Mindluster Platform

About the course Postnatal Arm workout at home

Postnatal Arm workout course, in this course we will learn about the Postnatal Arm Workout, designed to help new mothers rebuild arm strength and improve upper body endurance after childbirth. This course focuses on safe, effective exercises targeting the arms, shoulders, and upper back to relieve tension, enhance posture, and support daily activities like lifting and carrying your baby. Weâ€™ll explore workouts that can be done with minimal equipment, incorporating light weights, resistance bands, or bodyweight exercises. Proper form, gradual progression, and modifications are emphasized to accommodate postpartum recovery. Whether you're easing back into fitness or seeking strength for motherhood, this course offers practical, time-efficient routines.

Medical Category's Courses

Course Lesson(7)

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

Lesson 2 : **Day 2 Postpartum Workout Challenge Postnatal Arm Workout**

Lesson 3 : **Day 3 Postpartum Workout Challenge Postpartum Cardio Workout**

Lesson 4 : **Day 4 Postpartum Workout Challenge Postpartum Abs and Pelvic Floor**

Lesson 5 : **Day 5 Postpartum Workout Challenge Glute Workout**

Lesson 6 : **Day 6 Postpartum Workout Challenge Full Body HIIT Workout**

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

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for Business Contact
business@mindluster.com