Mindluster Platform

About the course Postpartum dumbbell workouts at home

Postpartum dumbbell workouts course, in this course is designed to help new mothers regain strength and rebuild muscle tone safely using dumbbells. In this program, weâ€™ll explore full-body exercises focusing on key areas such as arms, shoulders, back, and core. The workouts are tailored to meet postpartum needs, starting with light weights and gradual progressions to restore fitness without overexertion. You'll learn proper form, breathing techniques, and how to pace your recovery while avoiding injury. These exercises not only enhance muscle endurance but also improve posture, essential for carrying and caring for your baby. Whether you had a vaginal or C-section delivery, the course offers modifications to suit your recovery phase. Balancing fitness with motherhood, this program empowers you to feel stronger, energized, and confident as you return to exercise.

Medical Category's Courses

Course Lesson(24)

Lesson 1 : **Best FULL BODY Postpartum Dumbbell Workout Postpartum Exercises**

Lesson 2 : **12 Minute Postpartum Cardio Workout NO TALKING NO EQUIPMENT**

Lesson 3 : **Postnatal Pilates HIIT Workout ABS 20 Minute Postpartum Workout After Pregnancy**

Lesson 4 : **Postpartum Strength Workout DAY 2 Arms Upper Body**

Lesson 5 : **Postpartum Dumbbell Workout Get Toned Legs Glutes**

Lesson 6 : **15 Minute Postnatal Yoga For Breastfeeding Postpartum Yoga To Relieve Back Pain**

Lesson 7 : **12 Minute Postnatal Pilates Full Body Sculpt After Pregnancy**

Lesson 8 :
20 MIN TONED ARM WORKOUT FOR WOMEN WITH DUMBBELLS Pregnancy Postpartum Safe

Lesson 9 : **Postpartum Workout Sculpt Tone in 20 Minutes Postnatal Pilates Inspired**

Lesson 10 : **Lower Belly Pelvic Floor Healing Postpartum Ab Exercises Day 4**

Lesson 11 : **15 Min Postpartum Cardio HIIT Workout**

Lesson 12 : **Full Body Postnatal Yoga Pelvic Floor Exercises Great Daily Practice**

Lesson 13 : **Day 7 Postpartum Workout Challenge Postpartum Cardio FULL BODY Stretch**

Lesson 14 : **Postnatal Pilates Diastasis Recti After C Section Prolapse Safe**

Lesson 15 :
Postpartum Workout For Sculpted Arms 11 Min No Equipment Postpartum Arm Workout

Lesson 16 : **BEST Postpartum Ab Workout Feel Good Stretches To Finish**

Lesson 17 : **Postpartum Cardio Walking HIIT Workout ABS**

Lesson 18 : **Feel Good Postnatal Yoga Feel Refreshed After This Postpartum Yoga Class**

Lesson 19 : **15 Min FEEL GOOD Postpartum Workout Diastasis Recti Safe**

Lesson 20 : **Postpartum Workout LEG DAY 20 Minutes Postnatal Workout For Legs**

Lesson 21 : **Postnatal Pilates Class With Mini Ball Optional 20 Min Postpartum Pilates Workout**

Lesson 22 : **Feel Good Postnatal Yoga For Core Healing and Flattening**

Lesson 23 : **FULL BODY Postpartum Workout DAY 1 POSTPARTUM WORKOUT CHALLENGE**

Lesson 24 : **18 Min Postpartum Cardio Walking Workout GET FIT AFTER PREGNANCY**

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