New born

Shoulder tap
Focus
- Strengthen upper body muscles.
- Strengthen glutes and quads.
- Strengthen core.
- Toning.
- Bonding with baby.

Tips
- Keep core strong, and don’t rock the hips.

Reps and sets
Aim for 30 seconds.

Difficulty
Beginner – start on knees, focusing on the movement.
Intermediate – increase the speed, and more reps.
Advance – go on your toes instead of knees.

Touch toe – peek a boo
Focus
- Increase fitness levels.
- Strengthen glutes, quads, hamstrings and calves.
- Improve posture.

Tips
- Keep your arms and back straight and bend your knees.
- Land softly on your toes.
- Keep a safe distance from the baby.

Reps and sets
Aim for 15-20 reps x 2-3 sets.

Difficulty
Beginner – 15 reps x 2 sets.
Intermediate – 20 reps x 3 sets.
Advance – 20 reps x 3 sets and increase difficulty by moving forward and backward when jumping.
## Sumo Squat

### Focus
- Strengthens and tones the quads, calves, hamstrings and glutes.

### Tips
- Slightly angle your toes and feet away from the centre of your body.
- Push from your heels and squeeze your glutes.
- Hold the baby in a comfortable position.

### Reps and sets
Aim for between 8-12 reps x 3-4 sets.

### Difficulty
- Beginner – 8 reps x 3 sets.
- Intermediate – 10 reps x 3 sets plus hold each squat for 3 seconds.
- Advance – 12 reps x 3 reps plus hold each squat for 3 seconds.

## Baby face time

### Focus
- Strengthen glutes and quads.
- Build core strength.
- Increase hips flexibility.
- Improves posture and balance.
- Bonding with baby.

### Tips
- Keep your back flat.
- Squeeze your glutes and core muscles when extending your leg.

### Reps and sets
Aim for 30 seconds x 3 sets.

### Difficulty
- Beginner – 30 seconds x 3 sets.
- Intermediate – 30 seconds x 3 sets plus extend your arm at the same time as your leg.
- Advance – 45 seconds x 3 sets plus extend your arm at the same time as your leg.
Seated baby twist

Focus
- Strengthen core muscles.
- Toning your abdominal and obliques.

Tips
- Slower the better – focus on the movement, not speed.
- Hold your baby in a comfortable position.

Reps and sets
Aim for 30 seconds x 2-3 sets.

Difficulty
Beginner – 30 seconds x 3 sets.
Intermediate – 30 seconds x 3 sets plus lean further back.
Advance – 30 seconds x 3 sets plus hold each twist for 5 seconds.
Mum and new born circuit

You can make these exercises into a circuit by following the steps below. Repeat circuit x 3 = 21mins circuit.

Shoulder tap 30 seconds exercise / 30 seconds rest

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Touch toe - peek a boo 30 seconds exercise / 30 seconds rest

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Sumo Squat 30 seconds exercise / 30 seconds rest

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Baby face time 30 seconds exercise / 30 seconds rest

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Seated baby twist 30 seconds exercise / 30 seconds rest

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Followed by a 2min recover period then repeat

Please note – if you find this circuit too easy you can progress by following the intermediate or advance routines above.