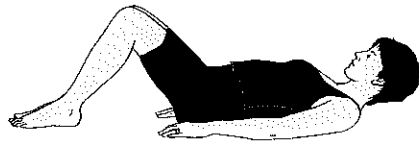
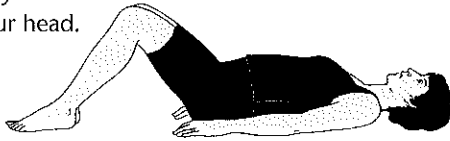


Exercises After Your Baby Is Born

Head Lifts

Head lifts can progress to shoulder lifts and curl-ups, all of which strengthen the abdomen. When you can do 10 head lifts at a time, proceed to shoulder lifts.

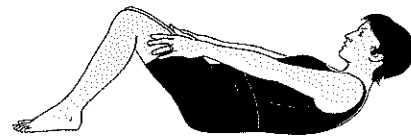
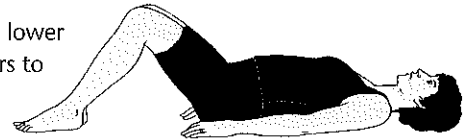
1. Lie on your back with your knees bent, your feet flat on the floor, and your arms along your sides. Inhale.
2. Exhale slowly as you lift your head off the floor.
3. Inhale as you lower your head.



Shoulder Lifts

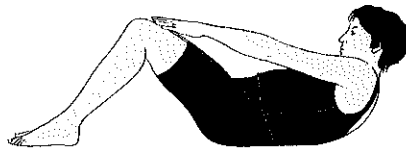
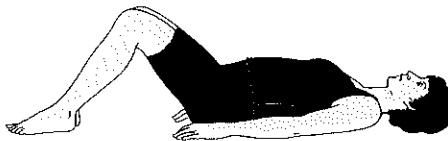
When you can do 10 shoulder lifts at a time, proceed to curl-ups.

1. Lie on your back with your knees bent, your feet flat on the floor, and your arms along your sides. Inhale.
2. Exhale slowly and lift your head and shoulders off the floor. Reach with your arms so you do not use them for support.
3. Inhale as you lower your shoulders to the floor.



Curl-ups

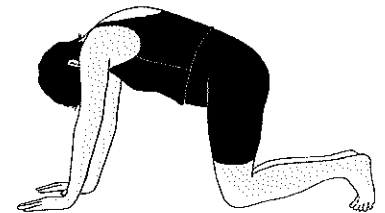
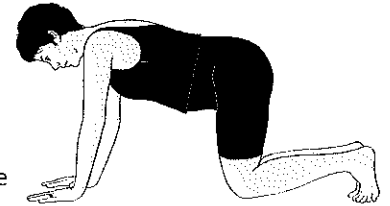
1. Lie on your back with your knees bent and your feet flat on the floor.
2. Exhale. Reach with your arms, and slowly raise up halfway between your knees and the floor.
3. Inhale as you lower yourself to the floor.



Kneeling Pelvic Tilt

Strengthens your abdominal muscles.

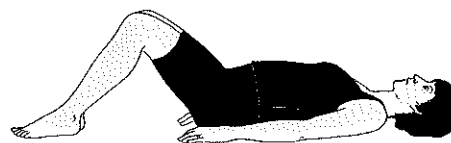
1. Kneel on your hands and knees with your back straight. Inhale.
2. Exhale and pull your buttocks forward, rotating the pubic bone upward.
3. Hold for 3 seconds. Repeat 5 times.



Leg Slides

Tones abdomen and legs. Does not put much strain on your incision if you've had a cesarean birth.

1. Lie flat on your back and bend your knees slightly.
2. Inhale. Slide your right leg from a bent to a straight position. Exhale, and bend it back again.
3. Keep both feet relaxed on the floor.
4. Repeat with left leg.



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