

Hi, I'm Molly Niles Renshaw, and this is my postnatal workout. So it's just, um, a quick flowing workout that you can do while your baby is napping. I know it's hard to fit in those workouts when you have a new baby at home. So hopefully this will have a nice flow and we can get stuff done so you feel like you've accomplished something.

So we're going to start just lying on your back and we're going to try to wake up that powerhouse again. Might have been sleeping for the last nine months. Um, just feel your back spread out on the mat and feel your sacrum, the back of your pelvis, the back of your ribs start to scoop in and up.

You can bring your hands onto your abdomen and pull your stomach away from your hands

and just feel that nice imprint of your spine on the mat. Okay, so now take your magic circle. If you don't have a magic circle, don't worry about it. You can just bring your legs all the way together.

Take an inhale on your exhale, squeeze the circle and pull your stomach in and up. Inhale, release, Exhale as you squeeze, pulling in and up deeply. Inhale to release.

Exhale, squeeze and scoop.

Inhale, release. So we're just going to keep going like this. So you're kind of waking up your powerhouse muscles, your abdominals, your inner thighs, your bum, your back. So all those muscles work.

So after you've had a baby, you're not going to be able to just jump right back into your pre pregnancy routine. You've got to take it easy and rebuild that strength. So your abdominals got really stretched out. So it's going to take some time to rebuild. If you feel like you have, um, a separation in your abdominals here called diastasis recti, you can refer to my workout on that.

I go into more detail about the abdominal separation and some exercises you can do to heal. So just keep going with this

before you start any exercise routine after you had a baby, check with your doctor first. Usually they say wait about six weeks before working out.

Just going to do a couple more of these to get that powerhouse going again. Sometimes you don't feel anything for weeks and weeks. So if you're not feeling your abdominals, don't worry about it. Just keep at it and it will come back to life. I'm 10 weeks in, so I'm starting to feel my abdominals come back.

But if you're just six weeks, you might not feel any.

Okay, now hold the squeeze on this last one. Bring your hands behind your head and curl up. So another way to see if you have the diastasis recti is to if you would have a separation here or if there's a bulge down the middle.

Now bring your arm to one side and just pulse. So now we're activating the obliques. Keep the squeeze of the magic circle. 5, 6, 7, 8, 9, 10. Come back to center. Lower down, you can release the circle.

Exhale, squeeze, and curl up again. Let's go to the other side and pulse. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Come back to center, Lower down, and just put the circle by your side. So I feel something happening in there. Bring your legs up for the hundred.

Curl your upper body up and just start to pump your arms up and down. Inhale, two, three, four, five. Exhale, two, three, 4, 4, 5. Inhale, two, 3, 4, 5. Exhale, 2, 3, 4, 5. You can start to straighten your legs. I'm going to keep them pretty high. Keep your lower back on the mat, stomach scooped in and up.

Just keep thinking scoop in and up, and eventually it'll

feel like you're still squeezing that magic circle.

Last two.

And exhale all the air out. Rock up to sit for the half roll back. Bring your legs about hip distance apart. I'm going to take the circle again. If you don't have it, don't worry about it.

So gently squeeze the circle and then roll back until your arms get straight. Squeeze even more and curl back up. Release at the top. Squeeze and roll down. Squeeze even more as you curl up. So this magic circle just helps you to engage your powerhouse a little bit more.

Makes you feel it a little bit more. Squeeze and curl up. Going to do two more squeeze and roll yourself down. Get to about the base of your shoulder blades. Squeeze and curl up. One more

and up. Uh, okay, so we're going to take into the full roll up. Use a strap. If you don't have a strap, I would just keep doing the half roll back.

Take your arms up to the ceiling. Keep a little bit of a bend in your knees. Keep your ribs down, abdominals in, and take your arms behind you, and lift your arms up to the ceiling. Lift your head and curl up. Oh, my gosh. That is much harder than I remember.

And roll back down

and curl up. So you really need a strap or someone holding your feet. Or you can put your feet under a couch. It's a little humbling doing these things. It's like you're starting over again. So go easy on yourself.

And all the way down Stretch your arms back behind you, and then take your right leg up to the ceiling and give it a little stretch. Arms by your sides, circle the leg across, around, and up. Um, across, around, and up. Um,

four, five. And reverse it. So here you're trying to keep your whole body perfectly still except for the right leg circling. So you have to keep your abdominals pulling in and up. You have to press your arms into the mat.

And then bend the knee in and switch. Extend the left leg up, give it a little stretch.

Arms down and circle across. Around and up. Um, circle around and up.

Stop in the middle. Circle around and stop. Go the other way. Out a little bit. Down, cross over and up. Out, down, cross over and stop. 3, 4, 5. And bend the knee to your chest. Bend both knees in and rock up to sit. Next is rolling like a ball.

So you bring your hands onto your ankles. Pick your feet up. Curl in on yourself. So I'm just going to hold it here because my tailbone is still a little bit bruised from giving birth, so rolling doesn't really feel that good. If you're rolling, I would start with your hands under your thighs, and then you just rock back and come up.

Do five times. I'll try one time. Just go back and up. Uh, yeah, it's not so bad. And then bring your feet down. Roll back. We're going to go into the abdominal series. Take your right knee into your chest. Extend the left leg out long, and then switch. Look into your powerhouse.

Keep trying to sink the abdominals down into the mat. Just keep breathing. Inhale and, uh, exhale. Inhale, Exhale. One more. Set

and rest your head. Double leg stretch. Reach arms and legs out. Circle the arms. Pull it back in. Inhale. Reach out and, um, in. So you can keep your legs pretty high here. Make sure your lower back is on the mat.

Sink your abdominals in as you reach.

Two more. If your neck's getting tired here, you can always rest it.

And rest.

Next. One single straight leg stretch. Right leg goes up, left leg goes out. And then you pull, pull, switch, pull, pull, switch, pull, pull, pull, pull.

Start to go a little faster. If your head's getting tired, you can always take your pillow.

Now, uh, take both legs up to the ceiling. Bring your hands behind your neck. Curl up. Inhale. Lower the legs. Exhale. Lift them back up. Inhale to lower. Exhale to lift. Keep this small. Now, this may be a little bit too much on your lower back, so you can bring your hands under your tailbone and lower your head

through two more. Lower. Exhale. Lift, lower, lift and, uh, rest. Last one of the series, the crisscross. So, tabletop your legs, curl your upper body up and twist. Reach your armpit to your knee. Look back to that back elbow. Lift in the middle and twist

and twist.

Twist.

Just going to do two more here. Twist. Uh, these are hard. Twist. Last one. Twist.

And, um, lower back down. Rock up to sit. Spine stretch forward. So bring your legs apart. Reach your arms out in front of you. Do your kegels here. Lift up and then curl forward.

Come up for air and relax again. Lift up. Curl in on yourself.

Come up for air and relax down. Let's do it one more time. Lift up

and lower. Bend your knees. Extend your right leg out and bend

and do that again. Extend the right leg and the left leg and just hold the balance. Deepen your abdominals.

If you feel ready, you can do the roll back and up. I'm not going to do that yet.

Now start to bring the legs together and then climb down your legs onto your back for corkscrew. Bring your hands under your tailbone. So first. Bring the legs towards your face. Make a circle to the right, all the way around and center. Bring the legs up a little bit towards your face.

Go the other way.

Keep your abdominals pulling in and up.

And let's come right back up to sit for the saw. Bring your legs apart, arms to the sides. Twist in your waist and reach, uh, to your pinky toe. Exhaling, inhale, come up center. Exhale, reach soft. Your pinky toe.

Come up center. Roll down onto your back. And then we're going to flip over, but come up right away onto your forearms. I'm not going to do anything totally flat, because if you're breastfeeding, it really doesn't feel good to be flat down on your stomach. So prop yourself up on your forearms.

Really draw your abdominals in here. And then we're going to kick, kick, extend, kick, kick, extend. Kick, kick, kick, kick, kick, kick. Keep drawing the abdominals in. Kick, kick, kick. Two more sets. Try to keep your legs together here,

and then just push back. Sit on your heels in a child's pose.

Roll up, turn around for neck pull. So again, use your strap. Have your legs hip distance apart. Have a little bit of a bend in your knee, and roll down. If you don't have a strap, just roll up about, uh, this much, and then lower back down again. So you can just do that much even with a strap.

This one's pretty hard for me. So you curl up, dive into your knees, sit up tall, lift, hinge, and then roll back down again. Curl yourself up and dive into your knees.

Let's do two.

And, uh, last time, curl up. Uh, this one needs some work. Lift, hinge, and then roll all the way down. Okay, let's go into sidekicks. Turn onto one side. Prop your head up so your torso should be in a straight line. The legs come a little bit forward. Lift your top leg up to hip level.

Slight turnout, slight rotation. And then kick up, up and back. Kick, kick, and

do a couple more. Front, front, back, front, front, back. And then bring the legs together, kick up to the side. Lengthen long and two

little circles, heel to heel. One, two, three, four, five, six, seven, eight. Take it the other way. One, two, three, four, five, six, seven, eight. Bend the top leg. Bring your foot flat, abdominals in. Lift the bottom inner thigh up. And, um, lower up. Um,

on five. Pulse. One, two, three, four, five. Circle. One, two, three, Four, five. Take it the other way. One, two, three, 4, five. Legs back together. Bicycle. Take the leg to the front. Bend the knee. Unfold to the back. Try to keep Your torso still. Kick, front, bend the knee, unfold all the way to the back.

Get that nice stretch. Start to get your legs working again.

Let's do one more time. Kick, front, bend, unfold all the way to the back. And, um, legs together. Reverse. Back bend, unfold front, back bend.

Last time.

And legs together. We're just going to come up. Switch to the other side and switch this to the other side.

Set yourself up. Have your torso all in one straight line. Legs a little bit in front of you. Top leg lifts and front, front long to the back. Kick, kick, stretch back. So the hard part's to keep your body still, your torso still. As the leg moves,

it's easy to let the shoulder go back and forth. Try to keep this part really still.

Two more. Front, front, back, front, front, back. Legs together and kick up to the side. Lengthen long, 2, 3,

and little circles. Go. 1, 2, 3, 4, 5. Squeeze your bum. 6, 7, 8. Take the other way. 1, 2, 3,4, 6, 7, 8. Bend the top leg. Lift your bottom, inner thigh up and lower up.

Hold it up on five. And then pulse. Keep deepening your powerhouse. 3, 2, 4, 5. Circle. 1, 2, 3, 4, 5. Other way.

Bring the legs back together for bicycle. Front bend the knee. Keep your body still as you extend to the back. Front bend, unfold to the back.

Finish this one off. Bring the legs together. Reverse it. Back bend, unfold, front, back bend,

last one.

And, um, legs together. So we're going to turn onto the back again. We're going to do a really modified teaser. So this is kind of a cheat teaser. Bend your knees to your chest. And you're just going to rock up. Hold on underneath. Now extend the legs out.

Try to reach to your toes. Balance. Hold it. Scoop in and up like

crazy. And then roll down for 3, 2, 1. Bend your knees to your chest. So do that again. Just rock up, extend, reach to your toes. Hold, roll down for 3, 2, 1. And bend the knees in one more time just to feel like you're doing a teaser.

Extend.

Hold it. Now your abdominals are pulling you down.

Okay, now we're going to attempt the one leg teaser. See how it goes? So your legs are all the way together. Extend the right leg forward, arms back. Start to roll yourself up. So hold onto your thighs and kind of pull yourself up. And, uh, then reach, roll down.

You can hold on again.

Again. Uh, curl yourself up. Give yourself a little help if you need it.

And, uh, roll back down. Let's do it one more time on this side. Curl up

this time. Extend Both legs out. Just balance. Bend the right knee. Roll back down.

Curl your,

uh. Again.

One more.

Extend both legs out. Balance and roll down for 3, 2, 1.

That was harder than I thought it would be.

Push yourself up. Last one, the seal. Bring your hands through the middle. Hold on to the outside. Lift your feet up, and then you clap, clap, clap. So I'm just going to do this one time. Go back. Clap, clap, clap. And up. So I'm just going to hold it the rest of the time.

And you go back. Clap, clap, clap. And up. Clap, clap, clap. Back up. You can just hold it like I'm doing, but feel free to roll if it feels good to you. Back up. On the last one, you can use a little momentum to come up to stand or just cross your legs and stand up.

Turn around, lift your arms up, curl forward and stretch.

Climb out to a plank. Lower down to your knees. Bend your elbows right into your ribs and press up. And two, press up. Just a mini push up. Three. Go back to your plank and walk back.

Soften your knees as you roll up. Let's do it again. Lift up, curl forward. Climb out for 1, 2, 3, 4. Lower down to your knees and push up. 1, 2, 3. Come back to your plank and walk back.

Soften your knees as you roll yourself up. Let's do it one last time.

Climb out. 1, 2, 3, 4. Bend and push up. 1, press, 2. Press 3. Come back to your plank. Stomach tight. Climb back.

Soften your knees. Roll yourself up.

Great.