Mindluster Platform

About the course Diastasis recti HIIT workout at home

Diastasis recti HIIT workout course, in this course we will learn about the Diastasis Recti HIIT Workout, focusing on exercises designed to safely strengthen the core and close abdominal separation after childbirth. The course combines low-impact, high-intensity interval training (HIIT) with targeted core exercises, helping improve muscle tone, posture, and overall fitness. Weâ€™ll explore safe modifications to avoid further strain on the abdominal muscles, with emphasis on proper breathing and form. This program ensures gradual progression, enhancing strength and endurance without risking injury. Whether youâ€™re in early recovery or further along postpartum, this course offers practical, effective routines to restore your core and rebuild confidence.

Medical Category's Courses

Course Lesson(24)

Lesson 1 : **Lose the baby weight series 4 expert tips on how to deal with â€œfood pushersâ€**

Lesson 2 :
What Is The Best Diet For Weight Loss Keto Plant based Calorie Counting Mediterranean

Lesson 3 : **Postpartum Weight Loss Without Counting Calories**

Lesson 4 : **Diastasis Recti HIIT Workout LOSE BABY WEIGHT WORKOUT PLAN**

Lesson 5 : **Postnatal Cardio Workout Diastasis Recti Exercises**

Lesson 6 : **Postnatal Yoga With Diastasis Recti Exercises Postpartum**

Lesson 7 : **Postpartum Workout Plan Diastasis Recti**

Lesson 8 : **Postpartum Exercise Postpartum Workout To Lose Baby Weight Diastasis Recti Exercises**

Lesson 9 : **15 Minute Postpartum Workout diastasis recti safe**

Lesson 10 : **Postpartum Workout Barre Workout 30 minutes stretch**

Lesson 11 :
Post Pregnancy Weight Loss Exercises Diet Plan by Dietitian 20 Minute Postpartum Workout

Lesson 12 : **How to stop sugar cravings food cravings and sugar addiction with registered dietitian**

Lesson 13 : **Postpartum Cardio Workout Postpartum Weight Loss Lose Baby Weight**

Lesson 14 : **15 Min Postpartum Cardio Workout NOT EASY Walking HIIT Workout Low Impact**

Lesson 15 : **30 Min Walking Workout Ab Sculpt Walk the weight off Low Impact**

Lesson 16 : **35 Min Yoga Sculpt Pregnancy and Postpartum Safe Optional Light Weights**

Lesson 17 : **Indoor Walking Workout 5000 Steps Walk the weight off Pregnancy Postpartum Safe**

Lesson 18 : **Postpartum Pilates Workout For Tight Tummy Round Booty 30 Minute Postnatal Pilates**

Lesson 19 : **Full Body Workout With Baby Exercise With Baby Babywearing or Hold Baby**

Lesson 20 : **Day 6 Postpartum Workout Challenge Full Body HIIT Workout**

Lesson 21 : **15 Minute Postpartum Workout FULL BODY Postnatal Workout Diastasis Recti Mods**

Lesson 22 :
Indoor Walking Workout Beginner 2 Mile Walk Pregnancy Postpartum Babywearing Workout

Lesson 23 : **Best Postpartum Workout To Feel Like Yourself Again 25 Minutes**

Lesson 24 : **Deep Inner Core Postpartum Exercises Waist Slimming Booty Finisher**

Related courses

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