Mindluster Platform

About the course Postpartum workouts at home

Postpartum workouts course, in this course we will learn about the Postpartum Workouts program, designed to help new mothers rebuild strength and restore their fitness safely after childbirth. The course focuses on low-impact exercises that target core stability, pelvic floor health, and muscle recovery. Weâ€™ll explore gentle routines such as bodyweight exercises, light resistance training, and stretching to improve posture, relieve tension, and boost energy. The workouts are tailored for different recovery stages, with modifications to suit each motherâ€™s fitness level and recovery needs. In addition to physical benefits, the course emphasizes mental well-being, helping mothers reduce stress and regain confidence. Whether youâ€™re easing back into fitness or looking for structured routines, this course offers practical guidance for long-term health and vitality.

Medical Category's Courses

Course Lesson(184)

Lesson 1 : **Daily Postpartum Ab Workout 28 Day Challenge**

Lesson 2 : **After C Section Exercise Postpartum Workout After C Section**

Lesson 3 : **10 Min Postpartum Lower Belly Workout To Flatten Tighten Diastasis Recti Options**

Lesson 4 : **Postnatal Yoga With Diastasis Recti Exercises Postpartum**

Lesson 5 : **Indoor Walking Workout 5000 Steps Walk the weight off Pregnancy Postpartum Safe**

Lesson 6 : **8 Minute Postpartum Pelvic Floor Exercises To Do Daily Postnatal Pelvic Floor Recovery**

Lesson 7 : **After C Section Yoga C Section Recovery Cesarean Section**

Lesson 8 : **Prolapse Exercises Get Your Organs Back In Place Heal Prolapse Symptoms**

Lesson 9 : **DAY 1 Postpartum Cardio Workout Postpartum Workout Challenge**

Lesson 10 : **Postpartum Pilates Workout and Tummy Flattening Exercises Postnatal Pilates**

Lesson 11 : **15 Minute Postpartum Workout diastasis recti safe**

Lesson 12 : **Postpartum Back Pain Relief Exercises and Stretches Back Pain After Pregnancy**

Lesson 13 :
15 Minute Dance Cardio Workout Low Impact Easy To Follow Pregnancy Postpartum Safe Too

Lesson 14 : **Postnatal Yoga For Breastfeeding Relieve Postpartum Back Pain Neck Pain**

Lesson 15 :
Postpartum Recovery Stretches and Postpartum Kegel Exercises For The First 6 Weeks Postpartum

Lesson 16 : **Postpartum Workout 30 Minute Postnatal Workout Babywearing Option**

Lesson 17 : **DIASTASIS RECTI The Best 3D Animation Explanation You ll EVER See**

Lesson 18 : **Postpartum Ab Workout Postpartum Pelvic Floor Exercises**

Lesson 19 : **After C Section Exercise Full Body Postpartum Workout C Section Recovery Workout**

Lesson 20 :
Postpartum Exercise Postpartum Workout To Lose Baby Weight Diastasis Recti Exercises

Lesson 21 :
Indoor Walking Workout Beginner 2 Mile Walk Pregnancy Postpartum Babywearing Workout

Lesson 22 : **Best Exercises for Diastasis Recti Postpartum Ab Workout**

Lesson 23 : **Postpartum Cardio Workout Postpartum Weight Loss Lose Baby Weight**

Lesson 24 : **15 Minute Postnatal Yoga For Breastfeeding Postpartum Yoga To Relieve Back Pain**

Lesson 25 : **Postpartum Pilates Workout For Tight Tummy Round Booty 30 Minute Postnatal Pilates**

Lesson 26 : **Full Body Postpartum Workout Postpartum Cardio HIIT Postpartum Exercises**

Lesson 27 : **15 Minute Postpartum Workout FULL BODY Postnatal Workout Diastasis Recti Mods**

Lesson 28 :
Pregnancy Yoga upper back pain in pregnancy neck and shoulder pain in pregnancy relief

Lesson 29 :
Diastasis Recti Yoga with Postpartum Diastasis Recti Exercises 20 Minute Postnatal Yoga

Lesson 30 : **Feel Good Postnatal Yoga Feel Refreshed After This Postpartum Yoga Class**

Lesson 31 : **After C Section Exercises 17 Min Postpartum C Section Workout**

Lesson 32 : **Postnatal Pilates 20 Minute Full Body Postpartum Pilates Workout**

Lesson 33 : **15 Min Postpartum Cardio Workout NOT EASY Walking HIIT Workout Low Impact**

Lesson 34 : **Top 8 Postpartum Pelvic Floor Exercises**

Lesson 35 : **Full Body Postpartum Workout IN UNDER 20 MINUTES**

Lesson 36 : **Postpartum Ab Workout Abs After Pregnancy 10 Min Standing Ab Workout**

Lesson 37 : **Babywearing Postpartum Workout Exercise With Baby 20 Minute Postnatal Workout**

Lesson 38 : **10 Minute Core Workout For Moms Safe For Diastasis Recti Abs After Pregnancy**

Lesson 39 : **Postpartum Cardio Workout Safe after C Section Diastasis Recti No Equipment**

Lesson 40 :
Postpartum Workout 20 Min Cardio HIIT 10 Min Abs Diastasis Recti and After C Section Safe

Lesson 41 :
Postnatal Pilates with Diastasis Recti Exercises Core Healing After Pregnancy Postpartum Pilates

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Lesson 43 : **Advanced Postpartum Ab Workout Flat Stomach Workout 12 Minute Postpartum Abs**

Lesson 44 : **30 Min Walking Workout Ab Sculpt Walk the weight off Low Impact**

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Lesson 60 : **Day 2 Postpartum Workout Challenge Postnatal Arm Workout**

Lesson 61 :
Indoor walking workout 5000 steps workout NOT EASY Postpartum Babywearing Pregnancy Safe

Lesson 62 : **Pilates Arm Workout Toned Arms Workout Pregnancy Pilates Postnatal Pilates**

Lesson 63 : **30 Min Postnatal Pilates Workout Post Pregnancy Full Body Postpartum Workout**

Lesson 64 : **Animal Yoga Poses Paw Patrol Yoga Fun Yoga For Kids**

Lesson 65 : **Postnatal Yoga 20 Minute Postpartum Yoga Flow Diastasis Recti Safe**

Lesson 66 : **Postnatal Yoga with Postpartum Ab Workout**

Lesson 67 : **Postnatal Pilates Sculpt 26 min Postpartum Pilates Workout After Pregnancy**

Lesson 68 : **Postpartum Cardio Workout GLUTES 20 Minute Postpartum Workout**

Lesson 69 : **Total Body Postnatal Pilates 27 Min Postpartum Pilates Workout After Pregnancy**

Lesson 70 : **Pregnancy Postpartum Workout FULL BODY 30 Minute Workout**

Lesson 71 : **Day 4 Postpartum Workout Challenge Postpartum Abs and Pelvic Floor**

Lesson 72 :
TONED ARMS BACK WORKOUT No Equipment Pregnancy Postpartum Safe Upper Body Exercises

Lesson 73 : **Postnatal Pilates Diastasis Recti After C Section Prolapse Safe**

Lesson 74 : **Full Body STRETCH Postpartum Pelvic Floor Exercises Feels Amazing For Breastfeeding**

Lesson 75 : **FULL BODY Postpartum Strength Workout Get Strong Fit After Pregnancy**

Lesson 76 : **Exercises To Avoid Diastasis Recti**

Lesson 77 : **Postpartum Workout Abs Booty No Jumping No Equipment Postpartum Ab Workout**

Lesson 78 : **Postpartum Workout Legs Glutes 20 Minute Postnatal Workout**

Lesson 79 : **Postpartum Workout Plan Diastasis Recti**

Lesson 80 : **Postnatal Yoga Stretch Full Body Deep Stretch**

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Lesson 82 : **Postpartum Dance Party Workout 20 Minute Low Impact Cardio Dance Workout**

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After C Section Pilates Exercises C section Recovery Exercises 25 Minute Postnatal Pilates

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Lesson 86 : **Feel Good Postnatal Yoga For Core Healing and Flattening**

Lesson 87 : **Indoor WALKING HIIT Pregnancy Postpartum Baby Wearing Workout**

Lesson 88 :
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Lesson 92 : **Pelvic Floor Stretches Manual Pelvic Floor Release Reverse Pelvic Floor Exercises**

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Lesson 94 : **Postnatal Pilates HIIT Workout ABS 20 Minute Postpartum Workout After Pregnancy**

Lesson 95 : **Postpartum Tabata HIIT Workout THIS WORKOUT FLIES BY**

Lesson 96 : **Postpartum Pilates For Pelvic Floor Core STOP LEAKING**

Lesson 97 : **Postpartum Cardio Walking HIIT Workout ABS**

Lesson 98 : **10 Min Postpartum HIIT Workout Postpartum Exercise To Lose Baby Weight**

Lesson 99 : **Postpartum Core Pelvic Floor Exercises 10 Minute Postpartum AB Workout**

Lesson 100 :
Postnatal Pilates Barre Sculpt 30 min Postpartum Workout Diastasis Recti C Section Safe

Lesson 101 : **Pregnancy Postpartum Pilates Booty Workout Booty Lift Workout**

Lesson 102 : **Postpartum Yoga Workout with Diastasis Recti Exercises**

Lesson 103 : **Postpartum Yoga Diastasis Recti**

Lesson 104 : **15 Min Postpartum Cardio HIIT Workout**

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Lesson 106 : **Post Pregnancy Workout Postpartum Exercises no equipment or optional dumbbells**

Lesson 107 : **Postpartum Cardio Diastasis Recti Workout**

Lesson 108 :
Mommy Tummy 5 New Exercises To Heal Diastasis Recti To Get Rid Of Your Mummy Tummy

Lesson 109 : **Postpartum Pilates Tummy Flattening Exercises 25 minute Postnatal Pilates Workout**

Lesson 110 : **Postpartum Cardio Full Body Workout 20 Min Postpartum Workout**

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Lesson 113 : **Pilates Sculpt Pregnancy Postpartum Safe Pregnancy Pilates Postnatal Pilates**

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Lesson 115 : **Best Postpartum Workout To Feel Like Yourself Again 25 Minutes**

Lesson 116 : **Postpartum Workout Barre Workout 30 minutes stretch**

Lesson 117 : **Most Efficient FULL BODY Stretch In 5 MINUTES Feel AMAZING Intermediate Level**

Lesson 118 : **Postnatal Pilates HIIT Workout 20 Minute Postpartum Workout Cardio Toning**

Lesson 119 : **Lower Ab Workout For Moms Advanced Ab Workout After Pregnancy and beyond**

Lesson 120 : **23 Min Pregnancy Postpartum Workout Full Body In 23 Minutes**

Lesson 121 : **This Full Body WALL Pilates Is Transforming Bodies After Pregnancy**

Lesson 122 : **Pelvic Girdle Pain SPD FULL BODY Workout FIX PELVIC PAIN Pregnancy Postpartum**

Lesson 123 : **15 Min FEEL GOOD Postpartum Workout Diastasis Recti Safe**

Lesson 124 : **Lactogenic Foods To Increase Milk Supply**

Lesson 125 : **Postpartum Workout With Weights Dumbbells No Jumping Diastasis Recti Exercises**

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Lesson 129 :
Full Body Cool Down Stretches For Flexibility After Workout Stretches Postpartum Stretches

Lesson 130 : **Postpartum Leg and Glute Workout No Equipment Short and Efficient**

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Lesson 136 : **Full Body Workout To Feel AMAZING Pregnancy Postpartum Safe Workout**

Lesson 137 : **Postnatal Yogalates 20 Minute Postnatal Yoga Pilates Fusion For Flat Tummy**

Lesson 138 : **Babywearing Postpartum Workout Puppy Wearing Exercise With Baby Carrier**

Lesson 139 :
Post Pregnancy Weight Loss Exercises Diet Plan by Dietitian 20 Minute Postpartum Workout

Lesson 140 :
FUN Cardio Full Body Workout DUA LIPA BTS BIEBER MAROON 5 Pregnancy Postpartum

Lesson 141 : **Full Body Postpartum Workout For A FIT POSTPARTUM BODY**

Lesson 142 : **FULL BODY Postpartum Cardio Strength Workout Sweat Sculpt After Pregnancy**

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Lesson 144 : **How To Heal Your Diastasis Recti or â€œMummy Tummyâ€ Using Your Yoga Ball**

Lesson 145 : **10 Min Postnatal Yoga Release Tension and Feel Refreshed**

Lesson 146 : **10 Min Postnatal Yoga In Riviera Maya A Feel Good Yoga Flow**

Lesson 147 : **Full Body Postpartum Workout Barre Toning After Baby Diastasis Recti Safe**

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

Lesson 149 :
Postpartum Workout 20 Minute HIIT Workout Knee Friendly Low Impact NO Squats NO Lunges

Lesson 150 : **Day 7 Postpartum Workout Challenge Postpartum Cardio FULL BODY Stretch**

Lesson 151 : **35 Min Yoga Sculpt Pregnancy and Postpartum Safe Optional Light Weights**

Lesson 152 : **20 Minute Postnatal HIIT Workout and Diastasis Recti Exercises**

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Lesson 155 : **Full Body Postnatal Pilates Babywearing Option Exercise With Baby**

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Lesson 157 : **FULL BODY Postnatal Pilates Workout CHRISTMAS Workout Diastasis Recti Safe**

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Lesson 162 : **Postnatal Yoga For A Restful Deep Sleep 12 Min Diastasis Recti Safe**

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Lesson 164 :
CHRISTMAS DANCE WORKOUT Low Impact Easy To Follow Pregnancy Postpartum Safe

Lesson 165 : **Postpartum HIIT Workout 10 MINUTES Legs Glutes**

Lesson 166 : **5 minute postpartum workout diastasis recti safe no equipment**

Lesson 167 : **Beach Walking Workout Join Me In Sayulita Mexico Pregnancy Postpartum Safe**

Lesson 168 : **FULL BODY Postpartum Workout With Mini Band Resistance Band Workout**

Lesson 169 : **Breastfeeding Yoga 15 Minute Postnatal Yoga WHILE BREASTFEEDING Challenge**

Lesson 170 : **Postpartum TABATA HIIT Workout ABS In Under 20 MIN**

Lesson 171 : **BEST Postpartum Ab Workout Feel Good Stretches To Finish**

Lesson 172 : **10 Minute Workout with Baby Mommy and Me Yoga and Songs 6 18 Months**

Lesson 173 : **Postnatal Workout 10 Min Arms Workout For Toned Arms**

Lesson 174 :
Postpartum Workout For Sculpted Arms 11 Min No Equipment Postpartum Arm Workout

Lesson 175 : **15 Minute Postpartum Workout w Advanced Partner Option**

Lesson 176 : **Mom and Baby Yoga Fitness Fusion To Get Fit After Baby**

Lesson 177 : **8 COMMON Infant Feeding Mistakes EASY FIXES These are SO UNSAFE**

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Lesson 179 : **18 Min Postpartum Cardio Walking Workout GET FIT AFTER PREGNANCY**

Lesson 180 : **Pilates Glute Workout to Justin Bieber PEACHES Pregnancy Postpartum Safe**

Lesson 181 : **Mom And Baby Workout Baby Shark Song**

Lesson 182 : **6 Minute Meditation For Mothers Self Love Meditation Beginner Friendly**

Lesson 183 : **Yoga For Ukraine Simply Watch To Raise Money For Ukraine Fundraiser For Ukraine**

Lesson 184 : **Special Mother s Day Yoga Class**

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