New born

Floor Triceps Dip
Focus
• Build muscle mass in the triceps, pectorals and shoulders.
• Great for toning.

Tips
• Start sitting on the floor to get the correct position.
• Feet together and raise from the hips.
• Bend from the elbows.
• Position hands next to your bum with fingers spread apart.

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 with leg raised.

Plank Jacks
Focus
• A great cardiovascular exercise.
• Burn calories.
• Strengthen the muscles of both the upper and lower body.

Tips
• Keep your body in one straight line.
• Keep your hips steady.
• Squeeze your abdominals.

Reps and sets
Aim for 30 – 60 seconds.

Difficulty
Beginner – one leg out at a time for 30 seconds.
Intermediate – both legs together for 45 seconds.
Advance – both legs together for 60 seconds.
Plank Twist

Focus
- Strengthen core muscles.
- Toning your abdominal and obliques.
- Strengthen your shoulders, glutes and squads.

Tips
- Slower the better – focus on the movement, not speed.
- Start in a high plank position, twist one arm at a time.
- If you find this exercise to difficult you can go onto your knees.
- Keep abs engaged.

Reps and sets
Aim for 12 – 15 reps, 3-5 sets.

Difficulty
Beginner – Go onto knees and elbows 12 reps x 3sets.
Intermediate – Plank position with knees on the ground, 15 reps x 4 sets.
Advance – Full plank position, 15 reps x 5 sets.

Pulse Sumo Squat

Focus
- Strengthen and tone 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.
- Keep shoulders and back straight.

Reps and sets
Aim for between 10 - 12 reps, 3-4 sets.

Difficulty
Beginner –10 reps x 3 sets.
Intermediate – 10 reps x 3 sets, pulse 5 seconds on each rep.
Advance – 12 reps x 4 sets, pulse 5 seconds on each rep.
Walking Burpees

Focus
- Full body exercise.
- Excellent calorie burner.
- Strengthen your abdominals, triceps, shoulders, and chest.
- Tone the glutes, quads, hamstrings and calves.
- Great for bonding with your baby.

Tips
- Start gradually and increase speed when you're ready.
- Engage your core and squeeze your glutes.

Reps and sets
Aim for 45 – 60 seconds.

Difficulty
Beginner – Walking burpees for 45 seconds.
Intermediate – Walking burpees for 60 seconds.
Advance – Faster burpees for 60 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.

1. **Floor Triceps Dip** 30 seconds exercise / 30 seconds rest
2. **Plank Jacks** 30 seconds exercise / 30 seconds rest
3. **Plank Twist** 30 seconds exercise / 30 seconds rest
4. **Pulse Sumo Squat** 30 seconds exercise / 30 seconds rest
5. **Walking Burpees** 30 seconds exercise / 30 seconds rest

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.