Mindluster Platform

About the course Postpartum strength workout at home

Postpartum strength workout course, in this course weâ€™ll explore effective strength exercises designed to help new mothers rebuild muscle, restore core stability, and enhance overall fitness after childbirth. The workouts focus on key areas such as the core, back, arms, and legs to improve posture, relieve muscle tension, and prepare your body for the demands of motherhood. Youâ€™ll learn safe, gradual progressions, starting with light weights or bodyweight movements, tailored to your postpartum recovery phase. The course emphasizes proper form, breathing techniques, and exercises to prevent injuries, especially for those recovering from C-sections or diastasis recti. Whether youâ€™re a beginner or returning to fitness, this program offers modifications to suit your pace and energy levels. With a focus on holistic recovery, the course helps you feel strong, empowered, and energized as you balance fitness with life as a new mom.

Medical Category's Courses

Course Lesson(6)

Lesson 1 : **New Postpartum Strength Challenge Starting Monday July 22**

Lesson 2 : **DAY 1 NEW Postpartum Workout Challenge Legs Glutes**

Lesson 3 : **Postpartum Strength Workout DAY 2 Arms Upper Body**

Lesson 4 : **Postpartum Dumbbell Workout Get Toned Legs Glutes**

Lesson 5 : **Lower Belly Pelvic Floor Healing Postpartum Ab Exercises Day 4**

Lesson 6 : **Best FULL BODY Postpartum Dumbbell Workout Postpartum Exercises**

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