



The Mum Gym

Week 2 Exercises

(aim for 10 reps of each, 3 rounds
3/4 times a week)

Pelvic Floor & Breath Work

**Glute Bridge - heels close to bum, aim to feel it in the glutes.
Exhale up, inhale down.**

Glute bridge with alternating heel lift

Squat to high knee - squat down, when coming up into standing bring one knee up to opp elbow and hold for 3 seconds.

Reverse lunge to running man balance

Double heel raise standing to slow squat and back up into double heel raise.

Sit to stand. Sitting on a chair, feet staggered, stand up and try minimising any shifting to the side. Best done in front of a mirror.