Mindluster Platform

About the course Postpartum standing AB workout at home

Postpartum standing AB workout course, in this course offers safe, effective standing exercises to help new mothers rebuild core strength without the need to lie down. Itâ€™s ideal for postpartum recovery, especially for those with diastasis recti, focusing on low-impact movements like side bends, gentle twists, and balance exercises. These workouts strengthen the deep abdominal muscles, improve posture, and relieve tension in the lower back and pelvic area. Youâ€™ll learn proper breathing techniques, mindful movement, and safe progressions tailored to your recovery phase. The standing format makes it convenient for moms managing busy schedules, allowing you to fit in core work without strain. Whether you had a natural delivery or C-section, the course provides modifications to suit your needs, ensuring a gradual return to strength and stability in a way that fits your lifestyle.

Medical Category's Courses

Course Lesson(26)

Lesson 1 : **Full Body Postpartum Workout 20 Minute Tone After Pregnancy**

Lesson 2 : **Postpartum Workout Legs Glutes 20 Minute Postnatal Workout**

Lesson 3 : **10 Min Postnatal Yoga In Riviera Maya A Feel Good Yoga Flow**

Lesson 4 : **30 Min Postnatal Pilates Workout Post Pregnancy Full Body Postpartum Workout**

Lesson 5 : **Postpartum Pilates Tummy Flattening Exercises 25 minute Postnatal Pilates Workout**

Lesson 6 :
Indoor walking workout 5000 steps workout NOT EASY Postpartum Babywearing Pregnancy Safe

Lesson 7 : **Postnatal Workout 10 Min Arms Workout For Toned Arms**

Lesson 8 : **Postpartum Cardio Workout GLUTES 20 Minute Postpartum Workout**

Lesson 9 : **10 Min Postnatal Yoga Release Tension and Feel Refreshed**

Lesson 10 : **23 Min Pregnancy Postpartum Workout Full Body In 23 Minutes**

Lesson 11 : **Postpartum Workout Arms Shoulders 20 Minute Postnatal Workout Upper Body**

Lesson 12 : **FULL BODY Postpartum Strength Workout Get Strong Fit After Pregnancy**

Lesson 13 : **Postpartum Tabata HIIT Workout THIS WORKOUT FLIES BY**

Lesson 14 : **Postpartum Dance Party Workout 20 Minute Low Impact Cardio Dance Workout**

Lesson 15 : **8 Minute Postpartum Pelvic Floor Exercises To Do Daily Postnatal Pelvic Floor Recovery**

Lesson 16 : **Postpartum Standing AB Workout Babywearing Workout Exercise With Baby**

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

Lesson 18 : **DAY 1 Postpartum Cardio Workout Postpartum Workout Challenge**

Lesson 19 : **FULL BODY Postpartum Cardio Strength Workout Sweat Sculpt After Pregnancy**

Lesson 20 :
Postnatal Pilates Barre Sculpt 30 min Postpartum Workout Diastasis Recti C Section Safe

Lesson 21 : **Postnatal Yogalates 20 Minute Postnatal Yoga Pilates Fusion For Flat Tummy**

Lesson 22 : **Postpartum Cardio Workout Postpartum Weight Loss Lose Baby Weight**

Lesson 23 : **Postpartum Workout ARMS ABS 20 Minute Postpartum Abs Arms Workout**

Lesson 24 : **Postpartum Pilates For Pelvic Floor Core STOP LEAKING**

Lesson 25 : **Best Postpartum Workout To Feel Like Yourself Again 25 Minutes**

Lesson 26 : **Day 1 Postpartum Workout Challenge Postnatal Leg Workout**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com