Mindluster Platform

About the course Postpartum Workout Plan at home

Postpartum Workout Plan course, in this course youâ€™ll explore a gradual and safe approach to regaining strength, mobility, and fitness after childbirth. This course focuses on exercises designed to support core recovery, pelvic floor strengthening, and improving posture. Youâ€™ll learn gentle movements like pelvic tilts, glute bridges, and breathing exercises to rebuild core stability, along with low-impact cardio to boost energy and endurance. The workouts are scalable, allowing you to progress at your own pace while accommodating the demands of motherhood. Modifications are provided to address postpartum conditions such as diastasis recti. By the end of the course, youâ€™ll feel stronger, more confident, and better prepared to manage daily activities with improved stamina and functional strength.

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **Postpartum Workout Plan Free PDF Calendar**

Lesson 2 : **8 Minute BOOTY Workout At Home No Equipment NO Squats NO Lunges**

Lesson 3 : **10 Minute Diastasis Recti Challenge 1 Postpartum Abs**

Lesson 4 : **25 Minute Beginner Arm Workout At Home Dumbbells Only**

Lesson 5 : **10 Minute UPPER BODY Stretch Release Tight Neck Shoulders Chest Back**

Lesson 6 : **10 Minute Abs After Baby 8 Diastasis Recti Safe Ab Exercises**

Lesson 7 : **30 Minute Full Body STRENGTH Postpartum Workout Dumbbells DR Safe Abs and Core**

Lesson 8 : **10 Minute Low Impact Cardio All Standing No Equipment**

Lesson 9 : **10 Minute Diastasis Recti Challenge 2 Postpartum Abs**

Lesson 10 : **25 Minute Full Body Dumbbell Workout Beginner**

Lesson 11 : **20 Minute Beginner Leg Workout At Home Dumbbells Only**

Lesson 12 : **10 Minute Upper Body Workout for Women Rep Drop**

Lesson 13 : **10 Minute Diastasis Recti Challenge 3 Postpartum Abs**

Lesson 14 : **10 Minute Morning Stretch Follow Along**

Lesson 15 : **30 Minute Full Body Dumbbell Strength Workout For Women**

Lesson 16 : **10 Minute CARDIO KICKBOXING Tabata Workout No Equipment No Jumping**

Lesson 17 : **10 Minute Diastasis Recti Challenge 4 Postpartum Abs**

Lesson 18 :
35 Minute Full Body STRENGTH Workout with Dumbbells 12 BEST Full Body Exercises At Home

Lesson 19 : **15 Minute Abs Butt and Thigh Workout No Equipment**

Lesson 20 : **10 Minute Diastasis Recti Challenge 5 Postpartum Abs**

Lesson 21 : **25 Minute BACK ARMS Workout with Dumbbells Build BACK Strength At Home**

Lesson 22 : **20 Minute NO REPEAT Full Body Workout With Weights No Jumping**

Lesson 23 : **15 Minute Cardio Workout At Home No Equipment No Jumping**

Lesson 24 : **10 Minute Diastasis Recti Challenge 6 Postpartum Abs**

Lesson 25 : **15 Minute Full Body STRENGTH Workout with Dumbbells 9 Full Body Power Moves**

Lesson 26 : **35 Minute Unilateral Leg Workout**

Lesson 27 : **35 Minute Unilateral Arm Workout**

Lesson 28 :
10 Minute GLUTE ACTIVATION Warm Up Do These 10 Banded Glute Exercises Before Leg Day

Lesson 29 : **10 Minute Diastasis Recti Challenge 9 Postpartum Abs**

Lesson 30 : **30 Minute Full Body Strength Workout Pyramid Format**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
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