



The First 5 Weeks Postpartum

**A simple, step-by-step movement plan to help you
reconnect, recover, and gradually rebuild strength
after birth.**

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YOU ARE NOT BEHIND.

Your body just went through pregnancy, labor, and birth.

Whether this is your first baby or your fifth, postpartum recovery can feel unfamiliar. Your core may feel different. Your pelvic floor may feel different. Your posture, breathing, mobility, energy, and strength may all feel different.

And that's okay.

The goal of these first few weeks isn't to "bounce back."

It's to give your body the time, movement, and gradual progression it needs to begin feeling like *your body* again.

This guide gives you a simple place to start.

BEFORE YOU BEGIN

This guide is designed to provide general education and movement ideas for the early postpartum period. Your recovery will be unique to you.

Your delivery, medical history, symptoms, sleep, feeding, complications, and overall health all affect what is appropriate for you.

Always follow the specific recommendations and restrictions given to you by your healthcare provider.

You do not have to progress simply because the calendar says it's a new week.

If something doesn't feel right, **back up, modify, or stop.**

Your mantra:

Progress when your body is ready—not because the calendar says you should.

HOW TO USE THIS GUIDE

Each week has four components:

1. **PELVIC FLOOR + CORE RESTORATION**

Breathing and gentle exercises designed to help you reconnect with your core and pelvic floor.

2. **MOBILITY**

Simple movements to help restore comfortable movement and mobility after pregnancy and birth.

3. **CORE STABILITY**

Gradually progressing exercises that introduce more muscular control and stability.

4. **WALKING**

A gradual walking progression to help you reintroduce regular activity.

YOUR RULE FOR THE ENTIRE PROGRAM:

If a week feels like too much, stay there longer.

You don't need to "graduate" to the next week just because seven days have passed.

WEEK 1: Reconnect + Restore

Your Focus:

This first week is about reconnecting with your breath, gently restoring movement, and allowing your body to recover.

Think **gentle, restorative, and controlled**.

There is no need to push intensity.

PELVIC FLOOR + CORE RESTORATION

Connection Breath

1 minute or 10–15 breaths • 2 sets

Focus on slow, relaxed breathing and reconnecting your breath with your deep core and pelvic floor.

[WATCH VIDEO →] [HERE](#)

Back Breathing — Child's Pose

1 minute or 10–15 breaths • 2 sets

Focus on breathing into the back and sides of your ribcage.

[WATCH VIDEO →] [HERE](#)

MOBILITY

Choose either or both.

Chest Opener — Thoracic Mobility

10–15/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Floor Slides / Angels

10–15 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

WALKING

If walking feels comfortable and your healthcare provider has not given you restrictions, use this as an optional progression.

Twice Daily

Day 1: Walk 3 min → Rest 2 min → Walk 3 min

Day 2: Walk 4 min → Rest 2 min → Walk 3 min

Day 3: Walk 5 min → Rest 2 min → Walk 4 min

Day 4: Walk 5 min → Rest 2 min → Walk 4 min

Day 5: Walk 6 min → Rest 1 min → Walk 6 min

Day 6: Walk 7 min → Rest 1 min → Walk 7 min

Day 7: Walk 8 min → Rest 1 min → Walk 8 min

Remember: This is a progression—not a requirement.

WEEK 2: Gentle Progression

Your Focus:

We're gradually shifting toward more upright positions while continuing to focus on gentle, restorative movement.

Some seated exercises may not feel comfortable yet, particularly if you have perineal soreness or stitches.

If sitting doesn't feel good, modify by leaning back, choose a different position, or continue with Week 1 exercises for longer.

PELVIC FLOOR + CORE RESTORATION

Connection Breath

1 minute or 10–15 breaths • 2 sets

[WATCH VIDEO →] [HERE](#)

Seated Connection Breath

1 minute or 10–15 breaths • 2 sets

[WATCH VIDEO →] [HERE](#)

Side-Lying Connection Breath

1 minute or 10–15 breaths • 2 sets

[WATCH VIDEO →] [HERE](#)

MOBILITY

Seated Rounded Back

1 minute or 10–15 breaths • 2 sets

[WATCH VIDEO →] [HERE](#)

Seated Rotation

1 minute or 10–15/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Seated Lateral Side Bend

1 minute or 10–15 breaths • 2 sets

[WATCH VIDEO →] [HERE](#)

WALKING

Twice Daily

Day 1: Walk 9 min

Day 2: Walk 10 min

Day 3: Walk 12 min

Day 4: Walk 15 min

Day 5: Walk 10 min → Brisk walk 2 min → Walk 6 min

Day 6: Walk 10 min → Brisk walk 3 min → Walk 8 min

Day 7: Walk 15 min → Brisk walk 5 min

Keep the "brisk" portions comfortable. You should not feel like you're doing cardio training.

WEEK 3: Activate + Stabilize

Your Focus:

This week introduces more upright positions and exercises that require greater muscular activation.

We'll explore all-fours and supported positions that place more demand on your core and pelvic floor.

Don't feel ready to advance? That's okay. Stay with Week 2 for longer.

PELVIC FLOOR + CORE RESTORATION

All-Fours Breathing

10 breaths • 2 sets

[WATCH VIDEO →] [HERE](#)

90/90 Breathing Drill

5 breaths/side • 2 sets

[WATCH VIDEO →] [HERE](#)

MOBILITY

Cat Cow

5–10 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

Thread the Needle

5/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Thoracic Rotations

5/side • 2 sets

[WATCH VIDEO →] [HERE](#)

CORE STABILITY

90/90 Hip Lift

10 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

Side-Lying Hip Abduction

5/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Quad Knee Lift

10 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

WALKING

Continue with the Week 2 walking progression if you're tolerating it well.

Twice Daily

Day 1: Walk 9 min

Day 2: Walk 10 min

Day 3: Walk 12 min

Day 4: Walk 15 min

Day 5: Walk 10 min → Brisk walk 2 min → Walk 6 min

Day 6: Walk 10 min → Brisk walk 3 min → Walk 8 min

Day 7: Walk 15 min → Brisk walk 5 min

You do not need to increase your walking simply because you're in Week 3.

WEEK 4: Build Stability

Your Focus:

Your core exercises are beginning to advance.

There's now a greater demand on your core to maintain its position while your arms and legs move.

The goal is **control—not intensity**.

PELVIC FLOOR + CORE RESTORATION

Squat with Back Breathing

20–30 seconds • 2 sets

[WATCH VIDEO →] [HERE](#)

Supine TVA Breath

5-second contraction • 2 sets

[WATCH VIDEO →] [HERE](#)

MOBILITY

½-Kneeling Thoracic Extension

10/side • 2 sets

[WATCH VIDEO →] [HERE](#)

½-Kneeling Side Body Opener

30 seconds/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Standing Chest Mobility

20–30 seconds • 2 sets

[WATCH VIDEO →] [HERE](#)

CORE STABILITY

Dead Bug — Arms Only

10/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Side-Lying Hip Abduction

10 breaths/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Bird Dog — Arms Only

10/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Bird Dog — Legs Only

10/side • 2 sets

[WATCH VIDEO →] [HERE](#)

WALKING

Daily

20–30 minutes, 1–2 times per day

You can split this into shorter walks if that's more comfortable or realistic.

WEEK 5: Reintroduce Strength Patterns

Your Focus:

We're continuing to build control while introducing simple movement patterns that will eventually become part of your strength training. You don't need to rush into a full workout yet. We're building the foundation first.

PELVIC FLOOR + CORE RESTORATION

Supine TVA Breath

5-second contraction • 2 sets

[WATCH VIDEO →] [HERE](#)

Pelvic Tilts

8 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

90/90 Hip Lifts

10 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

MOBILITY

½-Kneeling Thoracic Extension

10/side • 2 sets

[WATCH VIDEO →] [HERE](#)

½-Kneeling Side Body Opener

30 seconds/side • 2 sets

[WATCH VIDEO →] [HERE](#)

Standing Chest Mobility

20–30 seconds • 2 sets

[WATCH VIDEO →] [HERE](#)

CORE STABILITY + STRENGTH FOUNDATION

Hip Hinge with Breath

8 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

Glute Bridge

8 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

Rock Back Squat

6 reps • 2 sets

[WATCH VIDEO →] [HERE](#)

Heel Slides — Alternating

6/side • 2 sets

[WATCH VIDEO →] [HERE](#)

WALKING

Daily

30–40 minutes

This can be 1 continuous walk or broken into shorter walks throughout the day.

WHAT SHOULD POSTPARTUM MOVEMENT FEEL LIKE?

You don't need to feel like you're "working hard" for these exercises to be effective.

Look for:

- ✓ Controlled movement
- ✓ Comfortable breathing
- ✓ Gentle core engagement
- ✓ Gradually improving mobility
- ✓ Feeling better or the same afterward—not significantly worse

Your body may tell you that you need **less**, not more.

And that's okay.

WHEN TO BACK OFF

If an exercise or activity causes pain, pressure, heaviness, significant discomfort, or symptoms that concern you, stop and reassess.

If you're experiencing symptoms involving your pelvic floor, abdominal wall, incision, bleeding, pain, or other postpartum concerns, talk with your healthcare provider or a qualified pelvic health professional.

You never have to push through symptoms just because they're included in a program.

REMEMBER: YOU DON'T HAVE TO DO IT PERFECTLY

Some days you'll do everything.

Some days you'll do one breathing exercise.

Some days you'll just walk to the mailbox.

That still counts.

Postpartum recovery isn't linear.

Your goal isn't to complete every exercise perfectly.

Your goal is to gradually reconnect with your body and build your capacity over time.

WHAT COMES AFTER WEEK 5?

These first five weeks are about building your foundation.

But you may still be thinking:

"My core still feels different."

"I don't know if I'm ready to start working out again."

"I want to get stronger, but I don't know how to progress."

"I want to lose the baby weight eventually, but I don't want to rush my recovery."

That's where individualized coaching can make a huge difference.

You don't need to figure out the next six months on your own.

Want help figuring out what's next?

I work with women during pregnancy and postpartum to rebuild strength, improve their confidence in their bodies, and create realistic nutrition and fitness strategies that fit into real life.

[LEARN MORE ABOUT POSTPARTUM COACHING →] [🌐 Online Coaching](#)

YOU'RE DOING BETTER THAN YOU THINK.

Give yourself permission to recover.

Give yourself permission to go slowly.

And give yourself credit for every little step forward.

You don't need to bounce back.

You get to build back.

DISCLAIMER

This guide is provided by Christy Ewing Fitness for general educational and informational purposes only.

Christy Ewing Fitness and its representatives are not healthcare or medical professionals. The information provided in this guide, including the written content, exercise demonstrations, videos, and related materials (collectively, the "Content"), is not medical advice and is not intended to diagnose, treat, cure, or prevent any disease, condition, or injury.

This Content is not a substitute for individualized medical advice, diagnosis, or treatment from a qualified healthcare professional. You should consult with your physician, midwife, pelvic health physical therapist, or other qualified healthcare provider regarding your individual circumstances and before beginning or progressing an exercise program after pregnancy and childbirth.

Every pregnancy, delivery, postpartum recovery, and individual body is different. Christy Ewing Fitness cannot guarantee that any exercise, recommendation, progression, or information provided in this guide will be appropriate for you or produce a particular result.

Do not use this guide to delay seeking medical advice or treatment for any health concern. If you experience symptoms or have concerns about your recovery, contact your healthcare provider.

By using this guide, you acknowledge that the information is educational in nature and that you are responsible for determining, with appropriate professional guidance, what is appropriate for your individual circumstances.

If you have a medical concern, please contact your healthcare provider.