



## **Progressing Exercises Positions Postpartum**

Knowing when to progress and regress an exercise can be tricky. In order to build muscle strength, you have to do a movement that's challenging enough to exhaust that muscle. For example, if you want to build quad strength, you have to do something that exercises the quads to fatigue – aka. By the last rep you're about ready to give up.

If you can easily do an exercise easily 35 times in a row, that may help a muscle to feel better and build endurance, but it's not going to build significantly stronger muscle.

When rebuilding strength postpartum, it's important to build a good base of strength which really means, gaining control. If you can control what you are doing, the way you move and which muscles are doing the work, then you are ready to progress to something harder by either loading up that exercise with more weight or by progressing the position. (ie. Moving from a seated position to a kneeling position to a standing position to a dynamic movement)

At the same time, if you are doing an exercise in which you cannot control the movement or the muscles which are getting the job done, then you will be strengthening a compensatory pattern and this type of training can lead to repetitive use injuries later on or excessive pressure in the wrong area (such as the pelvic floor).

Use the list below to progress or regress an exercise – you will achieve a goal faster if you are doing a high quality movement instead of just pushing through an exercise.

If you are in a class, ask the instructor to help you with a modification if something feels too strenuous or you're starting to feel pressure bulge through your core or bear down on your pelvic floor.

### **Progressing Exercise Positions:**

Easiest position → Hardest position

- Laying flat or side lying
- Sitting
- Kneeling & half kneeling
- Half kneeling with 1 arm overhead
- Half kneeling with 2 arms overhead
- Feet together 1 arm overhead
- Feet together 2 arms overhead
- Feet in athletic stance (Just wider than hip width apart)
- Split stance (one foot in front, one foot out back)
- Single leg stance
- Dynamic movements (jumping, running, skipping etc.)