New born

Cardio - Rock-A-Bye

Focus
- Increasing blood flow.
- Increase heart rate.
- Building fitness levels.
- Reduce stiffness in joints.
- Weight control.

Tips
- Start slowly, and only progress when you feel up to it.
- Drink plenty of water.
- Hold baby in a comfortable position.

Difficulty
- Beginner – start slow, focusing on the movement.
- Intermediate – increase the speed, and more reps.
- Advance – progress to curtsy lunges.

Sit up crunches – peek a boo

Focus
- Toning of the core muscles.
- Promote good posture by working the lower back and gluteal muscles.

Tips
- If baby can support their own neck position your legs at a 90 degrees angle.
- If babies can’t support their neck, position your legs lower than 90 degrees, or place the baby on the floor beside you.
- Perform the exercise slowly, and exhale on the way up and inhale on the way down.

Reps and sets
10-15 reps 2-3 sets.

Difficulty
Beginner – Aim for 10 reps and 2 sets
Intermediate – 15 reps 3 sets
Advance – lift your feet off the floor and hold with a 90-degree bend at the knee
Side lunges

Focus
- Strengthens and tones the quads, hamstrings and glutes.
- Improves your balance.

Tips
- Try and keep your torso as upright as possible.
- Whichever side you are lunging hold the baby on that side.

Reps and sets
15-20 reps 3-4 sets.

Difficulty
Beginner – 15 sets 3 sets.
Intermediate – 20 reps 4 sets.
Advance – hold the lunge for 5 – 10 seconds per leg.

Press up kisses

Focus
- Build muscle strength.
- Toning of the abdominals and glutes.
- Build muscle strength in the arms and shoulders.

Tips
- Have a strong grip on the floor.
- Make sure your neck and spine are aligned.
- Squeeze your glutes.
- Remember to breathe.
- Pull your tummy muscles up.

Difficulty
Beginner – start on your knees, concentrate on getting the correct push up technique.
Advance – full press ups – bringing your hands closer together, towards the middle.
Focus
- Strengthens the core.
- Strengthens the hips, back and shoulders.
- Improves balance, co-ordination and agility.
- Promotes better posture.

Tips
- Slower the better – your movement.
- Concentrate on the movement rather than speed.
- Exhale on your way up to the crunch and inhale on your way down to starting.

Reps and sets
15 – 20 reps 2-3 sets.

Difficulty
Beginner – 15 reps x 2 sets.
Intermediate – 20 reps x 2 sets.
Advance – hold the crunch for 5-10 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.

Cardio – rock a bye 30 seconds exercise / 30 seconds rest
Sit up crunches peek a boo 30 seconds exercise / 30 seconds rest

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Side lunges 30 seconds exercise / 30 seconds rest

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Press up kisses 30 seconds exercise / 30 seconds rest

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High knees crunch 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.