

body+soul

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TRICEP DIP

WHY This strengthens the back of the arms and gets rid of the "tuck shop arms" that wobble when you wave.

HOW Sit on the edge of a firm chair or bench, hands by your hips, fingers facing forwards and elbows back. Inhale as you move your butt forwards off the chair, keeping your back straight and shoulderblades down. With control, lower until your arms are at 90 degrees. Push back up using your arms. To advance this move, lift and straighten one leg (image 2).

HOW MANY 2 sets of 20 reps, with alternate leg lifts.



SQUAT & OVERHEAD PRESS

WHY This functional move uses a bend and lift pattern that's common throughout motherhood. Don't try this move if you have neck issues.

HOW Stand with your legs shoulder-width apart, holding 3kg hand weights in front of your shoulders. Draw your bellybutton in and your pelvic floor up to activate your core muscles. Keep your weight even in your heels as you squat to a 90-degree angle, making sure your knees don't extend past your toes. Exhale as you stand up and extend your arms overhead, pushing the weights into an overhead press. Don't hunch and keep your shoulderblades down. Return to the start position.

HOW MANY 2 sets of 20 reps.

THE NEW MUM WORKOUT

From carrying your new baby to handling a pram and picking up toys, you're always on the move. These exercises help you build up the strength you need

STAY POSITIVE

Trying to lose some post-pregnancy kilos? For best results, try to incorporate both weight training and cardio into your workout. Stress and a lack of sleep have an impact on hormones, which can reduce the body's ability to lose weight, so try to stay positive and fit in cat naps when possible!

SINGLE-LEG LOWER

WHY This move gets your lower abdominals working again after birth and has several levels, so it can be done from 6-8 weeks after birth and then advanced. Don't try ab moves until your pelvic floor is functioning normally (check with your physio).

HOW Lie on your back with your left knee bent, foot on the floor and the right leg at a 90-degree angle in a tabletop position. Inhale and switch on your pelvic floor and transverse abdominals, exhale and extend your right leg, ensuring your back doesn't arch. Switch legs. This is 1 rep. The lower you extend the leg, the bigger the load. To advance this exercise, start with both legs in tabletop position and alternate as you extend and lower (pictured).

HOW MANY 2 sets of 10 reps.



LUNGE AND ROW

WHY This is a great all-over exercise with a focus on your legs, bottom and upper back.

HOW Stand with your legs shoulder-width apart, holding 2-3kg hand weights by your side. Activate your core muscles as you step your left leg forwards into a lunge and raise your arms out in front to shoulder height. Keep your back straight, head up and pelvis stable. Exhale as you return to the start position and pull your elbows back in a rowing motion. Step straight into a right-leg lunge, pushing your arms back out in front. This is 1 rep.

HOW MANY 2 sets of 30 reps.



BICEP CURL

WHY This not only works your arms but also strengthens the core and improves balance.

HOW Stand with your weight on your left leg, holding 4kg hand weights by your side, your elbows soft and palms facing forward. Keep your shoulders back and shoulderblades down as you exhale and bend at the elbows into a bicep curl. As your arms reach 90 degrees, switch legs as you continue raising the weights to your shoulders. To advance this move, try doing it with your eyes closed.

HOW MANY 2 sets of 15 reps.



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Get back into shape post birth with Edwina Griffin's workout videos at bodyandsoul.com.au/losebabyweight

PHOTOGRAPHY: GUY BAILEY