

# CORE-FRIENDLY EXERCISE OPTIONS FOR MAMAS

Before trying PUSH-UPS, try:



## WALL OR INCLINE PUSH-UPS

Decrease the pressure on your abdominal muscles by elevating your upper body/pushing muscles higher than your legs in the pushup position.

Before trying PLANK or CHATURANGA, try:



## SIDE PLANK

Start by keeping your knees and elbow on the ground and exhale as you lift your bottom hip off the floor. Progress to hand and floor on the ground over time.

Before trying BACK BENDS, try:



## SUPERMAN

Wake up the muscles on your back side and stretch your chest at the same time. Lay on your stomach with arms out front and lift opposite arm and leg off the floor. Keep your pelvis still as your limbs move.

Before trying KETTLEBELL SWINGS, try:



## ROMANIAN DEADLIFTS

Control your pace and decrease risk of injury while you practice hip hinging with weight hanging in arms or held in arms crossed on your chest.

Before trying BURPEES OR JUMP SQUATS, try:



## HALF-KNEELING GET UP

Train your body to move well in this real-life movement, and practice integrating your breath and core engagement as you drive up off the floor to standing; add weight/resistance as you progress.

 Core After Kids

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Before trying **RUNNING**, try:



## HIKING OR INCLINE WALKING

Get your heart rate up while minimizing the pressure on your pelvic floor. Push off your back foot and add a slight lean forward for more glute work.

Before trying **INVERSIONS** or **HANDSTANDS**, try:



## DOWNWARD DOG

Strengthen your shoulders in this upside-down V by pressing into the ground with your hands, cycling knees or add an opposite hand to knee tap.

Before trying **BARBELL SQUATS**, try:



## AIR OR DUMBBELL SQUATS

Practice engaging your core + staying aligned in a bodyweight air squat, adding one dumbbell or weight, then two dumbbells over time as you progress.

Before trying **SIT-UPS** or **CRUNCHES**, try:



## PALLOF PRESS

This is a sure way to fire up your deep abdominal muscles. Attach a resistance band to a staircase and reach arms in front of you as you engage your core and turn away from the stairs.

Before trying **JUMPING** OR **SKIPPING**, try:



## LOWER-IMPACT CARDIO

Get heart-thumping cardio without pounding on sensitive tissues and joints. Try low-impact jumping jack tap-outs, side shuffles, air squats, stairs and kicks/punches in short, challenging intervals.