



The Mum Gym

Week 4 Exercises

(aim for 20 reps of each, 3 rounds
3/4 times a week)

Pelvic Floor & Breath Work

Marching - no tummy holding, breathe normally

Squats - rise to toes, quick squat down, controlled back up

Single leg heel raises x 20 each side

**Running man - reverse lunge to high knee - slow right down,
controlled and focus on stability**

Bridges - single leg bridges x 10 each side