

Access each day's video by clicking the **PINK Video Titles**, which will take you directly to our YouTube channel!

Week 1

DAY 1

Watch this Intro Video to Learn More About Your Core & Pelvic Floor and how to effectively get everything to start working together!

[6 Pack Abs Are Useless](#)

DAY 2

Let's start strengthening your core and pelvic floor without working against gravity. Try these 2 laying down exercises. Try to do 10-15 reps of each exercise for a total of 3 rounds.

[Bridge](#)

[Ball Squeeze Laying Down](#)

DAY 3

Belly breathing and pelvic floor activation sounds easy, but for most women, it's NOT, especially when you're new to it! Practice belly breathing with core and pelvic floor activation in a few different positions [laying down, sitting, standing] which we'll use over the next few weeks. Use this video for cues. [Belly Breathing](#)

DAY 4

More core strengthening today! Remember to focus on what your deep core muscles and pelvic floor are doing throughout the exercises. Complete 10-15 reps of each exercise for a total of 3 rounds.

[Heel Slide w/ Band](#)

[Standing Core](#)

[Standing March w/ Weight](#)

DAY 5

Stretching today. Try the stretches below. Spend as much time as you need on them being sure to inhale and exhale deeply to relax while doing them.

[Back Stretches](#)

DAY 6

We need our core to be strong with not only exercise, but also functional things like lifting and squatting that we do all day every day. Try doing 12-15 of each exercise for a total of 3 rounds.

[Squat with lift](#)

[Standing Arm](#)

[Raise](#)

[Bear Crawl](#)

DAY 7

Take today to check-in with your body. Have you had any increase or decrease in back pain? Do you feel like you can use your core and pelvic floor well in all different positions and even with exercise? Go back to anything from this week that felt challenging and give it another try!

Dr. Nicole's Core
Strengthening Program

www.pregnancybydesign.com
www.mamasandmisses.com

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Week 2

DAY 1

Let's keep cranking out some strength training! We're adding in some cardio focused moves, but exhaling and using your core and pelvic floor is still important! Stick with 12-15 reps, but try to go 4 rounds.

Side Plank
Skater Jumps
Knee-Hand Ball Press

DAY 2

Let's work on some strengthening exercises for your back today. This will target your posture muscles and your low back. Focus on form by slowing things down. Discomfort or fatigue in your back is to be expected, but pain tells you to STOP!

Back Strengthening

DAY 3

Let's stretch it out again! This isn't my yoga video, but it's Dr. Nicole approved :) Stretching and breathing are super important for a mama's physical and mental health!

20 Minute Yoga Flow

DAY 4

Your strong core is going to improve things cosmetically & functionally. Let's keep strengthening it with more exercises. 15 reps each for 4 rounds total.

March with Ball Squeeze
Lunge w/ March
Squat w/ Lift

DAY 5

After starting this new program, you may be noticing discomfort, heaviness, or even pain in your pelvic floor because you're asking it to do new and challenging things. Give the 5 stretches in this video a try and save this video for later in case you need to come back to it in the future.

Pelvic Floor Stretches

DAY 6

Let's get that booty working today! Reducing back pain also requires a strong booty! I show a few exercises in this video that will be perfect for that. If you feel comfortable, feel free to add a resistance band to the first 3 exercises! 12 reps x3 rounds total.

Butt Busters

DAY 7

Rest Day!! Give yourself a pat on the back and congratulate yourself on all your work so far! While you let those good vibes sink in, take a look at this quick video about posture to make sure your avoiding bad posture as much as possible.

Posture

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Week 3

DAY 1

Today we'll focus on the coordination of your core and pelvic floor as they have to turn on/off quickly with these 2 cardio exercises. 30 reps x4 rounds.

Alternating Toe Taps

Plie Squat

DAY 2

Time to stretch everything out again today with another one of my fave yoga people.

Yoga Stretching Hips and Low Back

DAY 3

Today we're going to do 2 core moves on the floor (20 reps each) and then get your heart rate up with 1 minute of cardio. The goal is to complete 3 rounds.

Side Plank

Bear Crawl

Skater Jumps

DAY 4

Time to work your back again! Now that you're more familiar with the moves, really focus on your breath and form! Aim for 15 reps of each for a total of 3 rounds.

Back Strengthening

DAY 5

It's another booty day! Let's get a little crazy and go for 15 reps for 4 rounds this time. Here is the list of exercises or follow along with the video!

Bridges
Clamshells
Sidelying leg lift
Monster Walk
Donkey Kicks

Butt Busters

DAY 6

More Core! This might seem like an easy day because you'll be laying on the floor for the exercises, but you should still be feeling your core work if you're going slow and focusing on your form and breath! 15 reps for 3 rounds

March with Ball Squeeze
Bridge

Heelslide w/ band

Ball Squeeze
Laying Down

DAY 7

Another week in the books and it's time to check in. Are you noticing that you're using your core a lot more, not only during exercise, but also during the day while you carry your boys or lift something heavy? If not, try thinking about your core with the everyday stuff today!

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Week 4

DAY 1

The best part about my programs are that they teach you ways to use your breath, core and pelvic floor along with modifications to be able to do any and all workouts without feeling afraid.

Here are some simple modifications for popular exercises that might not be the greatest when you have diastasis recti or weak core.

[Planks](#)
[Mountain Climbers](#)
[Push-ups](#)

DAY 2

When it comes to planks and crunches, I'll be honest, I don't love them because there are so many other more fun ways to safely work your core; however, sometimes they're in workouts we do. So here's the link to a video with more info about how I handle these exercises.

[Plank/Crunch Info](#)

DAY 3

Now it's time to see what you've accomplished! Today is the day to try a workout you were doing before starting this program and see if you can engage your core and pelvic floor more and avoid back pain because you're more in sync with your body AND you now have modifications to use if needed!

DAY 4

I'm hoping you feel fantastic after yesterday's workout, but after any good workout a day of stretching is always beneficial to make sure you don't get to sore! Here's another fantastic yoga guru that I recommend a lot!

[More Yoga](#)

DAY 5

My favorite way to do full body workouts that get your heart rate up and get you stronger is to pick 4 total exercises. The last should be something you can do for 1 minute and get your heart rate up. Do 15-20 reps of exercises 1-3 and 1 minute of exercise 4. Do a total of 3 rounds. Try it!

[Band X Pull](#)
[Lunge w/ march](#)
[Band Pull w/ Heel Slide](#)
[Squat Jumps](#)

DAY 6

One last day of focusing in on your core with 4 exercises.

You've done them all before, but coming back to the basics and making sure to use the basics with every single exercise you do is the key to long term gains! 15 reps ea. 4 rounds.

[Side Plank](#)
[March with Ball](#)
[Squeeze](#)
[Bear Crawl](#)
[Mountain Climbers](#)

DAY 7

You did it! You survived core recovery boot camp! How are you feeling? I would love to hear updates about how you're doing, the gains you've made and if you have any other goals you would like help achieving. Congrats on a job well done mama!

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