



ACTIVE PARRAMATTA VAN

Better Ageing **Mums N Bubs** Program Card

This exercise routine will compliment your current involvement in the Active Parramatta Van's Mums N Bubs Program.



Bringing a child into the world is a beautiful event. While much of a mother's life is dedicated to taking care of their child, it is important to make your health a priority and re-condition yourself postpartum.

Pregnancy and childbirth places additional stress on the body and depending on the delivery, potentially leaving your body in a weaker state. Therefore, this hand out will include a series of strengthening and stretching exercises ideal for kick-starting your return back to better health targeting; your pelvic floor, core muscles, back, legs and upper body.

The Active Parramatta Team hopes you enjoy this program.



Pelvic Floor Activation

The pelvic floor muscles are a band of muscles that support your bladder, uterus and bowel.

To help target these muscles, position yourself sitting upright either on the floor or in a chair.

Then, imagine you are squeezing these muscles to hold in your urine.

Once you feel these deep muscles tense, hold for 5 seconds, then relax.

Repeat this 5 times.



Over time, your strength and endurance in these muscles will build, allowing you to hold the contraction for a longer duration. You can then progress to 8 seconds then 10 second holds.

Core Strength

The core is the group of trunk and hip muscles that surround the spine, abdominal and hip, essential for stabilising and supporting movement. During pregnancy, these muscles can stretch and weaken, unable to work as efficiently as they did before and possibly resulting in pain and discomfort.

Follow these phases of core strength training and only move onto the next exercise if you are able to perform the one prior with ease.



Phase 1: Tense and relax

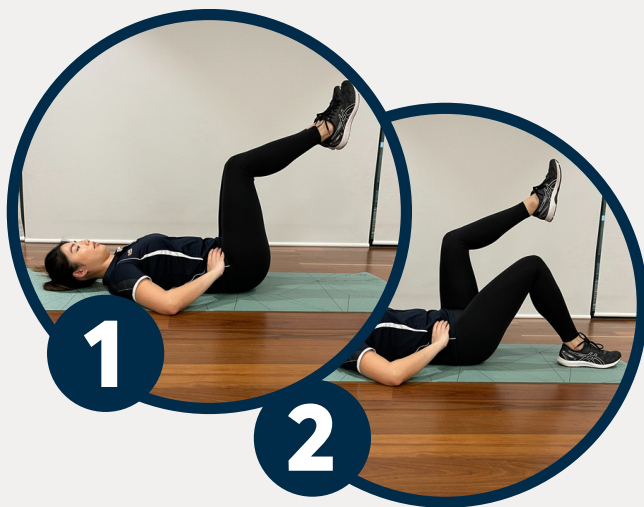
- Lying on your back with knees bent place fingers on the inside of your hip bones. (1)
- Pull your belly button in towards the ground and hold to activate your core. You will feel the muscles tense under your fingers. (2)
- Hold this for 5-8 seconds, then relax.
- Repeat this 3-5 times.



Core Strength

Phase 2: Leg lifts

- Repeat the same activation as phase 1. (1)
- Lift one foot off the ground, bringing bent knee towards your chest. (2)
- Then slowly lower back down and switch to the other leg.
- Repeat this 5-10 times, each leg.



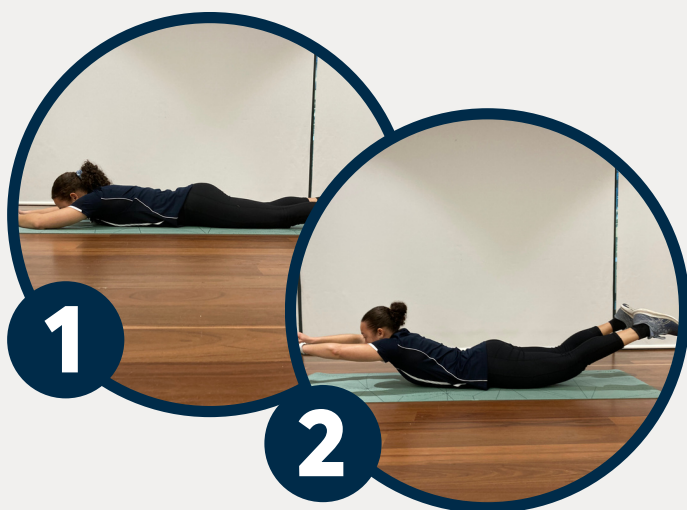
Phase 3: Heel lowers

- Repeat the same activation as phase 1.
- Lift both feet off the ground, keeping legs bent. (1)
- Lower one leg down to the ground, then lift back up. Alternate legs. (2)
- Repeat this 5-10 times, each leg.



Phase 4: Straight leg heel lowers

- Same as phase 3 but perform with legs straight.
- Repeat 5-10 times, each leg.



Phase 5: Superman

- Start lying flat on your stomach. (1)
- Simultaneously lift your arms and legs off the ground, squeezing your glutes and extending your lower back. (2) Then lower back down to the start (1).
- Repeat 5-10 times.



Glute Strength



Phase 1: Double Leg Glute Bridge

- Lie on your back with knees bent. (1)
- Squeeze glutes together and tilt pelvis forward.
- Push your hips up, lifting your glutes and lower back off the ground, pause at the top. (2)
- Slowly return to starting position.
- Repeat this 10 times then rest.

Phase 2: Single Leg Glute Bridge

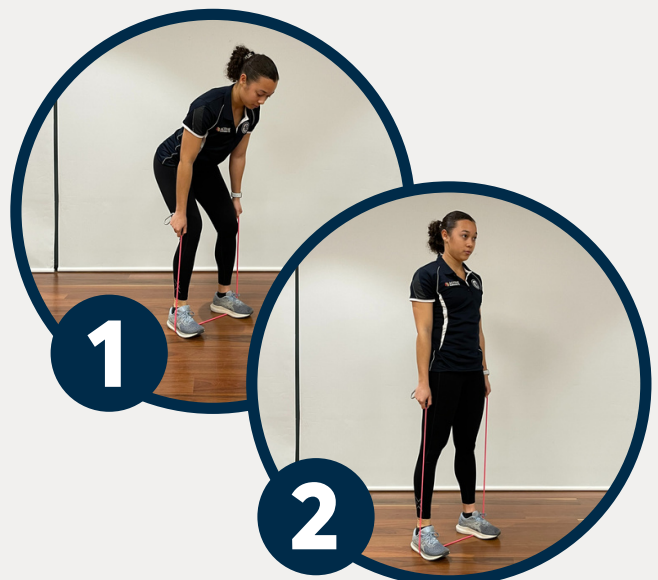
- Same starting position as phase 1. (1)
- Squeeze glutes together, then push hips up only keeping one foot on the ground. (2)
- Repeat 5 times each leg.



Leg Strength: Deadlifts

Equipment needed: Resistance band or weighted bag.

- Standing up tall, anchor resistance band under feet and hold either side of the band in each hand.
- Slightly bend the knees and hinge your hip back bring your chest down towards the ground. (1)
- Keep back and arms straight.
- Push hips forward and stand up straight. (2)
- Repeat 8-10 times.



Upper Body Strength

Front Plank

Elbows:

- On elbows, keep body in a straight line.
- Suck in belly button to engage core
- Hold position for 10-30 seconds.



You can move on when able to hold for 30secs on elbows.

Hands:

- Place hands shoulder width apart, arms extended. Keep body in a straight line.
- Hold position for 10-30 seconds.



This variation requires more upper body and forearm strength.

Push ups

Knees:

- Rest knees on the ground with feet elevated. Place hands shoulder width apart, arms extended. (1)
- Bend elbows and lower chest towards the ground. Then push body back up to starting position. (2)
- Repeat 5-10 times.



When you are able to confidently complete 10 knee push ups, you can move on to feet push ups.



Feet:

- Start in a hand plank position. (1)
- Bend elbows and lower chest towards the ground. Then push body back up to starting position. (2)
- Repeat 5-10 times.

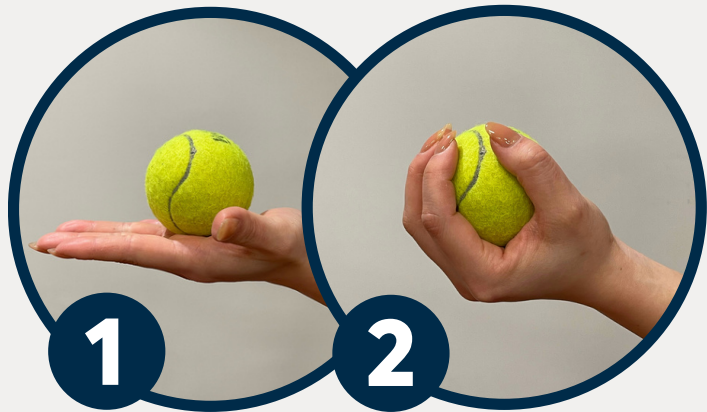


Grip Strength

These exercises will help with forearm, wrist, hands and finger strength.

Squeezing a ball in your hand:

- Using a tennis ball or stress ball. (1)
- Squeeze hand shut around ball as tight as your can, hold for 5 seconds then relax. (2)
- Repeat 3-4 times on each hand.



Farmer's Walk:

- Holding weighted shopping bags in each hand with arms extended.
- Walk around for 10-30 seconds, then rest.
- Repeat 3-4 times.
- Progression: make bags heavier over time.

Stretching

Lower back twist



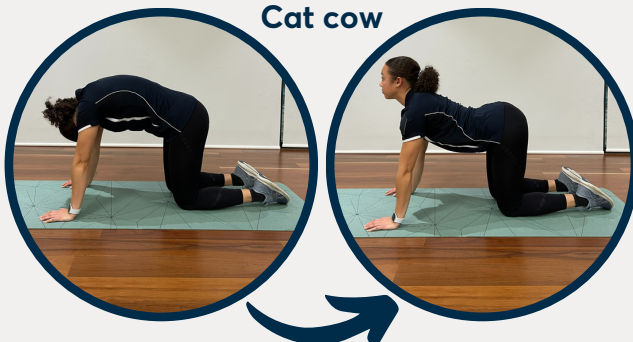
Pull knee to chest



Hip stretch kneeling lunge



Cat cow



Stretching

Child's pose



Glute and hip stretch



Forward bend



Neck circle rotation
(clockwise and anti-clockwise)



Forearm/wrist/finger stretch



1. Fingers pointing up and pull back



2. Fingers pointing down and push back



3. Fingers pointing up and pulling individual finger back one at a time



4. Rotate wrists around in circle

Neck tilt
(left and right)



Neck rotation
(left and right)

