for each abdominal exercise.
PP Special Exercises	5 minutes	Bent Leg Lateral Raise Single Leg Tuck Single Leg Over	5 reps on each side. 5 reps on each side. Hold 30 sec each side.
Cardiovascular	30 minutes	Warm up (march forward, back, side to side with arm raises)* Walk/jog*(pace depending on fitness level) 30:60s & 60:120s Cool down (walk slowly) *	6 minutes 10 minutes Repeat for 5 minutes each 4 minutes
Flexibility (static stretches)	3 minutes	Floor stretches for abdominals, hands & knees buttock stretch; calf; quad; hamstring; groin; hip flexor; hip/ back	2X each, holding each for 20 seconds. Take pulse and ensure pulse is < 100 bpm before performing any stretches on the floor.
Relaxation	5 minutes	Deep Breathing & visualization	Visualize yourself succeeding at a goal you have set for yourself.
Centering	2 minutes	Standing, focus on something you are looking forward to.	Rock forward and back then side to side- repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 6: Heavy Cardiovascular with Hill repeats

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress Core compressions 1 minute	Lie on back with knees up and hands resting on abdomen. Breathe slowly and mentally focus; Repeat 3X Inhale & exhale while tightening deep abdominals.
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10 reps.
General Warm-up	10 minutes	Modified Preparation Drill	5 reps each exercise.
Muscle Strength & Endurance	8 minutes	Standing pelvic tilts Hiss compress or head lift or curl up or sit-ups (choice dependent on individual abdominal strength). Pushups – regulation, on knees, or wall	3 sets of 10. 3 sets of 10. 3 sets of 10.
PP Special Exercises	2 minutes	Lateral and medial leg raises	5 reps each side
Cardiovascular	33 minutes	Warm up (walk increasing to slow jog) Run up hill/walk down* cool down walk*	6 minutes 23 minutes 4 minutes
Flexibility (static stretches)	3 minutes	calf; quad; hamstring; groin; hip flexor; hip stretch*	2X through lower body stretch routine.
Relaxation	5 minutes	Deep breathing & meditation	Repeat a prayer/phrase/word as you breathe slow and deep.
Centering	2 minutes	Standing, focus on a recent joy with you and baby.	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 7: Upper and Lower body Work out as a circuit

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	2 Minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/ compress Core compressions 1 minute	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10 reps.
General Warm-up	5 minutes	Walk	Slowly increase pace.
Muscle Strength & Endurance / Cardiovascular	30 Minutes (Repeat 3X – 10 minutes each cycle)	1 Shoulder retraction seated 2 Curl ups or curl downs 3 Seated row 4 Leg curls with bands 5 Push up (regulation or on knees or wall) 6 Squats/modify as needed 7 Prone Row or Upper back extension 8 Hip Extension 9 Flies with weights 10 Sumo Squats/ modify as needed	Each station perform exercise for 1 minute. Between each station walk/jog/run.
PP Special Exercises	4 Minutes	Side Bridge	1 minutes each side; Repeat 2X.
Flexibility (static stretches)	5 Minutes	Abdominal stretch stand, groin, thigh, hamstring, hip/ back stretch, chest & upper back stretch, overhead arm pull	2X – hold 20 seconds. Take pulse and ensure pulse is < 100 bpm before performing any stretches on the floor. Repeat each stretch twice, holding for 20 seconds.
Relaxation	3 Minutes	Imagery; listen to music	Imagine you are at your favorite vacation spot.
Centering	3 Minutes	Seated	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms exhaling with hiss – repeat 3X.

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 8: Lower Body MSE and Aerobics for Cardio

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	3 Minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/ compress Core compressions 1 minute	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10 reps.
General Warm-up	5 minutes	March, double side step, V- step, L-step, grapevine	Slowly increase pace.
Muscle Strength & Endurance	10 Minutes	Squats; hip extension; pelvic tilts; leg curls	3 sets of 12 reps.
PP Special Exercises	2 Minutes	Back Bridge	Hold 5 seconds each leg alternating legs for 1 minute. Repeat twice.
Cardiovascular	30 Minutes	Warm-up with walking/march* aerobic dance routines cool down with slower steps*	6 minutes 20 minutes 4 minutes
Flexibility (static stretches)	6 Minutes	calf; quad; hamstring; groin; hip flexor; hip and back stretch*	3X through stretch routine. Take pulse and ensure pulse is < 100 bpm before performing any stretches on the floor. Hold each position 20 seconds.
Relaxation	7 Minutes	Music & Visualization	Envision the place that the music takes you.
Centering	3 Minutes	Standing, focusing on something you are thankful for.	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.

P3T Weeks 7-12 Postpartum At-Home Exercise Session

* take pulse to determine heart rate at beats per minute
 Choose a different option each day you exercise (3-5 days/week)

Option 9: Diagnostic APFT

COMPONENT	TIME	ACTIVITY	DETAILS
Exercise Preparation	2 Minutes	Stand neutral position; Mentally focus; Balance by rocking; Deep breathing with hiss/ compress Core compressions 1 minute	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.
Kegels	2 minutes	Tighten & relax pelvic floor muscles	3 sets of 10 reps.
General Warm-up	5 minutes	Dynamic stretches	Slowly increase pace.
Muscle Strength & Endurance	5 Minutes	Push-ups and sit-ups, chest stretch, abdominal stretch.	2 minutes each. 2 X for 20 seconds.
PP Special Exercises	2 Minutes	Bent Leg Lateral Raise Single Leg Tuck Single Leg Over	5 reps each side. 5 reps each side. Hold 30 sec each side.
Cardiovascular	30 Minutes	Warm-up – walk increasing pace to a jog* Run/jog/walk two miles at own pace Cool down – walk slowly*	4 minutes Pair with buddy of similar ability/pace. 4 minutes
Flexibility (static stretches)	5 Minutes	calf; quad; hamstring; groin; hip flexor; hip stretch*	3X through stretch routine. Take pulse and ensure pulse is < 100 bpm before performing any stretches on the floor. Hold each position 20 seconds.
Relaxation	5 Minutes	Progressive muscular relaxation	Deep breathing as relax
Centering	2 Minutes	Congratulate yourself on the good exercise session you did today.	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X.

At-Home Postpartum Daily Exercise Circuit Training Sessions

Option1: Upper and Lower Body Workout

COMPONE	TIME	ACTIVITY	DETAILS
Centering	2 Minutes	Stand neutral position; Mental focus; Balance; Deep breathing with hiss/ compress;Core compressions 1 minute	Rock forward and back then side to side - repeat 3X. Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
General Warm-up	5-7 minutes	March in place/jog in place	Alternate activities increasing intensity with jog.
Circuit Training with 8 stations	30 Minutes (Repeat 2X – 15 minutes each cycle)	1 Hip extension standing^ 2 Squats/modify as needed ^ 3 Leg curls ^ 4 Standing Bent Over Row ^ 5 Standing dead lift^ 6 Wall Pushups or Wall Sits (hold for 1min)^ 7 Horizontal Army Extensions^ 8 C-curves or curl ups	At each station do 3 sets of 10 ^Use resistance band when needed for resistance. Between each cycle walk/jog/run in a circle for ~2 minutes.
Special PP Exercise	5 Minutes	4-for-the-core kegels	5 reps each exercise 1 set of 12 reps
Flexibility	4 Minutes	Abdominal stretch, groin, hip/back stretch, quad and hamstring stretch, chest & upper back stretch, overhead arm pull	Do each stretch twice standing – hold 20 seconds each. Check pulse to ensure <100 bpm before performing any stretches on the floor. Do each stretch seated on the floor - hold 20 seconds each.
Relaxation	3 Minutes	Imagery; listen to music	Envision peaceful location using all senses to put yourself in that place, while listening to music.
Centering	3 Minutes	Seated	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms exhaling with hiss – repeat 3X.

At-Home Postpartum Daily Exercise Circuit Training Sessions

Option 2: Full body strength and flexibility with cardiovascular circuit

COMPONENT	TIME	ACTIVITY	DETAILS
Centering	2 minutes	Stand neutral position; Mental focus; Balance; Deep breathing with hiss/ compress; Core compressions 1 minute	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
Strength/ Flexibility/ Special Exercise/ Cardiovascular Circuit	50 minutes	Warm-up w/ brisk walk Perform these exercises and stretches with a slow jog or fast march in place w/arms pumping for 2 minutes between each station ALL STANDING <ul style="list-style-type: none"> • hip extensions • squats • pelvic tilts • flies • horizontal arm extensions • lateral arm raise • kegels • c-curves GO TO THE FLOOR * <ul style="list-style-type: none"> • thigh stretch • hamstring stretch • upper back stretch • extend and flex • abdominal stretches 	5 minutes Muscle Strength & Endurance – 3 sets of 10 reps Use light hand weights (3,5,8,10 lbs) or moderate resistance bands for strength exercises for resistance where appropriate. Flexibility – repeat 3X each holding 20 seconds. 5 minutes
Relaxation	4 minutes	Deep abdominal breathing - seated	Slow deep breaths while listening to music.
Centering	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Rock forward/ back then side/ side - Reach overhead and inhale, lower arms exhaling with hiss – repeat 3X each.

At-Home Postpartum Daily Exercise Circuit Training Sessions

Option 3: Upper and Lower body workout with cardio between circuits

COMPONENT	TIME	ACTIVITY	DETAILS
Centering	2 Minutes	Stand neutral position; Mental focus; Balance; Deep breath with hiss/compress; Core compressions	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
Circuit Training with Strength and Flexibility stations Cardio between circuit sets	45 Minutes (15 min each set Repeat 3X)	<u>Station 1</u> <ul style="list-style-type: none"> • Squats • Leg curls with resistance band • Quad and hamstring stretches <u>Station 2</u> <ul style="list-style-type: none"> • Lateral leg raise • Medial leg raise standing • Hip/ back stretch • Groin stretch <u>Station 3</u> <ul style="list-style-type: none"> • Seated row with resistance band • Shoulder retraction seated • Push up regulation or 6-pt on knees • Upper back stretch • Overhead arm pull • Chest stretch <u>Station 4</u> <ul style="list-style-type: none"> • Curl downs • Abdominal stretch 	Set up stations across side length of gym. Do 1 minute per MSE exercise at each station. Flexibility - hold each stretch for 20 seconds. <u>Group MSE and stretches together at each station to reduce movement time</u> Repeat full circuit 3 times. Between each circuit set walk/jog/run across gym and back 2X.
Special Postpartum Exercise	3 Minutes	Plank routine; Quadraplex	Hold High plank 1 min. Hold Low plank 1 min. Hold Quadraplex 1 min.
Relaxation	3 Minutes	Positive meditation; listen to music	Constructive rest position on back; Hunt the Good Stuff while listening to music.
Centering	3 Minutes	Seated	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms exhaling with hiss – repeat 3X.

At-Home Postpartum Daily Exercise Circuit Training Sessions

Option 4: Upper and Lower body workout with cardio afterwards

COMPONENT	TIME	ACTIVITY	DETAILS
Centering	2 Minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress; Core compressions 1 minute	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
Circuit Training with Strength/ Flexibility/ Special Exercise stations	30 Minutes	<p><u>Station 1</u></p> <ul style="list-style-type: none"> • Squats + • Leg curls + • Lateral leg raise standing • Medial leg raise on floor <p><u>Station 2</u></p> <ul style="list-style-type: none"> • Thigh and hamstring stretches • Groin stretch • Hip & back stretch • Piriformis release & stretch <p><u>Station 3</u></p> <ul style="list-style-type: none"> • Push up – regulation or 6-pt on knees • Seated row + • Shoulder retraction seated+ • Isometric chest exercise <p><u>Station 4</u></p> <ul style="list-style-type: none"> • Curl ups • Oblique curl-ups • Abdominal stretch • Side Bends <p><u>Station 5</u></p> <ul style="list-style-type: none"> • Chest stretch • Upper back stretch • Overhead arm pull • Child's Pose 	<p>Set up stations around gym.</p> <p>Perform exercise(s) at each station with 2 minutes per exercise.</p> <p><u>Group MSE and stretches together at each station to reduce movement time</u></p> <p>Complete circuit through one time.</p> <p>+ May use band for resistance</p> <p>Flexibility - 2X each hold for 20 seconds.</p>
Cardiovascular	20 Minutes 5 Minutes	Walk*/Jog/ Run in gym or on track/Walk for cool-down*	Timed effort, at Soldier's own pace with partner.
Relaxation	3 Minutes	Progressive muscle relaxation; listen to music	Tense then relax major muscle groups in succession while listening to music.
Centering	3 Minutes	Standing	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms exhaling with hiss—repeat 3X.

Core Strength Postpartum PT Daily Exercise Session

Emphasis on core strengthening and a varied cardiovascular workout

* take pulse or rate of perceived exertion

COMPONENT	TIME	ACTIVITY	DETAILS
Centering	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Hiss/ compress exercise; Core compressions 1 minute	Rock forward/back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
Muscle Strength & Endurance	10 minutes	Choose core strengthening routine from the following sets	See routines below
Special postpartum exercises	3 minutes	Push up /sit up drill	3 sets of 1 minute drills.
Cardiovascular	30 minutes	Warm-up (march, dynamic stretching)* Cardio – vary each day – walk/jog/run; pool PT; aerobics; interval runs; 30:60 drills; cardio machine (elliptical, treadmill, stationary cycle) Cool down (walk)	6 minutes 20 minutes 4 minutes
Flexibility	5 minutes	Standing stretches, (full body stretches) *	3X each holding 20 seconds Pulse at 100 before go to floor.
Relaxation	5 minutes	Progressive muscular relaxation	Focus on something or someone who makes you feel thankful.
Centering	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.

Core Strengthening Routines (equipment required)

READ THIS!!! When Soldiers first start back to exercising after delivery, especially after a cesarean-section when the abdominal muscles are the weakest, have them try the exercises on the ground first, so they can learn the movement then progress to the equipment.

1) Floor Exercises & Calisthenics (floor mat)

Perform 8-12 of each exercise at each station in a circuit, then repeat 3 times OR perform 3 sets of 8-12 reps of each exercise at each station and only complete one circuit

Curl-ups	Upper Back extensions	Curl-downs	Prone row
Sit-ups	Oblique sit-ups	Rower	Bent leg body twist

2) Bosu Ball (half balance ball, floor mat)

Lay with your back on the Bosu, with lower back low on the Bosu, perform:

- Crunches low on Bosu (8-12 reps)
- Crunches low on Bosu with right leg extended out, then left leg extended out (8-12 reps)

Lay with your back on the Bosu, with lower back high on the Bosu, perform:

- Crunches high on Bosu (8-12 reps)
- Crunches high on Bosu with right leg extended out, then left leg extended out (8-12 reps) Oblique curl-up with back low on Bosu (4 count, 8 single count, 4 count hold)

Lay on your side over Bosu with elbow and forearm on the floor, perform:

- Oblique curl-up lying on your side on Bosu (4 count, 8 single count, 4 count hold) Side-crunch (4 count, 8 single count, 4 count hold)
- Side-crunch with leg lift (4 count, 8 single count, 4 count hold)
- Balance with back on top of Bosu - Bicycle on top (8 count)
- Balance on top on knees, stand up, come back to knees, stand up (repeat 10X)
- Stand on top of ball, lift arm up, put down, move right arm to side then in, repeat on left side
- Stand on top of ball, lift right knee and straighten leg then push out behind you, repeat with left leg - repeat each side 4X

Parachute balance on top of Bosu, arms and legs out at diagonal with knees and elbows bent– hold for 8 count, then straighten arms and legs and hold for 8 count, then relax over Bosu with knees and arms on the floor – repeat 4X

Perform 3 sets of push-ups on the Bosu either on knees or toes: perform 8-12 each set with elbows close to the body; with elbows out from the body; with hands to the side

3) Step (2 risers on one end and 1 riser on the other, floor mat)

- Lay on step lengthwise
- Lay on back, do crunches with back low on step (8-12 reps)
- Lay on back, do crunches with back low on step with leg out, right then left (8-12 reps)
- Lay on back, do crunches with back high on step (8-12 reps)
- Lay on back, do crunches with back high on step with leg out, right then left (8-12 reps)
- Lay on side on the step, do side crunch (4 count, 8 single count, 4 count hold)
- Lay on side on the step, do side crunch with leg lift (4 count, 8 single count, 4 count hold)
- Lay on back on step, do oblique curl-up with back low on step (4 count, 8 single count, 4 count hold)
- Lay on back on step, do oblique curl-up lying on your side on the step (4 count, 8 single count, 4 Count hold)
- Bicycle on top of step (8 count)
- Level step, stand on top of step, lift right knee and straighten leg then push out behind you, repeat with left leg - repeat each side 4X
- Keep step level, do push-ups on the step either on knees or toes – perform 8-12 each set with elbows close to the body; with elbows out from the body; with hands to the side

4) Balance Ball (large blown-up ball)

- Lay on back on the ball, do crunches low on Ball (8-12 reps)
- Lay on back on ball, do crunches high on Ball (8-12 reps)
- Lay on side on ball, do side sit-up (4 slow count – 4X, 8 single count, 4 count hold-4X)
- Lay on side of ball, do side-crunch with leg lift (4 count, 8 single count, 4 count hold)
- Lay on back on ball, do oblique curl-up (4 slow count- 4X, 8 single count, 4 count hold – 4X) – be sure move shoulder toward opposite knee, not just the elbow
- Lay on back on ball - Bicycle on top (8 count)
- Lay on stomach on ball with feet touching the floor – lift head and shoulders up – repeat 8X

- Lay on stomach on ball, roll forward with hands touching floor in front leaning rest position and feet balancing on ball – hold body parallel to floor for 8 count
- Lay on stomach on ball, roll forward with hands touching floor in front leaning rest position and feet balancing on ball – move right leg out to diagonal and back to ball, move left leg out to diagonal and back to ball – repeat 8X
- Lay on stomach on ball, roll forward with hands touching floor in front leaning rest position and feet balancing on ball – pull knees in to chest, then push legs out straight – repeat 8X

5) Resistance Band (elastic band or tubing, floor mat)

- Stand with feet hip-width apart – lift right leg, extend it behind you, lean forward – hold 8 count; repeat with left leg – repeat 4X
- Use band for resistance for the following: Perform 3 sets, 8-12 reps of each exercise Bent over row (elbows close to body)
- Horizontal arm extension
- Bent over traps, pull up with one arm – straight up and cross-over Side bend
- Pull-downs
- Curl down/Curl-up

6) Plank routine

- Push-ups – 8 on wall, 8 on knees, 8 on toes – work up to all on toes Plank – hold position 8 count
- Plank – lift right leg and hold position 8 count, repeat with left leg lifted Move right leg out to side, then back in – repeat 8X
- Move left leg out to the side, then back in – repeat 8X Plank – hold position for 8 count
- Plank – lift right leg and hold position 8 count, repeat with left leg lifted Pull right knee in then push leg out, repeat 8X
- Pull left knee in then push leg out, repeat 8X Plank – hold position for 8 count
- Plank – lift right leg and hold position 8 count, repeat with left leg lifted Move right hand/arm out to the side, then back in – repeat 8X
- Move left hand/arm out to the side, then back in – repeat 8X Plank – hold position for 8 count



P3T POOL PT/WATER AEROBICS EXERCISE SESSIONS

* take pulse or rate of perceived exertion

OPTION 1: low impact workout in the pool w/ upper body strength

COMPONENT	TIME	ACTIVITY	DETAILS
General warm-up	5 minutes	Get into water and swim or kick laps in lanes using vests/boards as needed	Aim for 3-4 laps at least
Centering	2 minutes	Stand neutral position; Mental focus; Deep breathing with hiss/compress	Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
Muscle Strength & Endurance (MSE)	10 minutes	Using pool weights, biceps, triceps, flies, lateral arm raises, and standing rows. (2 nd , 3 rd tri work at slower pace.	1 st tri - 3 sets of 10 reps 2 nd /3 rd tri - 2 sets of 12 reps
Special Exercises	3 minutes	Kegels	2 sets of 12 reps
Cardiovascular	30 minutes	Warm-up with walking or jogging in a circle with arm pushes to front and side*; Aqua jog ladder, 15 second hard, 5 second easy, 30 second hard, 15 sec easy, 60 sec hard, 30 sec easy, 90 sec hard, 45 sec easy, 2 min hard, 1 min easy*. Then reverse back down; Cool down - walking *	5 minutes 20 minutes total If 90 second aqua jog ladder is too intense, use only 30 second ladder and do twice. PG >28 weeks only do once. 4 minutes
Flexibility	3 minutes	Quad/ thigh/hamstring/calf stretches	2X each holding 30 seconds
Relaxation	4 minutes	Deep abdominal breathing - standing	Explain relaxation technique
Centering	2 minutes	Stand in neutral position; Mental focus; Deep breathing with hiss/compress	Reach overhead and inhale, lower arms exhaling with hiss – repeat 3X each.

OPTION 2: full-body strength workout in the pool w/ light cardio

COMPONENT	TIME	ACTIVITY	DETAILS
General warm-up	5 minutes	Get into water and swim or kick laps in lanes using vests/boards as needed	Aim for at least 2-3 laps
Centering	2 minutes	Stand neutral position; Mental focus; Deep breathing with hiss/compress	Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
MSE/Special Exercise	15 minutes	Using pool weights for upper body resistance, do flex/extend motions flies, pull downs, bicep & tricep; squats, leg curls, hip flex/ext, lateral and medial leg lifts). 2 nd and 3 rd tri work at slower pace.*	1 st tri - 3 sets of 10 reps 2 nd /3 rd tri - 2 sets of 12 reps Do kegels first set of 10 for each. Stand next to wall for support.
Cardiovascular	20 minutes	Walk/jog in circle w/arm pushes to front, to the side, overhead, to the back; reverse direction and repeat; Walk/jog across from end to end w/same arms Cool down by walking *	16 minutes 4 minutes
Flexibility	3 minutes	Abdominal/ upper back/arm/ quad/ hamstring/piriformis/ calf stretches	2X each holding 30 seconds
Relaxation	2 minutes	Abdominal breathing - standing	Slow, deep breaths Make any
Centering	2 minutes	Stand neutral position; Mental focus; Deep breathing with hiss/compress	Reach overhead and inhale, lower arms exhaling with hiss – repeat 3X each.

P3T POOL PT/WATER AEROBICS EXERCISE SESSIONS

* take pulse or rate of perceived exertion

OPTION 3: strength workout in the pool w/ cardio direction drill

COMPONENT	TIME	ACTIVITY	DETAILS
General warm-up	5 minutes	Move across the width of the pool doing high knees (as tolerated), butt kicks, front kicks, grapevine, side shuffles, skipping.	Do agility drills to warm up. Repeat each drill twice. Can also do in a circle.
Centering	2 minutes	Stand in neutral position; Mental focus; Deep breathing with hiss/compress	Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
MSE/Special Exercise	15 minutes	Use kickboards underwater for resistance adjusting kickboard accordingly. Perform squats, flies, front arm raises, forward leg lifts, hip extensions, lateral and medial leg lifts, biceps, triceps.*	1 st tri - 3 sets of 10 reps 2 nd /3 rd tri - 2 sets of 12 reps Stand next to wall for support 2 nd , 3 rd tri work at slower pace Do kegels first 10 reps of each
Cardiovascular	20 minutes	Change of Direction Drill: Jog/walk in place (appropriate to trimester) for 2 minutes. On instructor's command pointing in the direction, either shuffle left/right or backpedal/run forward and backward. Soldiers react to the instructors hand direction. Cool down by walking *	16 minutes Start with Soldiers 6-8 feet apart. Incorporate arm movements as if are running. This drill works for balance, coordination, reaction time. 4 minutes
Flexibility	3 minutes	Abdominal/ upper back/arm/ quad/ hamstring/piriformis/calf stretches	2X each holding 30 seconds
Relaxation	2 minutes	Abdominal breathing - standing	Slow, deep breath
Centering	2 minutes	Stand in neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Reach overhead and inhale, lower arms exhaling with hiss – repeat 3X each.

OPTION 4: circuit training using the pool

COMPONENT	TIME	ACTIVITY	DETAILS
General warm-up	5 minutes	Move across the width of the pool doing high knees (as tolerated), butt kicks, front kicks, grapevine, side shuffles, skipping.	Do agility drills to warm up. Repeat each drill twice. Can also do in a circle.
Centering	2 minutes	Stand in neutral position; Mental focus; Deep breathing with hiss/compress	Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X.
MSE/ Flexibility/ Special Exercise Cardiovascular Circuit	45 minutes	Warm-up with a walk or jog* Using pool weights for resistance when appropriate, do these exercises and stretches with a slow jog or fast walk for 2 circles with arms pumping between each exercise- Pelvic tilts standing, abdominal stretch, lateral shoulder raise, bent-over row; shoulder shrugs, upper back stretch, mini-squats, hip rotations, quad stretch, kegels, hip stretch, c- curves, side stretch. Cool down by walking	5 minutes Strength – repeat for each 1 st tri - 3 sets of 12 reps 2 nd tri – 3 sets of 10 reps 3 rd tri - 2 sets of 8 reps PP – 3 sets of 15 reps Flexibility – repeat 3X each holding 20 seconds. 5 minutes
Relaxation	4 minutes	Deep abdominal breathing - standing	Explain relaxation technique. Make any announcements.
Centering	2 minutes	Stand in neutral position; Mental focus; Deep breathing with hiss/compress	Reach overhead and inhale, lower arms exhaling with hiss – repeat 3X each.

P3T POOL PT/WATER AEROBICS EXERCISE SESSIONS

* take pulse or rate of perceived exertion

OPTION 5: low impact workout in the pool w/ lower body strength

COMPONENT	TIME	ACTIVITY	DETAILS
General warm-up	5 minutes	Jog forward in a circle then change direction. Jog backward in a circle then change direction. Shuffle laterally into the center of the circle and then back out.	Begin with Soldiers in a circle. Water should be chest deep. Repeat each direction at least twice.
Centering	2 minutes	Stand in neutral position; Mental focus; Deep breathing with hiss/compress	Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X
MSE	10 minutes	Using side of the pool for balance, do pelvic tilts, mini-squats, leg curls, hip extensions, side leg raises.	1 st tri & PP - 3 sets of 12 reps 2 nd tri – 3 sets of 10 reps 3 rd tri - 2 sets of 8 reps
Special Exercises	3 minutes	Kegels	3 sets of 12 reps
Cardiovascular	30 minutes	Warm-up w/walk/jog in circle w/arm pushes to front and side*; Aqua jog ladder, 15 second hard, 5 second easy, 30 second hard, 15 sec easy, 60 sec hard, 30 sec easy, 90 sec hard, 45 sec easy, 2 min hard, 1 min easy* then reverse down; Cool down by walking *	5 minutes 20 minutes total; If 90 second aqua jog ladder is too intense, use only 30 second ladder and do twice. PG >28 weeks do once. 4 minutes
Flexibility	3 minutes	Quad/hip/hamstring/calf stretches	2X each holding 30 seconds
Relaxation	4 minutes	Deep abdominal breathing - standing	Explain relaxation technique
Centering	2 minutes	Stand neutral position; Mental focus; Deep breathing with hiss/compress	Reach overhead and inhale, lower arms exhale w/ hiss; repeat 3X

OPTION 6: low impact workout in the pool w/ abdominal strength

COMPONENT	TIME	ACTIVITY	DETAILS
General warm-up	5 minutes	Jog forward in a circle then change direction. Jog backward in a circle then change direction. Shuffle laterally into the center of the circle and then back out.	Begin with Soldiers in a circle. Water should be chest deep. Repeat each direction at least twice.
Centering	2 minutes	Stand in neutral position; Mental focus; Deep breathing with hiss/compress	Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X
MSE	10 minutes	Using side of the pool for balance, do pelvic tilts, holding onto the wall with shoulders pull knees in/push out; do diagonals bringing knee to opposite ear.	1 st tri - 3 sets of 12 reps 2 nd tri – 3 sets of 10 reps 3 rd tri - 2 sets of 8 reps PP – 3 sets of 15 reps
Special Exercises	3 minutes	Kegels	3 sets of 12 reps
Cardiovascular	30 minutes	Hold on facing the wall – flutter kick * Move across the width of the pool doing high knees (as tolerated), butt kicks, front kicks, grapevine, side shuffles, skipping*; Holding on with back facing wall – flutter kick; Cool down by walking *	5 minutes 15 minutes 5 minutes 4 minutes
Flexibility	3 minutes	Quad/hip/hamstring/calf stretches	2X each holding 30 seconds
Relaxation	4 minutes	Deep abdominal breathing - standing	Explain relaxation technique
Centering	2 minutes	Stand neutral position; Mental focus; Deep breathing with hiss/compress	Reach overhead and inhale, lower arms exhale w/ hiss – repeat 3X each

P3T POOL PT/WATER AEROBICS EXERCISE SESSIONS

* take pulse or rate of perceived exertion

OPTION 7: aerobics workout in the pool w/ full body strength. ** PP USE UNDERWATER STEP

COMPONENT	TIME	ACTIVITY	DETAILS
General warm-up	5 minutes	Jog forward in a circle then change direction. Jog backward in a circle then change direction. Shuffle laterally into the center of the circle and then back out.	Begin with Soldiers in a circle. Water should be chest deep. Repeat each direction at least twice.
Centering	2 minutes	Stand neutral position; Mental focus; Deep breathing with hiss/compress	Reach arms overhead and inhale, lower arms and exhale with hiss – repeat 3X
MSE	10 minutes	Perform pelvic tilts, mini-squats, leg curls, hip extensions, side leg raises, flies, pull-downs, bent-over rows, lateral raises	1 st tri - 3 sets of 12 reps 2 nd tri – 3 sets of 10 reps 3 rd tri - 2 sets of 8 reps PP - 3 sets of 15 reps
Cardiovascular ** PP - Use underwater steps	30 minutes	Warm-up w/jog in circle w/arm pushes to front and side*; Do aerobics routine with basic R/L, L-step, V-step forward/backward, A-step, over the top, 3-knee repeats, straddles, grapevine w/knee lift/kick/leg curl, mambo, double side-step, step-touch. Cool down by walking *	3 minutes 24 minutes total Add arm motions as desired (bicep curls, triceps extensions, circles, punches, crossovers, arm raises, pull-downs) 3 minutes
Flexibility	5 minutes	Chest, upper back, overhead arm pull, Quad/hip/hamstring/calf stretches	2X each holding 30 seconds
Relaxation	2 minutes	Deep abdominal breathing - standing	Relax body and mind as breathe
Centering	2 minutes	Stand neutral position; Mental focus; Deep breathing with hiss/compress	Reach overhead and inhale, lower arms exhale w/ hiss – repeat 3X each

Water Aerobics Reminders

- Water provides resistance so all movements need to be slower.
- Monitoring of exercise intensity needs to be done by rate of perceived exertion NOT by heart rate.
- Have class get moving immediately once they get into the water and warm-up gradually.
- Be sure participants stand in chest-deep water unless the exercise demands otherwise.
- For upper-body exercises keep arms under the water.
- Be sure everyone has a means of support when needed (side of pool, ladder).
- To provide adequate balance:
 - For side-to-side movement stand with feet shoulder width apart and flat on the floor.
 - For front-to-rear movement, stand with one leg in front of the body and one leg behind.
- Utilize pool equipment (buoys, joggers, paddles, barbells, kick boards) as much as possible to provide variety and resistance, altering exercises if needed.
- Water temperature should be between 80-85 degrees F, and not below 78 degrees F or above 90 degrees F.
- Water aerobics should be a regular part of the P3T schedule, with once a week generally being the best choice.
- Postpartum do not need to participate in water aerobics weekly. However, postpartum groups can benefit as long as they increase the intensity of their workout with faster movements and more resistance with the hand buoys.

Reconditioning Walk-to-Run Progression

Remember that Soldiers progress differently depending upon multiple factors, such as exercise history, current fitness level, amount of weight gained, motivation, and prior injury, etc.

	Warm-up	Walk	Jog/Run	Repetitions	Total Time
Level 1	Walk briskly 5 minutes	5 minutes	1 minute	5 times	38 minutes
Level 2	Walk briskly 5 minutes	4 minutes	2 minutes	5 times	38 minutes
Level 3	Walk briskly 5 minutes	3 minutes	3 minutes	5 times	38 minutes
Level 4	Walk briskly 5 minutes	2 minutes	4 minutes	5 times	38 minutes
Level 5	Walk briskly 5 minutes	1 minute	5 minutes	5 times	38 minutes
Level 6	Walk briskly 5 minutes	1 minute	6 minutes	5 times	43 minutes
Level 7	Walk briskly 5 minutes	1 minute	8 minutes	4 times	44 minutes
Level 8	Walk briskly 5 minutes	Jog/run for 10 continuous minutes, followed by a 1 minute walk. Repeat 3X.		Walk slowly 3 minutes after jog/run.	38 minutes
Level 9	Walk briskly 5 minutes	Jog/run for 13 continuous minutes, with a 1 minute walk between sets. Repeat 2X.		Walk slowly 3 minutes after jog/run.	36 minutes
Level 10	Walk briskly 5 minutes	Jog/run for 15 continuous minutes, with a 1 minute walk between sets. Repeat 2X.		Walk slowly 3 minutes after jog/run.	40 minutes
Level 11	Walk briskly 5 minutes	Jog/run for 20 continuous minutes, followed by a 1 minute walk. Jog/run for 10 continuous minutes.		Walk slowly 3 minutes after jog/run.	40 minutes
Level 12	Walk briskly 5 minutes	Jog/run for 30 continuous minutes, followed by a 2 minute jog.		Walk slowly 3 minutes after jog/run.	40 minutes

- Begin progression at Level 1.
- Perform the activities for each level 3 days per week.
- Spend at least one week at each level. Progress at your own pace.
- GOAL: jog/run for 30 continuous minutes with walk to warm-up and cool down.
- Non-weight bearing or lighter activities (i.e., biking, swimming, elliptical machine, yoga, aerobics/Zumba) may be performed on non-run days.

Ability Group Progression for Improved Run Time

Exercise sessions should include all the components in standardized P3T: centering, muscle strength & endurance (MSE), cardio, flexibility, special postpartum exercises, and relaxation.

The cardiovascular component, whether a run, speed run, aerobics, or exercise on an elliptical trainer, step machine, or bike should be performed at an intensity that raises the participant’s heart rate to the individual’s target heart rate range. Allow a recovery day between run days. Non-run days can spend more time on MSE and special postpartum exercises for sit-up and push-up improvement, using the progression strategy.

Cardiovascular workouts must always be preceded by a warm-up of 5 to 8 minutes. It may consist of 3-5 reps of the calisthenics in the Preparation Drill, a moderately fast walk, or slow aerobics steps with small arm gestures. Cardiovascular workouts must always be followed by a cool-down period of 3 to 5 minutes to allow heart rates to drop to 110 bpm before performing flexibility or other cool-down exercises. It may consist of dynamic stretching exercises (slow purposeful movement from one stretching position to the next, not a static hold or bounce), a moderate to slow walk, or slow aerobics steps with small arm gestures.

SAMPLE CARDIOVASCULAR MONTHLY SCHEDULE

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday or Sunday
1	Run	Aerobics	Speed Run	Elliptical/step/bike	Run	Walk
2	Run	Aerobics	Run	Elliptical/step/bike	Speed Run	Walk
3	Speed Run	Aerobics	Run	Elliptical/step/bike	Run	Walk
4	Run	Aerobics	Speed Run	Elliptical/step/bike	Run	Walk

The following sample run progressions are for postpartum Soldiers that have had normal, healthy pregnancies and uncomplicated deliveries. They are to be used as a guide to help the Soldier meet her chosen goal. The assumption is that the Soldier used the walk-to-run reconditioning strategy during her maternity leave and can walk/jog/run continuously for 30 minutes. Remember, Soldiers progress differently depending upon multiple factors, such as exercise history, current fitness level, amount of weight gained, motivation, and prior injury, etc.

Upon clearance to exercise at 6 weeks, each Soldier should jog/run 1 mile for time. Place Soldiers in the appropriate ability group as specified below. Starting in the appropriate ability group for the run and speed run progressions will prevent injury and discouragement.

Ability Group A – one-mile in 7:15 or faster
 Ability Group C – one mile from 8:46 to 10:15
 Ability Group E – one-mile in 11:45 or more

Ability Group B – one-mile from 7:16 to 8:45
 Ability Group D – one-mile from 10:16 to 11:45

An initial diagnostic APFT should be scheduled and administered as soon as the Soldier returns from her 12-week maternity leave. Then, a follow-up diagnostic APFT should be performed on a monthly basis to track progress. Soldiers may move from one ability group to another to accommodate their own rate of progression.

ONE MILE SPLIT TIMES (1/4 mile)

7:00	1:45	9:00	2:15	11:00	2:45
7:15	1:48	9:15	2:20	11:30	2:52
7:30	1:52	9:30	2:22	12:00	3:00
7:45	1:56	10:00	2:30	12:30	3:07
8:00	2:00	10:15	2:36	13:00	3:15
8:15	2:03	10:30	2:38	13:30	3:22
8:30	2:07				

REQUIRED RUN TIMES BY AGE GROUP

AGE	17-21	17-21	22-26	22-26	27-31	27-31	32-36	32-36	37-41	37-41
GOAL	PASS	MAX	PASS	MAX	PASS	MAX	PASS	MAX	PASS	MAX
TIME	18:54	15:36	19:36	15:36	20:30	15:48	21:42	15:54	22:42	17:00

Spend at least 1 week at each level, running at least 3 times each week.
Walk/jog additional minutes after run time specified to equal total time of 30 minutes.

PP	ABILITY GROUP RUN				
	A	B	C	D	E
Wk 6	15 min @ 7:30	15 min @ 9:00	10 min @ 10:30	10 min @ 12:00	10 min @ 13:30
Wk 7	15 min @ 7:25	15 min @ 8:30	10 min @ 10:15	10 min @ 11:30	10 min @ 13:00
Wk 8	15 min @ 7:20	20 min @ 8:30	12 min @ 10:15	12 min @ 11:30	12 min @ 13:00
Wk 9	15 min @ 7:15	20 min @ 8:30	12 min @ 10:00	12 min @ 11:00	12 min @ 12:30
Wk 10	18 min @ 7:15	20 min @ 8:15	14 min @ 10:00	14 min @ 11:00	14 min @ 12:30
Wk 11	20 min @ 7:15	20 min @ 8:15	14 min @ 9:30	14 min @ 10:30	14 min @ 12:00
Wk 12	20 min @ 7:10	20 min @ 8:00	16 min @ 9:30	16 min @ 10:30	16 min @ 12:00
Wk 13	20 min @ 7:10	20 min @ 8:00	16 min @ 9:15	16 min @ 10:00	16 min @ 11:30
Wk 14	20 min @ 7:05	20 min @ 7:45	18 min @ 9:15	18 min @ 10:00	18 min @ 11:30
Wk 15	20 min @ 7:00	20 min @ 7:45	18 min @ 9:00	18 min @ 9:30	18 min @ 11:00
Wk 16	20 min @ 7:00	20 min @ 7:30	20 min @ 9:00	20 min @ 9:30	20 min @ 11:00
Wk 17	22 min @ 7:00	22 min @ 7:30	20 min @ 8:30	20 min @ 9:15	20 min @ 10:30
Wk 18	22 min @ 7:00	22 min @ 7:30	20 min @ 8:15	20 min @ 9:00	20 min @ 10:00
Wk 19	25 min @ 7:00	25 min @ 7:30	20 min @ 8:00	22 min @ 9:00	20 min @ 9:30
Wk 20	25 min @ 7:00	25 min @ 7:30	22 min @ 8:00	25 min @ 9:00	25 min @ 9:30
Wk 21	28 min @ 7:00	28 min @ 7:30	25 min @ 8:00	25 min @ 8:30	25 min @ 9:00
Wk 22	28 min @ 7:00	28 min @ 7:30	28 min @ 8:00	28 min @ 8:30	28 min @ 9:00
Wk 23	30 min @ 7:00	30 min @ 7:30	30 min @ 8:00	30 min @ 8:30	30 min @ 9:00
Wk 24	PASS RECORD APFT				

SPEED DRILLS

Spend at least 1 week at each level, speed running at least once each week.
 Table states the number of work:rest* repetitions and pace they should be running in seconds.
 * Work = a sprint or fast run and Rest = a slow jog or brisk walk.

Postpartum	ABILITY GROUP				
	A	B	C	D	E
Wk 6	6 @30:60	6 @30:60	4 @30:60	4 @30:60	2 @30:60
Wk 7	6 @30:60	6 @30:60	4 @30:60	4 @30:60	2 @30:60
Wk 8	7 @30:60	7 @30:60	5 @30:60	5 @30:60	3 @30:60
Wk 9	7 @30:60	7 @30:60	5 @30:60	5 @30:60	3 @30:60
Wk 10	8 @30:60	8 @30:60	6 @30:60	6 @30:60	4 @30:60
Wk 11	8 @30:60	8 @30:60	6 @30:60	6 @30:60	4 @30:60
Wk 12	9 @30:60	9 @30:60	7 @30:60	7 @30:60	5 @30:60
Wk 13	9 @30:60	9 @30:60	7 @30:60	7 @30:60	5 @30:60
Wk 14	10 @30:60	10 @30:60	8 @30:60	8 @30:60	6 @30:60
Wk 15	10 @30:60	10 @30:60	8 @30:60	8 @30:60	6 @30:60
Wk 16	6 @60:120	6 @60:120	4 @60:120	4 @60:120	2 @60:120
Wk 17	6 @60:120	6 @60:120	5 @60:120	5 @60:120	3 @60:120
Wk 18	7 @60:120	7 @60:120	5 @60:120	5 @60:120	3 @60:120
Wk 19	7 @60:120	7 @60:120	6 @60:120	6 @60:120	4 @60:120
Wk 20	8 @60:120	8 @60:120	6 @60:120	6 @60:120	4 @60:120
Wk 21	8 @60:120	8 @60:120	7 @60:120	7 @60:120	5 @60:120
Wk 22	9 @60:120	9 @60:120	7 @60:120	7 @60:120	5 @60:120
Wk 23	10 @60:120	10 @60:120	8 @60:120	8 @60:120	6 @60:120
Wk 24	10 @60:120	10 @60:120	8 @60:120	8 @60:120	6 @60:120



Reconditioning Push-up/Sit-up Progression

	Push Up	Sit Up
Level I	NONE	Hiss/compress: 3 sets of 5 reps
Level II	Upper back exercise on hands and knees: 3 sets of 5-10 arm lifts Upper back stretch: 2 times, hold 15 – 30 seconds	Hiss/compress: 3 sets of 10 Head lifts: 3 sets of 5 <i>Check for diastases and splint if present.</i>
Level III	Upper back exercise on stomach: 3 sets of 5-10. Upper back stretch: 3 times, hold 15 – 30 seconds	Hiss/compress: 3 sets of 10 Head lifts: 3 sets of 10 Curl-ups with hands over chest: 3 sets of 5 <i>Splint as needed for diastases.</i>
Level IV	Pushups: 3 sets of 5 on knees. <i>Keep abdomen compressed.</i>	Hiss/compress: 3 sets of 10 Curl ups with hands crossed over chest: 3 sets of 10 IF NO DIASTASES PRESENT Curl-ups with hands behind head: 3 sets of 5 Oblique curl-ups: 3 sets of 3
Level V	Pushups: 3 sets of 5 Do as many regulation pushups as can with remainder on knees.	Hiss/compress: 3 sets of 10 IF NO DIASTASES PRESENT Curl-ups with hands behind head: 3 sets of 10 Oblique curl-ups: 3 sets of 5 Army sit-up: 3 sets of 3
Level VI	Pushups: 3 sets of 10 Do as many regulation pushups as can with remainder on knees.	Hiss/compress: 3 sets of 10 Curl-ups with hands behind head: 3 sets of 10. Oblique curl-ups: 3 sets of 10 Army sit-ups: 3 sets of 5

- This guide DOES NOT replace the At-Home Postpartum Exercise Schedule. It only serves as additional guidance to help Soldiers progress on these specific APFT requirements.
- Begin at Level I no matter when you start.
- Spend at least 5 days at each level; progress at YOUR own pace, but don't skip levels.
- Perform the activities at least every other day (regardless of level).
- Abdominal muscles should be kept compressed and be able to maintain a flat low back for all exercises before progressing to the next level.

Sample Progressions for Improvement

The sample sit-up and push-up progressions are for postpartum Soldiers that have had normal, healthy pregnancies and deliveries. They provide a progression for goals of either to pass or max the APFT within 6 months (AR policy). The assumption is that the Soldier used the above sit-up and push-up reconditioning strategies during her first 6 weeks of maternity leave and can do a minimum of 15 sit-ups and 5 push-ups at 6 weeks. The progressions are to be used as a guide to help the Soldier meet her chosen goal. The 12-week goal is highlighted as this ends the maternity leave. Remember, Soldiers progress differently depending upon multiple factors, such as exercise history, current fitness level, amount of weight gained, motivation, and prior injury, etc.

Sit-up Progression

AGE	17-21	17-21	22-26	22-26	27-31	27-31	32-36	32-36	37-41	37-41
GOAL	PASS	MAX	PASS	MAX	PASS	MAX	PASS	MAX	PASS	MAX
Wk 6	15	15	15	15	15	15	15	15	15	15
Wk 7	17	17	16	18	16	18	16	17	16	17
Wk 8	19	19	18	21	18	21	18	19	18	19
Wk 9	21	22	20	24	20	24	20	22	20	22
Wk 10	23	25	22	27	22	27	22	25	22	25
Wk 11	25	28	24	30	24	30	24	28	24	28
Wk 12	27	31	26	34	26	34	26	31	26	31
Wk 13	29	35	28	38	28	38	28	35	27	35
Wk 14	31	38	30	42	30	42	30	38	28	38
Wk 15	33	44	32	46	32	46	32	44	29	44
Wk 16	35	48	34	48	34	50	34	48	30	48
Wk 17	37	50	36	52	36	54	35	50	31	50
Wk 18	39	54	38	56	38	58	36	54	32	54
Wk 19	41	58	40	60	40	62	37	58	33	58
Wk 20	43	62	42	64	41	66	38	62	34	62
Wk 21	45	66	44	68	42	70	39	66	35	66
Wk 22	47	70	46	72	43	74	40	70	36	70
Wk 23	50	74	48	76	44	78	41	74	37	74
Wk 24	53	78	50	80	45	82	42	76	38	76

Push-up Progression *

AGE	17-21	17-21	22-26	22-26	27-31	27-31	32-36	32-36	37-41	37-41
GOAL	PASS	MAX	PASS	MAX	PASS	MAX	PASS	MAX	PASS	MAX
Wk 6	5/2	5/5	5/2	5/5	5/2	5/5	5/2	5/5	5/2	5/5
Wk 7	5/3	7/3	5/3	7/3	5/3	7/3	5/3	7/3	5/2	7/3
Wk 8	6/2	9/3	6/2	9/2	6/2	9/2	6/2	9/2	5/3	9/3
Wk 9	6/3	11/3	6/3	11/2	6/3	11/2	6/3	11/2	6/2	11/3
Wk 10	7/2	13/3	7/2	13/2	7/2	13/2	7/2	13/2	6/2	13/3
Wk 11	8/2	15/3	7/3	15/2	7/3	15/2	7/3	15/2	6/3	15/3
Wk 12	8/3	17/3	8/2	17/2	8/2	17/2	8/2	17/2	7/2	17/3
Wk 13	9/2	19/3	8/3	19/2	8/3	20/2	8/3	19/2	7/3	19/3
Wk 14	10/1	21/3	9/2	21/2	9/2	23/2	9/2	21/2	8/2	21/3
Wk 15	10/2	23/3	10/2	23/2	10/2	26/2	9/3	23/2	8/3	23/3
Wk 16	11/1	25/3	10/3	25/3	10/3	29/3	10/2	25/3	9/2	25/3
Wk 17	12/2	28/2	11/2	28/3	11/2	31/3	10/3	28/3	9/3	28/2
Wk 18	13/1	30/2	12/2	31/3	12/2	34/3	11/2	31/3	10/2	30/2
Wk 19	14/2	32/2	12/3	34/3	12/3	37/3	12/2	34/3	10/3	32/2
Wk 20	15/1	34/2	13/2	37/3	13/2	43/2	12/3	37/3	11/2	34/2
Wk 21	16/2	36/2	14/2	40/2	14/2	43/2	13/2	40/2	12/2	36/2
Wk 22	17/1	38/2	15/2	42/2	15/2	46/2	14/2	42/2	12/3	38/2
Wk 23	18/2	40/2	16/2	44/2	16/2	49/2	15/2	44/2	13/2	40/2
Wk 24	19	42	17	46	17	50	15	45	13	40

*First number is Army regulation push-up / second number is modified 6-point push-up
 MAX indicates obtaining 100 points for the event. PASS indicates obtaining 60 points for the event.

Exercise Modifications

- The Preparation Drill (PD), Conditioning Drill 1 (CD1), Military Movement Drills (MMD1 and MMD2) and the Recovery Drill (RD) will be modified to follow a safe exercise progression until the service member can perform standard versions as used in unit Physical Readiness Training.
- Each exercise may be modified to accommodate various physical limitations. This allows Soldiers to gradually progress to perform each exercise to standard.
- The walk-to-run program safely progresses Soldiers from bouts of walking to increased bouts of continuous running for 30 consecutive minutes. Each week, the walking time decreases as the running time increase to reach the 30-minute continuous running goal.

Modified Preparation Drill (PD)

- Soldiers are to perform modified version as required by their own personal physical limitations, and gradually progress to perform each exercise to standard.
- Keep PD in order.
- Allow pregnant Soldiers at > 20 weeks gestation to remain on the ground between floor exercises to reduce up and down movement.



Modified Bend and Reach



Starting position



Count one



Count two



Count three



Count four

Modify by only reaching to knees, no further than mid-calf.

Modified Rear Lunge



Starting position



Stretch position 1



Stretch position 2

Modify by reducing step to the rear.

Modified High Jumper #1



Starting



Count one



Count two



Count three



Count four

Modify by keeping feet on the ground and eliminating jump.

Modified High Jumper #2



Starting position



Count one



Count two



Count three



Count four

**Modify by keeping upper body still with hands on hips.
Perform calf raises.**

Modified Rower



Starting position seated



Count one



Count two



Count three



Count four



Count one



Count two



Count three



Count four

**Limit range of movement toward the ground.
Hands may be at sides or splint if abdominal diastasis requires it.**

Modified Squat Bender



Standing Start Position at Attention



Count one



Count two



Count three



Count four

Modify by reducing depth of squat and forward bend so hands do not reach the ground.

Modified Windmill



Starting position



Count one



Count two



Count three



Count four

Modify by reducing twist, only reaching to the knee with opposite hand.

Modified Forward Lunge



Starting position



Count one



Count two



Count three



Count four

**Lunge forward and only bend knees slightly.
When lunge, bend knees only to allow hands to reach mid-calf.**

Modified Prone Row



Starting position



Count one



Count two



Count three



Count four

Raise the arms only and not the chest, squeezing the shoulder blades together.

Modified Bent-Leg Body Twist #1



Starting position



Count one



Count two



Count three



Count four

Keep head on the ground and modify leg twist to keep feet on the ground and drop partially to the floor—to the left side then to the right side.

Modified Bent-Leg Body Twist #2



Starting and hold position

**Keep head on the ground and legs raised
and knees bent at 90 degree.
Do not twist at the trunk.**

Modified Push-up #1



Starting position



Count one



Count two



Count three



Count four

Modify using the 6-point stance push-up variation from the knees with toes on the ground.

Modified Push-up #2



Starting position



Count one



Count two



Count three



Count four

Modify push-up on the wall for after 28 weeks and initial postpartum. Place fingertips just next to wall. Keep heels and elbows close to the body down as lean in toward wall, and turn face to the side.

Hip Stability Drill (HSD)

- The HSD trains the hip and upper thigh areas 3-dimensionally, developing the basic strength and mobility needed for stability to perform functional movements.
- In the early part of postpartum, the HSD is performed immediately after 4C and before engaging in other PRT activities.
- During the later postpartum phase, HSD is performed after preparation and prior to endurance and mobility activities.
- Perform no more than 10 repetitions of exercise 1 through 4 and do not exceed 30 seconds for each exercise position in exercise 5.

Lateral Leg Raise



Starting position



Count one



Count two



Count three



Count four



Starting position



Count one



Count two



Count three



Count four

Modify body position so trunk is on the ground for more stability.

Medial Leg Raise



Starting position



Count one



Count two



Count three



Count four



Count one & Count three



Count two & Count four

Modify body position so leg is in front to reduce stress on hip joint. May also lower trunk onto the ground for more stability.

Bent-Leg Lateral Leg Raise



Starting position



Count one & Count three



Count two & Count four

There is no modification for this exercise.

Single-Leg Tuck



Starting position



Count one



Count two



Count three



Count four

Modify body position so trunk is on the ground for more stability.

Substitute for Single-Leg Over



Hip and Back Stretch Starting position



Stretch position 1



Rest position



Stretch position 2



Hands and Knees
Buttocks Stretch
Starting position



Stretch position 1



Rest position



Stretch position 2

Alternate stretch is either the Hip and Back Stretch or the Hand and Knees Buttocks Stretch.

4 For-the-Core (4C)

- The abdomen, lower spine, and pelvis comprise the trunk (core) of the body.
- These must be stable so the limbs have a fixed base from which to create powerful movements.
- The abdominal and back muscles form a supportive ring around the spine.
- In the early part of postpartum and after the Soldier can do Army sit-ups, 4C are performed daily before engaging in other PRT activities.
- During the later postpartum phase, 4C is performed after preparation and prior to strength and mobility activities.
- Do not exceed 60 seconds for each 4C exercise.

Substitute for Bent-Leg Raise



Curl Down
Starting position



Count one



Count two



Count three



Count four



Curl Up
Starting position



Count one



Count two



Count three



Count four

Alternate exercises are either the Curl-down or Curl-up.

Modified Side Bridge



Modified Side Bridge
Left Side
Starting position



Modified Side Bridge
Left Side
Hold position



Modified Side Bridge
Right Side
Starting position



Modified Side Bridge
Right Side
Hold position

Modified Side Bridge is from the knees. Build up to holding balance position for 60 seconds. Start with 10 second increment holds, increasing to 15, then 20, then 30 second holds. Progress to holding for the full 60 seconds on each side.

Substitute for Back Bridge



Curl Down
Starting position



Count one



Count two



Count three



Count four



Curl Up
Starting position



Count one



Count two



Count three



Count four

Alternate exercises are either the Curl-down or Curl-up.

Quadruplex



Starting position



Hold position



Rest position

Build up to holding balance position for 60 seconds by starting with 10 second increment holds. Increase to 15, then 20, then 30 second holds. Progress to holding for the full 60 seconds on each side. If unstable only lift leg and not the arm.

Standard Plank



Starting position



Hold position



Rest position

Build up to holding balance position for 60 seconds by starting with 10 second increment holds. Increase to 15, then 20, then 30 second holds. Progress to holding for the full 60 seconds.

Modified Plank



Starting position



Hold position



Rest position

**Modified Plank is from the knees.
Build up to holding balance position for 60 seconds by starting
with 10 second increment hold. Increase to 15, then 20, then
30 second holds. Progress to holding for the full 60 seconds.**

Shoulder Stability Drill (SSD)

- The SSD is designed to develop strength and stability of the shoulders.
- This drill consists of five, 4-count exercises performed at a slow cadence for five repetitions each. Only the arm positions change for each exercise. If lying on the stomach is uncomfortable, the alternative exercise may be performed.

I Raise - T Raise - Y Raise - L Raise - W Raise

- The SSD may be performed between preparation, strength, and mobility activities along with 4C and the HSD to better prepare the Soldier in the later postpartum phase for the rigors of conditioning, climbing, push-up and sit-up drills, and the Strength Training Circuit.

Modified Shoulder Stability Drill



Shoulder Retraction Starting position



Count one



Count two



Count three



Count four



Bent-over Row Starting position



Count one



Count two



Count three



Count four

Alternate Shoulder Retraction or Bent-over Row.

Modified Conditioning Drill 1 (CD1)

- During PP, resume CD1 by reducing the intensity of the movement, initially deleting jumping, and ensuring the Soldier limits the speed of movement.
- For the power jump, start with minimal air time and gradually progress to more powerful movements.
- When conducting the V-up and Leg-tuck and Twist, ensure that the Soldier is able to hold legs off the floor and in place before negotiating the twisting movements.
- For the Mountain Climber, this means decreasing the crouch and replacing the quick glide of the legs with stepping movements instead of maintaining the normal tempo.



Starting position



Count one



Count two



Count three



Count four

**Modify by keeping feet on the ground
and reduce depth of the squat to no more than mid-calf.**

Modified V-Up



Starting position



Count one



Count two



Count three



Count four



Count one



Count two



Count three



Count four

**Modify by keeping upper body still.
Legs can be lifted together or alternating.**

Modified Mountain Climber #1



Starting position



Count one



Count two – step back with left leg



Count three



Count four – step back with right leg

Modify by stepping back and forth with alternating legs, rather than gliding quickly.

Modified Mountain Climber #2



Starting position



Count one



Count two



Count three



Count four

Modify by pulling alternating legs into your chest, then extending leg to the back.

Modified Leg-Tuck and Twist



Starting position



Count one



Count two



Count three



Count four

Modify by keeping feet on the ground.

Modified Single-Leg Push-up



Starting position



Count one



Count two



Count three



Count four

Modify using the 6-point stance push-up variation from the knees with toes on the ground.

Recovery Drill (RD)

- The RD is designed to stretch the major muscle groups of the body.
- For the stretches performed on the ground, ensure that Soldiers get to the floor carefully using the hands for support.
- This drill consists of five stretches; each held in position for 20-30 seconds and performed 2-3 repetitions each. If the standard positions are uncomfortable, the modified positions or alternate stretches may be performed.

Getting to the Floor Safely



Use the hands to assist you in getting to the floor.

Modified Overhead Arm Pull



Starting position



Stretch position 1



Change position



Stretch position 2

Modify by reducing lean of the upper body.

Modified Rear Lunge



Starting position



Stretch position 1



Stretch position 2

Modify by reducing step to the rear.

Modified Extend and Flex



Starting position

Stretch position



Starting position

Stretch position



Alternate stretches are the Abdominal Stretch and the C-curve.

Modified Thigh Stretch



Starting position



Stretch position – do both sides

Modify by keeping trunk on the ground for greater stability.

Modified Single-Leg Over



Hip and Back Stretch Starting position



Stretch position 1



Rest position



Stretch position 2



Hands and Knees
Buttocks Stretch
Starting position



Stretch position 1



Rest position



Stretch position 2

Alternate stretch is either the Hip and Back Stretch or the Hand and Knees Buttocks Stretch.

Military Movement Drill1

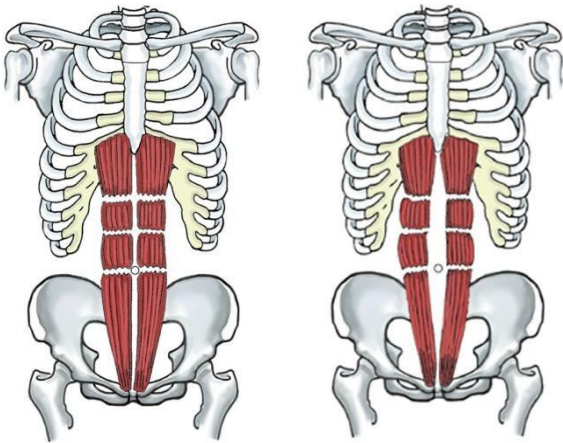
Exercise Modifications

- During PP, resume MMD 1 by reducing the distance from 25 to 15 yards and ensure the Soldier limits the speed and intensity of movement.
- For verticals, start with minimal air time and gradually progress to more powerful movements.
- For laterals this means decreasing the crouch and stepping movements instead of maintaining the normal tempo.
- When conducting the shuttle sprint, ensure that the Soldier is able to negotiate the turns at walking speed before allowing them to run. Resume the shuttle sprint without touching the hand to the ground on turns, and then gradually work toward bending enough to touch the ground.

Individual Weekly Exercise Tracking Log

Month _____ Week _____														
	Centering	Special Exercises	Abdominals	Strength/Endurance	Flexibility	Cardio	Relax/Stress Management	Centering	Special Exercises	Abdominals	Strength/Endurance	Flexibility	Cardio	Relax/Stress Management
	Reps	Sets/Reps	Sets/Reps	Sets/Reps/Wt	Sets/Reps	Intensity/Time/Distance	Time	Reps	Sets/Reps	Sets/Reps	Sets/Reps/Wt	Sets/Reps	Intensity/Time/Distance	Time
Day _____	Planned	Planned	Planned	Planned	Planned	Planned	Planned	Actual	Actual	Actual	Actual	Actual	Actual	Actual
Activity 1														
Activity 2														
Activity 3														
Activity 4														
Day _____	Planned	Planned	Planned	Planned	Planned	Planned	Planned	Actual	Actual	Actual	Actual	Actual	Actual	Actual
Activity 1														
Activity 2														
Activity 3														
Activity 4														
Day _____	Planned	Planned	Planned	Planned	Planned	Planned	Planned	Actual	Actual	Actual	Actual	Actual	Actual	Actual
Activity 1														
Activity 2														
Activity 3														
Activity 4														
Day _____	Planned	Planned	Planned	Planned	Planned	Planned	Planned	Actual	Actual	Actual	Actual	Actual	Actual	Actual
Activity 1														
Activity 2														
Activity 3														
Activity 4														

Diastasis Recti Check Postpartum



It is important for postpartum Soldiers to check for abdominal separation or diastasis

- Do an initial check at the end of the second week of postpartum while home on maternity leave.
- The presence or absence of a diastasis is important because it affects how the Soldier does her abdominal exercises while at home. A separation may have occurred as the abdomen enlarged during pregnancy. This should decrease in size over time after delivery.
- Check the separation once a week. If it does not begin to get smaller in six weeks, the Soldier should inform her health care provider at the 6-week postpartum check.

Checking for Diastasis Postpartum

- Soldier starts lying on her back. Using fingertips, she locates her belly button.
- Then, while doing a curl-up, the Soldier moves her fingers an inch or two above the belly button and feels for an indentation between the rectus muscles on either side of the midline.
- She determines the width of the indentation by feeling how many fingers she can fit into the space.
- She repeats the process an inch or two below the belly button.
- If the space is two fingers or more in either or both locations, she has a separation and must continue to splint her abdomen during head lift and/or curl-up exercises.
- She will continue to do this until the indentation improves to less than two fingers. This improvement should occur by 6 weeks postpartum. If it does not, then she should do only head-lifts and curl-ups until her health care provider authorizes her to progress to Army sit-ups.
- If the separation is less than two fingers and the Soldier can do 3 sets of 10 curl-ups while holding her abdomen flat, she can progress to Army sit-ups.

