

HOME WORKOUT GUIDE FOR BUSY MOMS

Hello!

I'm super excited about this workout guide! I know how crazy busy it can be as a stay at home mom, working mom, pregnant mom, postpartum mom, and beyond!

It seems like your own wants and needs are constantly put on the back burner.

Fitness and health is not only important for your physical health, but it's also so important for your mental and emotional health.

However, I've heard over and over again from women that they either don't have time and/or know what they should do.

I've seen and personally experienced that time and knowledge are 2 of the biggest obstacles we mothers face when it comes to working out through all these different stages.

That's what motivated me to create this guide.

In this guide, you'll find workouts for all different stages. They're short and effective workouts with bodyweight-only workouts and dumbbell workouts. They're perfect for working out at home.

Here's what you get:

- **15 Bodyweight At-Home Workouts for Anyone (pages 2-5)**
- **15 Dumbbell At-Home Workouts for Anyone (pages 6-9)**
- **9 Pregnancy At-Home Bodyweight Workouts (pages 10-11)**
- **9 Pregnancy At-Home Dumbbell Workouts (pages 12-13)**
- **10 Postpartum Bodyweight Workouts (pages 14-18)**
- **10 Postpartum Dumbbell Workouts (pages 19-22)**
- **Nutrition (pages 23-25)**

If you have any questions or need video tutorials, email me. I'm happy to help.

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I promise to respond within 48 hours



15 BODYWEIGHT AT-HOME WORKOUTS FOR ANYONE

Below are 5 lower body workouts, 5 upper body workouts, and 5 full body workouts. If you're strength training 3x a week, I recommend doing 1 lower body workout / 1 upper body workout / 1 full body workout. Space them out so you have at least 1 day in between workouts. For example:

Monday: lower body / Tuesday: cardio / Wednesday: upper body / Thursday: cardio / Friday: full body

You can also do 2 full body workouts a week:

Monday: full body / Tuesday: cardio / Wednesday: rest / Thursday: full body / Friday: cardio

On cardio days, do something you enjoy. It can be running, cycling, swimming, hiking, walking, etc. On rest days, I don't intend you to lay around all day. Still aim to increase your step count, but there isn't necessarily any planned workouts.

LOWER BODY BODYWEIGHT WORKOUTS

10 Minute Lower Body Bodyweight:

Set a timer for 10 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform 12 jump squats (or bodyweight squats)
2. Perform 12 curtsy lunges on each side
3. Perform 12 reverse lunges on each side

15 Minute Lower Body Bodyweight:

Set a timer for 15 minutes. Perform 6 reps of each exercise for the first round, then 5 reps for the second round, then 4... working your way down to 1 rep for each exercise. If you find that you have time left, start to work your way back up the ladder. Rest 5 to 10 seconds between each exercise, or as needed.

1. Jump squats (or bodyweight squats)
2. Single-leg Romanian deadlifts (complete all reps on each side)
3. Walking lunges (complete all reps on each side, alternating)
4. Marching glute bridge (complete all reps on each side, alternating)

20 Minute Lower Body Bodyweight:

Set a timer for 20 minutes. Perform 8 to 10 reps of each exercise, resting 5 to 10 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 20 minutes.

1. Squats
2. Step-ups (complete all reps on each side)
3. Glute bridges
4. Lateral lunges (complete all reps on each side)
5. Burpees (modify as needed)

25 Minute Lower Body Bodyweight:

Set a timer for 25 minutes. Perform 10 to 12 reps of each exercise, resting 10 to 15 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 25 minutes.

1. Walking lunges (complete all reps on each side, alternating)
2. Single-leg glute bridges (complete all reps on each side)
3. Bulgarian split squat (complete all reps on each side)
4. Bicycle crunch
5. Jump squats

30 Minute Lower Body Bodyweight:

Set a timer for 30 minutes. Perform 12 reps of each exercise, resting 15 to 20 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 30 minutes.

1. 1.5-rep bodyweight squats
2. Lateral lunges (complete all reps on each side, alternating)
3. Walking lunges (complete all reps on each side, alternating)
4. Single-leg hip thrust (complete all reps on each side)

UPPER BODY BODYWEIGHT EXERCISES

10 Minute Upper Body Bodyweight:

Set a timer for 10 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform 8 push-ups
2. Perform 4 lateral bear crawls each direction (8 total)
3. Perform 8 shoulder taps

15 Minute Upper Body Bodyweight:

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform 10 planks to push-ups
2. Perform 10 burpees
3. Perform 20 slow mountain climbers

20 Minute Upper Body Bodyweight:

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 10 to 15 seconds between exercises, and 60 to 90 seconds between each round.

1. Perform 8 walkouts with push-up
2. Perform 8 burpees.
3. Perform 8 slow mountain climbers on each side, alternating.
4. Perform 3 sets of a 10-second side plank hold on each side (reset every 10 seconds).

25 Minute Upper Body Bodyweight:

Set a timer for 25 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 10 to 15 seconds between exercises, and 60 to 90 seconds between each round.

1. Perform 8 1.5 push-ups (elevate hands if needed)
2. Perform 8 mountain climbers on each side, alternating.
3. Perform 8 tricep dips

30 Minute Upper Body Bodyweight:

Set a timer for 30 minutes. Complete all the reps of each exercise for each round as described below, resting 15 to 20 seconds between each exercise and 1 to 2 minutes at the end of each round. Aim to complete 4 to 6 rounds in 30 minutes.

1. Perform 5 lateral bear crawls each direction (10 total)
2. Perform 10 walkouts with push-up
3. Perform 10 tricep dips
4. Perform 6 push-ups with a pause at the bottom

FULL BODY

10 Minute Full Body Bodyweight:

Perform each exercise in the circuit for one full minute, resting 15 seconds between exercises. Complete the circuit 3x and you're done.

1. Perform a bodyweight squat to reverse lunge for 1 minute.
2. Perform a push-up to slow mountain climbers (incline if necessary) for 1 minute.
3. Perform glute bridges for 1 minute.
4. Perform bird dogs for 1 minute

15 Minute Full Body Bodyweight:

Set a timer for 15 minutes and perform as many rounds of the following circuit as possible with good form, resting 15 seconds between each exercise.

1. Perform 20 alternating reverse lunges (10/side)
2. Perform a side plank for 20 seconds each side
3. Perform 10 plank to push-ups, alternating arms each time.
4. Perform 20 feet-elevated glute bridges.

20 Minute Full Body Bodyweight:

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform 10 push-ups (elevate hands if needed)
2. Perform 20 walking lunges (10/side)
3. Perform 10 lateral bear crawls (5/direction)
4. Perform 10 touchdown squats

25 Minute Full Body Bodyweight:

Set a timer for 25 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform 20 bulgarian split squats (10/side)
2. Perform 10 plank to push-up
3. Perform 20 reverse lunges on each side (10/side)
4. Perform 20 reverse crunches (go slow!)

30 Minute Full Body Bodyweight:

Set a timer for 30 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform 10 walk-outs + push-up
2. Perform 20 single-leg hip thrusts (10/side)
3. Perform 10 dead bugs each side
4. Perform 10 tricep dips
5. Perform 20 lateral lunges each side (10/side)

15 DUMBBELL AT-HOME WORKOUTS FOR ANYONE

Below are 5 lower body workouts, 5 upper body workouts, and 5 full body workouts. If you're strength training 3x a week, I recommend doing 1 lower body workout / 1 upper body workout / 1 full body workout. Space them out so you have at least 1 day in between workouts. For example:

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You can also do 2 full body workouts a week:

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On cardio days, do something you enjoy. It can be running, cycling, swimming, hiking, walking, etc. On rest days, I don't intend you to lay around all day. Still aim to increase your step count, but there isn't necessarily any planned workouts.

LOWER BODY DUMBBELL WORKOUTS

10 Minute Lower Body Dumbbell:

Set a timer for 10 minutes. Perform 10 reps of each exercise for the first round, then 8 reps for the second round, then 6... working your way down with each round until the timer goes off. Aim to have at least three rounds completed with good form in 10 minutes.

1. 1.5-rep Romanian deadlifts
2. Dumbbell goblet squats
3. Dumbbell split squats (complete all reps on each side)

15 Minute Lower Body Dumbbell:

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 10 dumbbell front squats.
2. Perform 10 1.5-rep single-leg Romanian deadlifts with kickstand.
3. Perform 10 dumbbell split squats on each side.
4. Perform 10 dumbbell glute bridges.

20 Minute Lower Body Dumbbell:

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 10 dumbbell Bulgarian split squats on each side.
2. Perform 10 dumbbell glute bridges.
3. Perform 10 dumbbell reverse lunges on each side.
4. Perform 10 marching planks on each side (alternating).

25 Minute Lower Body Dumbbell:

Set a timer for 25 minutes. Perform 8 to 10 reps of each exercise, resting 60 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 25 minutes.

1. Dumbbell front squats
2. 1.5-rep Romanian deadlifts
3. Walking lunges (complete all reps on each side, alternating)
4. Dumbbell glute bridges
5. Jump squats

30 Minute Lower Body Dumbbell:

Set a timer for 30 minutes. Perform 10 reps of each exercise, resting 30 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 30 minutes.

1. Perform 10 dumbbell lateral lunges each side.
2. Perform 10 dumbbell hip thrusts.
3. Perform 10 dumbbell step-ups each side.
4. Perform 10 single-leg dumbbell Romanian deadlifts each side.

UPPER BODY DUMBBELL WORKOUTS

10 Minute Upper Body Dumbbell:

Set a timer for 10 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 60 seconds between each round.

1. Perform 8 biceps curls to overhead presses.
2. Perform 8 dumbbell pullovers.
3. Perform 8 1.5-rep floor presses.
4. Perform 8 alternating bent-over rows on each side.

15 Minute Upper Body Dumbbell:

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 60 seconds between each round.

1. Perform 10 1.5-rep floor presses.
2. Perform 10 renegade rows on each side.
3. Perform 10 bent over dumbbell triceps extensions.
4. Perform 10 dumbbell lateral raises.

20 Minute Upper Body Dumbbell:

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 60 seconds between each round.

1. Perform 10 dumbbell overhead press.
2. Perform a dumbbell farmer's carry for 15 paces.
3. Perform 10 renegade rows on each side.
4. Perform a dumbbell farmer's carry for 15 paces.

25 Minute Upper Body Dumbbell:

Set a timer for 25 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 60 seconds between each round.

1. Perform 10 1.5-rep chest presses.
2. Perform 10 dumbbell bent-over rows.
3. Perform 10 seated shoulder presses.
4. Perform 10 dumbbell biceps curls.
5. Perform 10 overhead dumbbell triceps extensions.

30 Minute Upper Body Dumbbell:

Set a timer for 30 minutes. Perform 8 to 10 reps of each exercise, resting 60 seconds between each. Aim to complete 4 to 6 rounds of this circuit in 30 minutes.

1. Alternating dumbbell bench presses (complete all reps on each side, alternating)
2. Dumbbell lateral raise
3. Biceps curls to overhead presses
4. One-arm bent-over rows (complete all reps on each side)
5. Slow mountain climbers (complete all reps on each side, alternating)

FULL BODY DUMBBELL WORKOUTS

10 Minute Full Body Dumbbell:

Set a timer for 10 minutes. Perform 8 reps of each exercise for the first round, then 7 reps for the second round, then 6... working your way down to 1 rep for each exercise, or until the timer goes off. Rest 5 to 10 seconds between each exercise, or as needed.

1. Dumbbell squat to shoulder press
2. Dumbbell single-leg Romanian deadlifts to rows (complete all reps on each side)

15 Minute Full Body Dumbbell:

Set a timer for 15 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 8 1.5-rep dumbbell goblet squats
2. Perform 8 single-arm dumbbell bent-over rows on each side
3. Perform 8 Romanian deadlifts with kickstand on each side
4. Perform 8 1.5-rep dumbbell floor presses

20 Minute Full Body Dumbbell:

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 10 bodyweight walk-outs to push-ups.
2. Perform 10 dumbbell goblet squats.
3. Perform 10 dumbbell bent-over rows.
4. Perform 10 dumbbell Romanian deadlifts.
5. Perform 10 dumbbell overhead presses.

25 Minute Full Body Dumbbell:

Set a timer for 25 minutes. Perform 8 reps of each exercise for the first round, then 10 reps for the second round, then 12... working your way up until the timer goes off. Rest 15 to 30 seconds between each exercise, and 1 to 2 minutes between each round. Do as many rounds as you can with good form in 25 minutes.

1. Dumbbell single-leg Romanian deadlifts (complete all reps on each side)
2. Dumbbell lateral raises
3. Walking lunges (complete all reps on each side, alternating)
4. Biceps curls

30 Minute Full Body Dumbbell:

Set a timer for 30 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 1 to 2 minutes between each round.

1. Perform 12 dumbbell goblet squats.
2. Perform 12 dumbbell overhead presses.
3. Perform 12 dumbbell Romanian deadlifts.
4. Perform 12 dumbbell bent-over rows.
5. Perform 12 alternating reverse lunges on each side.

9 PREGNANCY AT-HOME BODYWEIGHT WORKOUTS

1ST TRIMESTER WORKOUTS

10 Minute Full Body Bodyweight:

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest minimally between exercises and 30 to 60 seconds between circuits.

1. Perform 20 glute bridges.
2. Perform 5 to 10 walk-outs.
3. Perform 10 reverse lunges per side (option: perform unsupported if you're able).

20 Minute Full Body Bodyweight:

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest minimally between exercises and 30 to 90 seconds between circuits.

1. Perform 10 feet-elevated glute bridges.
2. Perform 10 slow mountain climbers (at an incline if necessary).
3. Perform 10 bodyweight lateral lunges per side.
4. Perform a front plank for three sets of 10 seconds (reset every 10 sec).

30 Minute Full Body Bodyweight:

Complete 4 to 5 rounds of the following full-body circuit. Rest only as needed between exercises and 30 to 90 seconds between circuits.

1. Perform 8–10 push-ups (make them incline push-ups if needed).
2. Perform 10–12 bodyweight squats.
3. Perform a side plank for three sets of 10 seconds each side (reset every 10 sec).
4. Perform 10 bodyweight lateral step-ups each side.
5. Perform 8 dead bugs each side.

2nd TRIMESTER WORKOUTS

10 Minute Full Body Bodyweight:

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 30 to 60 seconds between circuits.

1. Perform 15 bodyweight hip thrusts.
2. Perform 10 incline slow mountain climbers.
3. Perform 10 bodyweight lateral lunges per side.

20 Minute Full Body Bodyweight:

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 10–12 bodyweight squats.
2. Perform 10 wall slides.
3. Perform 8 single-leg bodyweight hip thrusts each side
4. Perform 8–10 incline push-ups.

30 Minute Full Body Bodyweight:

Complete 4 to 5 rounds of the following full-body circuit. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 10 bodyweight split squats each side.
2. Perform a side plank for three sets of 10 seconds each side (reset every 10 sec).
3. Perform 15 bodyweight hip thrusts.
4. Perform 10 incline slow mountain climbers each side.
5. Perform 15 side-lying knee abductions on each side.

3rd TRIMESTER WORKOUTS

10 Minute Full Body Bodyweight:

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 30 to 60 seconds between circuits.

1. Perform 6–8 bodyweight lateral step-ups each side.
2. Perform an incline plank for three sets of 10 seconds each side (reset every 10 sec).
3. Perform three reps of 10-second bodyweight hip thrust holds.

20 Minute Full Body Bodyweight:

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 8–10 supported bodyweight reverse lunges each side.
2. Perform 6–8 incline push-ups.
3. Perform 10–12 clamshells each side.
4. Perform 10 wall slides.

30 Minute Full Body Bodyweight:

Complete 4 to 5 rounds of the following full-body circuit. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 10–12 bodyweight squats.
2. Perform 6–8 incline slow mountain climbers each side.
3. Perform 10 side-lying knee abductions each side.
4. Perform 10–12 bodyweight hip thrusts.
5. Perform a side plank for three sets of 10 seconds each side (reset every 10 sec, elevate hands or elbow if necessary).

9 PREGNANCY AT-HOME DUMBBELL WORKOUTS

1ST TRIMESTER WORKOUTS

10 Minute Full Body Bodyweight:

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest minimally between exercises and 30 to 60 seconds between circuits.

1. Perform 10–12 dumbbell Romanian deadlifts.
2. Perform 8–10 dumbbell bent-over rows.
3. Perform 6–8 dumbbell overhead presses.

20 Minute Full Body Bodyweight:

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest minimally between exercises and 30 to 90 seconds between circuits.

1. Perform 10 dumbbell goblet squats.
2. Perform 10 dumbbell neutral grip floor presses.
3. Perform 10 dumbbell glute bridges.
4. Perform a front plank for three sets of 10 seconds (reset every 10 sec).

30 Minute Full Body Bodyweight:

Complete 4 to 5 rounds of the following full-body circuit. Rest only as needed between exercises and 30 to 90 seconds between circuits.

1. Perform 10 dumbbell one-arm overhead presses each side.
2. Perform 10 dumbbell split squats each side.
3. Perform 10 one-arm dumbbell rows each side.
4. Perform a suitcase carry with your dumbbells for 15-30 seconds each side.

2nd TRIMESTER WORKOUTS

10 Minute Full Body Bodyweight:

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 30 to 60 seconds between circuits.

1. Perform 10–12 dumbbell goblet box squats.
2. Perform 8–10 dumbbell overhead presses.
3. Perform 8 incline slow mountain climbers.

20 Minute Full Body Bodyweight:

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 10 dumbbell Romanian deadlifts.
2. Perform 10 dumbbell one-arm rows each side.
3. Perform 8 forward dumbbell lunges each side.
4. Perform 8–10 dumbbell one-arm overhead presses each side.
5. Perform an incline front plank for 3 sets of 10 seconds (reset every 10 sec).

30 Minute Full Body Bodyweight:

Complete 4 to 5 rounds of the following full-body circuit. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 8–10 dumbbell Romanian deadlifts.
2. Perform 8–10 dumbbell bent-over rows.
3. Perform 8–10 dumbbell lateral step-ups each side.
4. Perform 8–10 dumbbell biceps curls to overhead presses.
5. Perform a one-armed suitcase carry with your dumbbells for 15 steps each side.

3rd TRIMESTER WORKOUTS

10 Minute Full Body Bodyweight:

Set a timer for 10 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 10–12 dumbbell Romanian deadlifts.
2. Perform 6–8 dumbbell one-arm overhead presses each side.
3. Perform a one-armed suitcase carry with your dumbbells for 15 steps each side.

20 Minute Full Body Bodyweight:

Set a timer for 20 minutes and perform the following exercises, completing all the reps prescribed for each exercise before moving on to the next. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 6–8 goblet box squats (you can use a chair or couch).
2. Perform 10 one-arm incline bench presses each side (you can do these sitting on the floor and leaning against a couch or sturdy chair).
3. Perform 12 dumbbell Romanian deadlifts.
4. Perform 8–10 one-arm dumbbell rows each side.

30 Minute Full Body Bodyweight:

Complete 3 to 5 rounds of the following full-body circuit. Rest as needed between exercises and 60 to 90 seconds between circuits.

1. Perform 6–8 offset goblet squats each side.
2. Perform 12 dumbbell biceps curls.
3. Perform 8–10 seated overhead presses.
4. Perform 10–12 bodyweight hip thrusts.
5. Perform 12 triceps kickbacks.

POSTPARTUM WORKOUTS

10 Postpartum At-Home Bodyweight Workouts:

0 to 6 WEEKS POSTPARTUM: Rehab and Retraining

10 Minute Full Body Circuit A (weeks 3—4)

10 Minute Full Body Circuit B (weeks 3—4)

20 Minute Full Body Circuit A (weeks 5—6)

20 Minute Full Body Circuit B (weeks 5—6)

7 to 18 WEEKS POSTPARTUM: Returning to Exercise

10 Minute Full Body Bodyweight Workout

20 Minute Full Body Bodyweight Workout

30 Minute Full Body Bodyweight Workout

19 to 42 WEEKS POSTPARTUM: Building Strength

10 Minute Full Body Bodyweight Workout

20 Minute Full Body Bodyweight Workout

30 Minute Full Body Bodyweight Workout

10 Postpartum At-Home Dumbbell Workouts

0 to 6 WEEKS POSTPARTUM: Rehab and Retraining

10 Minute Full Body Circuit A (weeks 3—4)

10 Minute Full Body Circuit B (weeks 3—4)

20 Minute Full Body Circuit A (weeks 5—6)

20 Minute Full Body Circuit B (weeks 5—6)

7 to 18 WEEKS POSTPARTUM: Returning to Exercise

10 Minute Full Body Bodyweight Workout

20 Minute Full Body Bodyweight Workout

30 Minute Full Body Bodyweight Workout

19 to 42 WEEKS POSTPARTUM: Building Strength

10 Minute Full Body Bodyweight Workout

20 Minute Full Body Bodyweight Workout

30 Minute Full Body Bodyweight Workout

10 POSTPARTUM AT-HOME BODYWEIGHT WORKOUTS

In this guide, you'll find full-body bodyweight workouts you can do at home at every stage of your postpartum journey. These workouts are organized by phase, as well as by length, so that you can always find a workout to fit the time you have available to you — whether that's 10, 20 or 30 minutes. Note that you should always have a thumbs up from your proctor before returning to any type of exercise.

(0—6 WEEKS) REHAB AND RETRAINING

In the first 6 weeks postpartum, it is important to avoid stressful exercises, but there are a lot of benefits to doing gentle bodyweight movements.

They are no more intense than some of your daily living activities. Being a mom requires a lot of mental, emotional, and physical strength. You're probably squatting up and down off the toilet, lunging up and down stairs, rowing the baby in and out of their crib, and doing weighted carries with a baby carrier.

These gentle bodyweight movements + rest can help you stay safe and strong as you care for your baby and prepare to return to more formal exercise when you're ready.

Before we get into the workouts, let's talk about weeks 0—2 postpartum.

Use these first 2 weeks to focus on your connection breath and walking.

WALKING:

1. Walk up to 10 minutes once or twice daily at an easy pace.
2. Perform 1-2 sets of 10 reps of the connection breath.

CONNECTION BREATH:

The connection breath is a breathing method that uses diaphragmatic breathing while relaxing your pelvic floor. Here's how you do it:

STEP #1: start by tuning into your breathing

1. Find a comfortable position, either sitting or lying down. If you're sitting, think about stacking your ribs over your pelvis.
2. Put one hand on your abdomen and the other hand on your rib cage just above.
3. On the inhale breath, breathe "into your hands" and think about inflating or filling your belly and pelvic floor with air.
4. On the exhale breath, notice your hands descend as your rib cage and abdomen deflate, and imagine the pelvic floor deflating and lifting upward.

STEP #2: after a few breaths, add a gentle pelvic floor contraction

1. As you inhale, feel your rib cage and belly gently expand. Imagine inflating or expanding your pelvic floor, as if you are filling your vagina and anus with air.
2. Gently exhale, encouraging activation through your pelvic floor and deep abdominal muscles. Think about lifting your vagina and anus up toward your head. Aim for about 30% of a maximum pelvic floor muscle contraction.
3. Flow through more breaths, releasing your pelvic floor muscles on the inhale and picking them back up again on the exhale.

3—4 WEEKS POSTPARTUM:

You can take one or two 10-20 minute walks each day and perform these circuits once daily as it fits into your schedule. As always, be sure to consult with your doctor before returning to exercise.

10 Minute Full Body Circuit A

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Glute bridge
4. Open book (complete all reps on both sides)
5. Clamshell (complete all reps on both sides)
6. Wall slide

10 Minute Full Body Circuit B

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Bodyweight squat
4. Seated rotation (complete all reps on both sides, alternating)
5. Clamshell (complete all reps on both sides)
6. YTLI raises (perform 5-6 reps of each “letter”)

5—6 WEEKS POSTPARTUM:

You can do up to 30 minute walks once or twice daily at 5-6 weeks postpartum and perform the following circuits once daily as it fits into your schedule. As always, be sure to consult with your doctor before returning to exercise.

20 Minute Full Body Circuit A

Perform 10–15 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Cat/Cow
4. Bodyweight squat
5. Bodyweight reverse lunge (complete all reps on both sides, supported if necessary)
6. Wall slide
7. Side lying hip abduction (complete all reps on both sides)

20 Minute Full Body Circuit B

Perform 10–15 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Bodyweight squat
4. Glute bridge
5. Open book (complete all reps on both sides)
6. Bird dog (complete all reps on both sides)
7. Clamshell (complete all reps on both sides)

RETURNING TO EXERCISE POSTPARTUM (7–18 WEEKS)

At 6 weeks, if all is well with your body, your OBGYN will typically give you the greenlight to start doing exercise. Before proceeding, be sure you have checked with your healthcare professional.

10 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Glute bridge
2. Downward dog to high plank (can add push-up if able)
3. Bodyweight lateral step-up (complete all reps on both sides)
4. Wall slide

20 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3 rounds.

1. Step-up (complete all reps on both sides)
2. Walk out (with optional lateral shuffle or push-up)
3. Hip thrust
4. Incline slow mountain climber (complete all reps on both sides)
5. Side lying hip abduction

30 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–4 rounds.

1. Bodyweight squat
2. Dynamic blackburn
3. Bodyweight single-leg Romanian deadlift (complete all reps on both sides)
4. Hand taps or shoulder taps (complete all reps on both sides)
5. Side plank (do three 10-second holds on each side, and reset each time)

BUILDING STRENGTH POSTPARTUM (19—42 WEEKS)

Be sure you have checked with your healthcare professional and they have given you the greenlight to exercise before proceeding.

10 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Curtsy lunge (complete all reps on both sides)
2. Downward dog to high plank (you can add a downward dog push-up if you're able)
3. Feet-elevated glute bridge
4. Dead bug (complete all reps on both sides, alternating)

20 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3 rounds.

1. 1.5 rep bodyweight squat
2. Walk out with turn and reach (complete 10-12 reps total)
3. Hip thrust
4. Dynamic blackburn
5. Reverse lunge off step

30 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3–4 rounds.

1. Lateral step-up (complete all reps on both sides)
2. Incline front plank (hold for three 15-second intervals, resetting every 15 seconds)
3. Bodyweight single-leg Romanian deadlift (complete all reps on both sides)
4. Wall slide
5. Single-leg hip thrust

10 POSTPARTUM AT-HOME DUMBBELL WORKOUTS

In this guide, you'll find full-body dumbbell workouts you can do at home starting around week 7 of your postpartum journey as long as you're cleared by your doctor for exercise, and have been doing gentle rehab and recovery exercises like breathing and light bodyweight movements. If you are early postpartum (0–6 weeks) or have not yet done postpartum rehab and recovery exercises, we recommend starting with gentle, bodyweight-only movements rather than the dumbbell workouts. These workouts are organized by phase, as well as by length, so that you can always find a workout to fit the time you have available to you — whether that's 10, 20 or 30 minutes.

(0—6 WEEKS) REHAB AND RETRAINING

In the first 6 weeks postpartum, it is important to avoid stressful exercises, but there are a lot of benefits to doing gentle bodyweight movements.

They are no more intense than some of your daily living activities. Being a mom requires a lot of mental, emotional, and physical strength. You're probably squatting up and down off the toilet, lunging up and down stairs, rowing the baby in and out of their crib, and doing weighted carries with a baby carrier.

These gentle bodyweight movements + rest can help you stay safe and strong as you care for your baby and prepare to return to more formal exercise when you're ready.

Before we get into the workouts, let's talk about weeks 0—2 postpartum.

Use these first 2 weeks to focus on your connection breath and walking.

WALKING:

1. Walk up to 10 minutes once or twice daily at an easy pace.
2. Perform 1-2 sets of 10 reps of the connection breath.

CONNECTION BREATH:

The connection breath is a breathing method that uses diaphragmatic breathing while relaxing your pelvic floor. Here's how you do it:

STEP #1: start by tuning into your breathing

1. Find a comfortable position, either sitting or lying down. If you're sitting, think about stacking your ribs over your pelvis.
2. Put one hand on your abdomen and the other hand on your rib cage just above.
3. On the inhale breath, breathe "into your hands" and think about inflating or filling your belly and pelvic floor with air.
4. On the exhale breath, notice your hands descend as your rib cage and abdomen deflate, and imagine the pelvic floor deflating and lifting upward.

STEP #2: after a few breaths, add a gentle pelvic floor contraction

1. As you inhale, feel your rib cage and belly gently expand. Imagine inflating or expanding your pelvic floor, as if you are filling your vagina and anus with air.
2. Gently exhale, encouraging activation through your pelvic floor and deep abdominal muscles. Think about lifting your vagina and anus up toward your head. Aim for about 30% of a maximum pelvic floor muscle contraction.
3. Flow through more breaths, releasing your pelvic floor muscles on the inhale and picking them back up again on the exhale.

3—4 WEEKS POSTPARTUM:

You can take one or two 10-20 minute walks each day and perform these circuits once daily as it fits into your schedule. As always, be sure to consult with your doctor before returning to exercise.

10 Minute Full Body Circuit A

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Glute bridge
4. Open book (complete all reps on both sides)
5. Clamshell (complete all reps on both sides)
6. Wall slide

10 Minute Full Body Circuit B

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Bodyweight squat
4. Seated rotation (complete all reps on both sides, alternating)
5. Clamshell (complete all reps on both sides)
6. YTLI Raises (perform 5-6 reps of each “letter”)

5—6 WEEKS POSTPARTUM:

You can do up to 30 minute walks once or twice daily at 5-6 weeks postpartum and perform the following gentle circuits once daily as it fits into your schedule. As always, be sure to consult with your doctor before returning to exercise.

20 Minute Full Body Circuit A

Perform 10–15 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Cat/Cow
4. Bodyweight squat
5. Bodyweight reverse lunge (complete all reps on both sides, supported if necessary)
6. Wall slide
7. Side lying hip abduction (complete all reps on both sides)

20 Minute Full Body Circuit B

Perform 10–15 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 1–2 rounds.

1. Connection Breath (supine or side-resting)
2. Half-kneeling hip flexor stretch (complete all reps on both sides)
3. Bodyweight squat
4. Glute bridge
5. Open book (complete all reps on both sides)
6. Bird dog (complete all reps on both sides)
7. Clamshell (complete all reps on both sides)

RETURNING TO EXERCISE POSTPARTUM (7–18 WEEKS)

At 6 weeks, if all is well with your body, your OBGYN will typically give you the greenlight to start doing exercise. Before proceeding, be sure you have checked with your healthcare professional.

10 Minute Full Body Bodyweight Workout

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Dumbbell Romanian deadlift
2. Dumbbell bent-over row
3. Lateral step-up (complete all reps on both sides)
4. Tall-kneeling dumbbell chop (complete all reps on both sides)

20 Minute Full Body Bodyweight Workout

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3 rounds.

1. Single-leg glute bridge (complete all reps on both sides)
2. Downward dog to high plank (can add push-up if able)
3. Goblet box squat
4. One-arm dumbbell overhead press (complete all reps on both sides)
5. Side-lying leg raise (complete all reps on both sides)

30 Minute Full Body Bodyweight Workout

Perform 8–10 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Dumbbell Romanian deadlift
2. Dynamic Blackburn
3. Split squat (complete all reps on both sides)
4. Alternating dumbbell floor press (complete all reps on both sides)
5. Dumbbell lateral raise

BUILDING STRENGTH POSTPARTUM (19—42 WEEKS)

Be sure you have checked with your healthcare professional and they have given you the greenlight to exercise before proceeding.

10 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Dumbbell Romanian deadlift
2. Dumbbell bent-over row
3. Dumbbell glute bridge
4. Alternating dumbbell floor press (complete all reps on both sides)
5. One-arm rack carry (walk 10–12 paces on each side)

20 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 2–3 rounds.

1. Dumbbell front squat
2. Dumbbell pull-over
3. Dumbbell glute bridge
4. One-arm dumbbell overhead press (complete all reps on both sides)
5. Incline front plank (hold for three 15-second intervals, resetting every 15 seconds)

30 Minute Full Body Bodyweight Workout

Perform 10–12 reps of each of the exercises, making sure to perform the Connection Breath with each rep (inhale on the easy part, exhale on exertion). Rest minimally between exercises. Repeat this circuit for 3–4 rounds.

1. Single-leg hip thrust (complete all reps on both sides)
2. One-arm bent-over row (complete all reps on both sides)
3. Dumbbell front racked reverse lunge (complete all reps on both sides)
4. One-arm floor press (complete all reps on both sides)
5. Side plank off knees (hold for three 10-second intervals on each side, resetting every 10 seconds).

NUTRITION

When it comes to health, building muscle, and fat loss, nutrition is super important. Whether you're pregnant, postpartum, or beyond.

I'm not going to go into detail regarding nutrition during pregnancy because I have a whole article addressing this you can find [HERE](#).

I also have a useful article for postpartum mamas who are still breastfeeding. You can find that [HERE](#).

Pregnant, newly postpartum, and breastfeeding women need to address nutrition in a different way since there are so many other things that come into play and to account for.

Now, I know there are so many diets out there. Paleo, keto, intermittent fasting, juice cleanses, whole 30, etc. The list goes on and on and new fads are coming out all the time.

I'm not bashing these diets, they work for a lot of people. However, they are just other vehicles to get you to a calorie deficit.

Calorie Deficit

Being in a calorie deficit is the only way to lose body fat. This means that your body is burning more calories than it's consuming daily. If you're consuming more calories than you're burning, this means you're in a calorie surplus. This means you will gain weight. If you're consuming about the same amount of calories that you're burning, you're in calorie maintenance. Meaning your weight will stay about the same.

It's really difficult to figure out exactly how many calories your burning each day. Your watch, the treadmill, etc. aren't accurate in the "calories burned" number that you get after a workout.

Therefore, the best way is to control how many calories you're consuming.

How do you know how many calories will put you in a deficit? There are a few ways and I have a guide [HERE](#).

Here's a quick and easy way:

Take your goal body weight (in pounds) and multiply it by 12

Example: Nancy weighs 160 lbs and has a goal body weight of 150 lbs

$150 \times 12 = 1,800$ calories per day

Make sure that your goal body weight is realistic. For example, if you set your goal body weight to 120, but you've NEVER weighed that except for when you were in middle school, try setting a more realistic number. Your goal body weight should be a number that you feel really good in. It shouldn't be too low to where you're miserable to keep at that weight.

While you're in a calorie deficit, it's normal to be slightly hungry, but you shouldn't be starving. One of the best ways to help keep you full while in a calorie deficit is to make sure you're consuming enough protein.

Protein

Protein is the most satiating macronutrient so you'll be more satisfied after meals and more full. You'll avoid snacking as much if you eat enough protein in your meals.

Protein also help you build lean muscle mass. It builds, sustains, and repairs your muscles.

This is super important for fat loss because the more muscle you have, the more efficiently your body will be at burning calories. This will help you stay in calorie deficit.

Lean body mass will also make you look more toned and give your muscles a good shape. 💪

Protein also has the highest thermic effect of food (TEF), which means your body is burning more calories to process, absorb, and digest protein.

Basically, protein is king. 🏰

Aim for 0.7 - 1 gram of protein per pound of body weight or goal body weight (in pounds). If you're goal body weight is 150, aim for 105-150 grams of protein per day.

You can start by including a palm-sized portion of protein with every meal. With every snack, aim for 10 grams per 100 calories.

Volume Foods

Alongside protein, consuming more voluminous food will help you stay full. These are foods that are generally low calorie, but nutrient-dense. Most fruits and vegetables fall into this category. Spinach, broccoli, apples, strawberries, watermelon, etc.

For example, you can eat a pound of watermelon for about 140 calories! That's A LOT of food that would fill your body up. Conversely, you can eat 12 doritos chips for 150 calories. Which do you think would fill you up more?

Plus, most of these volume foods have way more nutrients which will just make you feel better after consuming them.

I never tell my clients to restrict any type of food, but if weight loss is your goal, I encourage you to ADD more nutrient dense foods into your diet and lessen processed foods. Processed foods are anything coming in a package or bag. They are made to get you to eat more. People consume up to 500 calories more a day when they eat processed foods. With that said, you don't need to restrict it completely. Just be aware.

Studies have shown that when you restrict yourself from food you really like, you'll end up bingeing it later and consuming way more than you would have had you let yourself have some of the food in moderation.

Aim to consume mostly nutrient dense foods and enjoy the less nutrient dense foods in moderation. Think of it as an 80/20 rule. 80% nutrient-dense / 20% less nutrient-dense.

Doing this will allow you to actually sustain your diet and even enjoy it. It doesn't need to be torture or a punishment.

Weight Loss Takes Time

Lastly, weight loss takes time. Be patient and don't give up.

Aim to be 80% consistent with your nutrition. Get a physical calendar and mark an X on the days you hit your goals. Mark an O on the days you don't. Aim to have about 24 X's and 6 O's. Don't strive for perfection.

Allow yourself to enjoy the birthdays, date nights, and vacations. If you feel like you've gotten off track, just get right back on it when you can.

After you figure out your calories and protein numbers, try it for 4 weeks with at least 80% consistency. If you aren't seeing any changes, make an adjustment.

If you want long-lasting weight loss results, then it will take a longer time to get there. You didn't gain all the weight in one week, so you can't expect to lose all the weight in one week or one month, etc.

I want you to avoid yo-yo diets and do something that will actually stick, but it will take patience.

Speak to yourself kindly. Your body is amazing and can do amazing things. You got this.

I'm here and happy to help if you'd like a more individualized program so you can better achieve the goals you have.

I'm an email away. :)

christyewingfitness@gmail.com

xoxo,
Christy

