

# POST PARTUM PROGRAM

AEXEL PROGRAMMING

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**8 WEEK PROGRAM-3 DAYS A WEEK**

strength-conditioning

# DAY 1

# WEEK 1

## WARM UP

3x  
20 donkey kicks (10L-10R)  
10m low bear crawl  
5 frog pumps

## STRENGTH

lying kegel squeezes: 5x5, 30 sec  
rest

wall sit: 5x25 sec (squeeze the  
pelvic floor muscles, same as with  
the exercise before)

Glute bridge: 4x10 reps, tempo 3112  
(again, squeeze the pelvic floor  
muscles with every rep)

## KEGEL EXERCISE

As you have probably been told, kegel exercises are great for increasing strength in the pelvic floor muscles. The key takeaway in performing kegel exercises is that you try to squeeze the same muscles that you would squeeze to hold you from urinating. Without using any other muscles, like the glutes. Try to do this multiple times a day apart from training with this program. If you are unaware of which muscles need to be activated try to urinate and halfway stop for a second.

## BREATHING

Box breathing: set the timer on 4 minutes. Then, breath in for 4 seconds, hold it for 4, exhale for 4 and hold it again for 4. Repeat this 4 minutes straight. Try to think of nothing, try to breath through the nose into the belly.

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# DAY 2

# WEEK 1

## WARM UP

300m walk (try to keep a fast pace)  
20 deadlifts  
bent over row 3x8

## CONDITIONING

interval

14x30 sec on 30 sec off  
1: row  
2: walk

## STRETCH

pry squat  
4x20 sec hold

## CONDITIONING NOTES

The focus of the conditioning session should be to keep power output the same. Try to remain beneath threshold, don't mentally force yourself. Take it easy, these intervals should be a nice sweat, not a kill.

The pry squat should be an easy stretch for the adductors.

## WALK

try to walk today with nothing on your mind, just 10 minutes 'unplugged'.  
Focus on proper breathing mechanics, nose-to-belly, slow and deep.

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# DAY 3

# WEEK 1

## WARM UP

3x  
10 wall angels  
10 reverse fly's

## STRENGTH

Ring row 4x10 reps, tempo 2001

z-press 4x10 reps, tempo 2002

plank hold 5x25 sec, (squeeze pelvic floor muscles)

## FOAMROLL

thoracic spine 2 min (1 min L-1 minR)  
hamstring 2 min (1 min L-1 minR)  
calfs 2 min (1 min L-1 min R)

try to take it easy, if you don't have a foamroller you could potentially use a bottle or something.

## ADDITIONAL CONDITIONING

bike for 20 minutes straight  
outside or inside, your choice.  
Try to maintain one consistent pace  
without muscular fatigue. The goal is  
to train the cardiovascular/respiratory  
systems

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# DAY 1

# WEEK 2

## WARM UP

3x  
10 plank shoulder taps  
20 lunges (10L-10R)

## STRENGTH

lying kegel squeezes: 5x8, 30 sec  
rest

squat hold: 5x15 sec (squeeze the  
pelvic floor muscles, same as with  
the exercise before)

Hip thrust: 4x10 reps, tempo 3112  
(again, squeeze the pelvic floor  
muscles with every rep)

## BREATHING

Box breathing: set the timer on 5  
minutes. Then, breath in for 5 seconds,  
hold it for 5, exhale for 5 and hold it  
again for 5. Try to think of nothing,  
breath through the nose into the belly.

## MOBILITY

3x  
14 seated stick thoracic rotations (7L-  
7R)  
1 min banded hamstring stretch (30L-  
30R)

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# DAY 2

# WEEK 2

## WARM UP

300m walk

bent over row 3x8  
front leaning rest 3x20 sec

## CONDITIONING

interval

14x45 sec on 30 sec off  
1: baby burpees on box  
2: row

## STRETCH

spiderman stretch 2x30 secL 30 secR  
box shoulder stretch 2x30 secL 30 secR

## FOAMROLL

lattissimus dorsi 2 min (1 minL-1 minR)  
quadriceps 2 min (1 minL-1 minR)

## ADDITIONAL CONDITIONING

walk for 20 minutes straight  
outside or inside, your choice.  
Try to maintain one consistent pace

every 2 minutes perform:  
6 reverse lunges and 6 push ups on  
object

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# DAY 3

# WEEK 2

## WARM UP

3x  
10 wall angels  
10 bent over rows  
7 box push ups

## STRENGTH

Ring row 4x12 reps, tempo 2001

z-press 3x12 reps, tempo 2002

plank hip taps 5x25 sec. (squeeze pelvic floor muscles)

## WALK

walk for 15 min today, unplugged. no phone and no stuff on your mind.

## SESSION NOTES

during the plank hip taps, make sure that the hips don't move too much.  
with the Z-press make sure to pull the weight backwards overhead and with the ring row make sure to pull with the back muscles,

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# DAY 1

# WEEK 3

## WARM UP

3x  
10 reverse lunges  
15 frog pumps  
50m walk (focus on squeezing the glutes while walking)

## STRENGTH

squat (weighted if you can) to 90 degrees  
5x5 reps, tempo 3624

Hip thrust (weighted if you can)  
3x12 reps, tempo 3112

single leg romanian deadlift  
(without weight)  
3x7L 3x7R, tempo 2222

## BREATHING

set the timer on 5 min, then breath with a ratio of 1-2-3-2. So that could be: 3 seconds in, 6 seconds hold, 9 seconds exhale and 3 seconds hold over there. You are free to increase this number

## SESSION NOTES

During the warm up, try to already incorporate the pelvic floor muscle into the movements. Make sure the knees are in line with the toes during the reverse lunges. Same with the squat, push through the entire feet, not om the front or back. As with the warm up, make sure to focus on squeezing the pelvic floor muscles. The single leg romanian deadlift should have a slight bent at the knee and the non working leg should be in line with the upperbody.

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# DAY 2

# WEEK 3

## WARM UP

4x  
7 ring rows  
7 kettlebell deadlifts  
7 sumo squats

## CONDITIONING

3x  
5 min on 2 min off  
10 cal ski  
10 medball ground to overhead  
12 cossack squats

## STRETCH

spiderman stretch 3x30 secL 30 secR  
banded lat stretch 2x30 secL 2x30 secR

## FOAMROLL

lattissimus dorsi 2 min (1 minL-1 minR)  
quadriceps 2 min (1 minL-1 minR)

## ADDITIONAL CONDITIONING

walk for 20 minutes straight  
outside or inside, your choice.  
Try to maintain one consistent pace

every 1:30 minutes perform:  
4 air squats  
4 shoulder taps

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# DAY 3

# WEEK 3

## WARM UP

2x  
10 bent over rows  
10 strict presses  
7 bicep curls with barbell  
7 skull crushers  
30 sec plank hold

## STRENGTH

single arm ring row 4x8L 4x8R,  
tempo 3012

z-press 4x10 reps, tempo 2002  
(heavier weight)

deadbug 5x30 sec on 30 sec off

## WALK

walk or bike for 15 min today,  
unplugged. no phone and no stuff on  
your mind.

## SESSION NOTES

during the single arm ring row, make  
sure your wrist is straight and you pull  
with the elbow pointing in the  
opposite direction in which you are  
going to. During the z-press, make  
sure your upperbody is as vertical as  
possible and you pull the weight  
back when reaching overhead.  
During the deadbug exercise, you  
want to have the entire back on the  
ground the entire time. Try to  
incorporate the kegel exercises with  
the deadbug.

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# DAY 1

# WEEK 4

## WARM UP

3x  
20 sec wall sit  
15 cal row  
10 hip bridges

## STRENGTH

squat (weighted if you can) to 90 degrees  
4x7 reps, tempo 3624

single leg hip thrust (weighted if you can)  
4x10L 4x10R

reverse plank hold  
5x30 sec on 45 sec off

## BREATHING

set the timer on 7 min, then breath with a ratio of 1-2-3-2. So that could be: 3 seconds in, 6 seconds hold, 9 seconds exhale and 3 seconds hold over there. You are free to increase this number

## SESSION NOTES

Don't forget to squeeze the pelvic floor muscles. During the wall sit, make sure to apply pressure through the entire foot. With the hip bridges, try to feel the glutes working. If you don't feel them, try to play with foot positioning to feel them more. Squat is the same as last week, if you used weight last time then try to use the same this time. With the single leg hip thrust, make sure to extend the hip as much as possible, if you use weight, use a dumbbell on the hip where the foot is on the ground. When doing the reverse plank, make sure the hip is extended and the knees to.

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# DAY 2

# WEEK 4

## WARM UP

3x  
20 weightless bulgarian deadlifts  
20 plank shoulder taps

## CONDITIONING

4x  
5 min on 1:40 min off  
20 single arm dumbbell hang  
snatch  
15 cal bike  
10 walk outs

## STRETCH

deep squat hold 4x30 sec  
pvc pass throughs 4x30 sec on 30 sec off

## FOAMROLL

lattissimus dorsi 2 min (1 minL-1 minR)  
quadriceps 2 min (1 minL-1 minR)

## ADDITIONAL CONDITIONING

Bike for 30 min straight, try to  
maintain a challenging pace.

## SESSION NOTES

Make sure with the bulgarian  
deadlifts that you don't move from  
the spine but from the hips.  
The dumbbell snatch should look  
similar to a kettlebell swing.  
With the deep squat hold, you should  
feel a slight stretch in the lower body.

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# DAY 3

# WEEK 4

## WARM UP

3x  
10 high hang cleans  
10 frog pumps  
10 (easy) push ups

## STRENGTH

Bent over barbell row 4x8 reps,  
tempo 2002

Glute bridge floor press (dumbbell)  
4x12 reps, tempo 2101

deadbug 4x40 sec on 40 sec off

## WALK

walk or bike for 15 min today,  
unplugged. no phone and no stuff on  
your mind.

## SESSION NOTES

The easy push ups can be performed on the knees, on a box or whatever you want. Make sure with the bent over rows that the elbows are in line with the wrists. Feel the back muscles working. During the Glute bridge floor press, make sure to raise the hips as high as possible and keep them on the same position throughout the 12 reps. During the deadbug, don't forget to keep the lower back on the ground.

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# DAY 1

# WEEK 5

## WARM UP

3x  
10 cal row  
10 hip bridges

## STRENGTH

Back squat  
4x8 tempo 3101  
2 min rust

3x4 tempo 3101  
2:30 min rust

Deadlift  
4x8 tempo 3001  
2 min rust

glute bridge march  
4x1 min on 1 min off (weighted if possible)

## BREATHING

set the timer on 4 minutes, do box breathing while moving through upward and downward dog. moving to upward dog is inhaling, holding breath there, moving to downward dog is exhaling and hold your breath there again.

## SESSION NOTES

The first sets of back squats are at a lighter weight than the second ones. So ones you are at the 3x4 you should increase weights a little bit. If you doubt about deadlift form, record yourself. The most important thing about deadlifts is that the spine stays unmoved and you increase hip flexion by using the hips. During the glute bridge march, make sure to feel the glutes working and keep "yo ass up".

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# DAY 2

# WEEK 5

## WARM UP

3x  
10 air squats  
10 baby burpees on box  
10 deadlifts

## CONDITIONING

10 rounds for times

10 cal row  
10 cal bike  
10 cal ski  
2 min rest

## STRETCH

childs pose 3x30 sec  
pigeon pose 3x30 secL 30 secR

## FOAMROLL

glute medius 2 min (1 minL-1 minR)  
quadriceps 2 min (1 minL-1 minR)

## ADDITIONAL CONDITIONING

Bike for 30 min straight, try to maintain a challenging pace.

## SESSION NOTES

Try to make the split times of the conditioning piece as equal as possible. So:

1-2:03  
2-2:02  
3-2:03  
4-2:04  
etc.

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# DAY 3

# WEEK 5

## WARM UP

12x20 sec on 10 sec off  
1-medball hang power cleans  
2-mb floor press (throw)

## STRENGTH

upright row  
4x10 reps

single leg glute bridge floor press  
5x12 reps, tempo 2101

lower the boat  
4x8 reps

## WALK

walk or bike for 15 min today,  
unplugged. no phone and no stuff on  
your mind.

## SESSION NOTES

When you perform the upright row  
make sure to have a clean grip, so  
hands wider than shoulder width.  
When doing the single leg glute  
bridge with floor press, switch legs  
when you have done 6 repetitions.  
During the "lower the boat" exercise  
you want to make sure that your  
lower back stays on the ground.

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# DAY 1

# WEEK 6

## WARM UP

3x  
7 air squats  
10 hip bridges  
15 pvc romanian deadlifts

## STRENGTH

Front squat  
3x5 reps  
3x9 reps  
tempo 3201  
2 min rust

Romanian deadlift  
3x10 reps tempo 2201  
2 min rust

glute bridge march  
4x1:10 min on 1 min off (weighted if possible)

## BREATHING

set the timer on 6 minutes, do box breathing while moving through upward and downward dog. moving to upward dog is inhaling, holding breath there, moving to downward dog is exhaling and hold your breath there again. Try to increase the time that you: inhale- hold-exhale-hold.

## SESSION NOTES

If you feel any discomfort during the front squat, make sure to switch back to back squats or to zombie squats. The focus during the front squats is to try and stay as vertical as possible with the upperbody. Also the tempo allows for focus on the pelvic floor muscles. Try to implement this into the romanian deadlifts and glute bridge march as well. The romanian deadlift can be a tricky one, the length potential of the hamstrings dictate the range of motion. If the spine moves you are either going too far or coordination is lacking. Generally, just below the knees is fine with ROM.

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# DAY 2

# WEEK 6

## WARM UP

2x  
20 cal bike  
14 medball ground to overhead

## CONDITIONING

7 rounds for times  
  
10 cal row  
10m bear crawl  
15 kettlebell swings  
2 min rest

## MOBILITY

3x  
10 pass throughs  
10 90/90 hip rotations

## FOAMROLL

latissimus dorsi 1 min L 1 min R  
vastus lateralis 1 min L 1 min R  
T-spine 2 min  
calves 1 min L 1 min R

## SESSION NOTES

Just like last week, focus on maintaining equal split times throughout the 7 sets. The kettlebell swings can be done either russian or american, whatever you prefer. Make sure that the elbows stay extended and the 90/90's are done sloooooowly

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# DAY 3

# WEEK 6

## WARM UP

12x20 sec on 10 sec off

1-hang cleans

2-knee push ups

3-deadbug

## STRENGTH

weighted ring row

4x8 reps

Strict press

5x8 reps, tempo 2101

shoulder taps

4x20 reps

## WALK

walk or bike for 15 min today, unplugged. no phone and no stuff on your mind.

## SESSION NOTES

The warm up should feel very light, if muscles start to fatigue then make sure to scale properly. Weighted ring row can be done with a weight vest, if you don't have this then get the rings lower to the ground to make it more difficult. Make sure that there is 0 lower body movement during the strict press and make sure that the hips don't move during the shoulder taps.

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# DAY 1

# WEEK 7

## WARM UP

20 air squats  
20 pvc goodmornings  
20 hip brigdes  
20 reverse lunges  
20 plank shoulder taps

## STRENGTH

back squat  
4x3 reps  
3x7 reps  
tempo 3201  
2 min rust

Goodmorning  
3x10 reps tempo 2201  
2 min rust

hip thrust hold  
4x1 min on 1 min off

## BREATHING

set the timer on 4 minutes, do box breathing, but now as slow as possible. So try to breath like: 7-7-7-7. Trough the nose into the belly.

## SESSION NOTES

Go easy on the warm up, don't forget to squeeze the pelvic floor muscles while moving through the exercises. Try to go heavy but don't go to the limit. When you perform the goodmorning, make sure to keep the spine in a extended position. The knees should stay almost extended. When doing the hip thrust hold, you should feel the glutes working.

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# DAY 2

# WEEK 7

## WARM UP

30 cal bike

barbell hang power snatch 5x5  
bench dip 3x5

## CONDITIONING

9 rounds for times

10m walking lunges  
10m crab walk  
20 single arm dumbbell hang  
snatch  
1 min rest

## MOBILITY

3x  
20 seated pvc thoracic rotations  
40 sec frog pose

## SOFT TISSUE RELEASE

lacrosseball:  
-calves 2 min (1L-1R)  
-latissimus dorsi 2 min (1L-1R)  
rectus femoris 2 min (1L-1R)  
vastus medialis 2 min (1L-1R)

## SESSION NOTES

Don't forget to focus on equal split times. The barbell hang snatch is on a light weight. Make sure the knees are in line with the toes during the walking lunges, go slow on the crab walk. Try to get some momentum with the single arm dumbbell hang snatch.

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# DAY 3

# WEEK 7

## WARM UP

emom 10 min  
1-50 sec row  
2-12 burpees with hands on bench

## STRENGTH

Supinated grip bent over barbell  
row  
4x10 reps

Bench press  
3x5  
2x10

shoulder taps  
4x26 reps

## WALK

walk or bike for 15 min today,  
unplugged. no phone and no stuff on  
your mind.

## SESSION NOTES

The burpees with the hands on the bench can be done with extended elbows. During the bent over rows, the focus should be, to feel activity in the lats. Pull the bar towards the belly button with the elbows in line with the wrists. During the bench press, you should look for activity in the chest/shoulders also the triceps but the chest and shoulders should be prioritized. Make sure the hips stay as stagnant as possible.

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# DAY 1

# WEEK 8

## WARM UP

3x  
20 sec wall sit  
10 cal row  
10 empty barbell deadlifts

## STRENGTH

back squat  
7x3 reps  
tempo 1301  
2 min rest

Goodmorning  
4x11 reps tempo 2201  
2 min rest

hip thrust hold  
4x1:15 min on 1 min off

## BREATHING

set the timer on 6 minutes, do box breathing, but now as slow as possible. So try to breath like: 7-7-7-7. Trough the nose into the belly.

## SESSION NOTES

Try to go heavy with the backsquats but don't go to a point where you would forget to squeeze the pelvic floor muscles. The 3 seconds hold are at the bottom. the goodmornings are with the same weight as or a little bit more then last week. During the hip thrust hold, make sure the glutes burn, not the lower back.

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# DAY 2

# WEEK 8

## WARM UP

3 sets  
20 pvc deadlifts  
15 air squats  
20m bear crawl

## CONDITIONING

10-9-8-7-6-5  
cal row  
cal bike  
baby burpees  
2 min rest

## MOBILITY

4x  
10m samson lunges  
10m crab walk (slowly)

## SOFT TISSUE RELEASE

lacrosseball:  
-calves 2 min (1L-1R)  
-latissimus dorsi 2 min (1L-1R)  
rectus femoris 2 min (1L-1R)  
vastus medialis 2 min (1L-1R)

## SESSION NOTES

The conditioning piece consists of 5 rounds. The first round is at 10 cal and reps, then you rest for 2 minutes, then you do the entire round again, minus 1 cal or repetition. As the reps/cals decrease, the intensity increases.

During the mobility piece, we want you to lean away from the knee that is on the ground when doing samson lunges. During the crab walk, we want you to perform it with big steps.

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# DAY 3

# WEEK 8

## WARM UP

3x  
10m low bear crawl  
10 easy ring rows

## STRENGTH

Supinated grip bent over barbell  
row  
4x12 reps

Bench press  
5x5 reps

hanging knee raises/leg raises  
4x10 reps

## WALK

walk or bike for 15 min today,  
unplugged. no phone and no stuff on  
your mind.

## SESSION NOTES

Make sure the back maintains in a neutral position during the bent over rows. Try to pull towards the belly button and make sure that the upper arms and upperbody form a 45 degree angle. Basically we want the same to happen with the bench press regarding the angle of the arms. Make sure the elbows are in line with the wrists. If the knee raises are too easy then you could try doing leg raises, make sure you don't do these exercise kipping.

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