Mindluster Platform

About the course Diastasis recti safe ab exercises at home

Diastasis recti safe ab exercises course, in this course youâ€™ll explore gentle and effective exercises designed to heal and strengthen the abdominal muscles after diastasis recti. This course focuses on rebuilding core stability through safe movements like pelvic tilts, heel slides, and modified planks, which gradually close the gap in the abdominal muscles. Youâ€™ll also learn breathing techniques and proper posture to reduce pressure on the core and prevent further separation. The workouts are tailored for all fitness levels, especially for postpartum recovery, with modifications to suit individual progress. By the end of the course, youâ€™ll have improved core strength, better posture, reduced back pain, and the confidence to safely return to regular physical activities.

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **28 Day Diastasis Recti Repair Program FREE Challenge**

Lesson 2 : **10 Minute Diastasis Recti Challenge 1 Postpartum Abs**

Lesson 3 : **10 Minute Diastasis Recti Challenge 2 Postpartum Abs**

Lesson 4 : **10 Minute Diastasis Recti Challenge 3 Postpartum Abs**

Lesson 5 : **10 Minute Diastasis Recti Challenge 4 Postpartum Abs**

Lesson 6 : **10 Minute Diastasis Recti Challenge 5 Postpartum Abs**

Lesson 7 : **10 Minute Diastasis Recti Challenge 6 Postpartum Abs**

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

Lesson 9 : **10 Minute Diastasis Recti Challenge 8 Postpartum Abs**

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

Related courses

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