

THE FREE POSTPARTUM WORKOUT PLAN

Four weeks. Twenty minutes at a time. Built for where your body is now.

A starting point built on the same order of operations as the paid programs: breathing and pressure management first, deep-core and pelvic-floor work second, then the first real strength progressions. No equipment needed for week one.

- ✓ Four weeks of sessions you can finish in 20 minutes
- ✓ The diastasis recti self-check, and what the result means
- ✓ Which movements to hold off on, and how to tell when you are ready
- ✓ How to progress when the plan starts feeling easy

CLEARANCE FIRST. THEN THIS PLAN.

This plan is written for the window after your medical clearance — usually around six weeks after birth, later after a C-section or a difficult delivery. If you have not been cleared for structured exercise yet, the only things on the menu are breathing, gentle walking, and rest. Week one of this plan is gentle enough that many providers approve it early; ask yours first.

This is general education, not medical advice. Nothing here replaces your doctor, midwife, or pelvic-floor physical therapist. If you have pain, pressure, or leaking during any movement — or symptoms like heavy bleeding, dizziness, or incision pain — stop and talk to your provider. When in doubt, regress the movement or skip it.

THE SELF-CHECK

THE DIASTASIS RECTI SELF-CHECK

Diastasis recti is the separation of the two halves of your rectus abdominis along the midline. Pregnancy stretches it in nearly everyone; what matters afterward is how well the tissue can create tension, not just how wide the gap is. Here is the 60-second check:

STEP	WHAT TO DO
1	Lie on your back, knees bent, feet flat. Relax your belly.
2	Place two fingers flat, pointing down, just above your belly button.
3	Exhale and lift your head and shoulders slightly, like the start of a crunch.
4	Feel for a gap between the two ridges of muscle. Note how many fingers fit, and whether the floor of the gap feels firm or soft.
5	Repeat two inches above and two inches below the belly button.

WHAT THE RESULT MEANS

1–2 fingers with a firm floor: normal territory. Run the plan as written.

2–3 fingers or a soft, squishy floor: common and workable — this plan's breathing and deep-core work is exactly the starting point. Watch the midline during every movement.

3+ fingers, doming or coning during daily life, or pelvic heaviness: start the plan's week one, but get assessed by a pelvic-floor physical therapist before adding load. The gap itself matters less than what the tissue can do — a narrow gap that can't generate tension is weaker than a wider one that can.

MOVEMENTS TO SKIP, AND WHEN YOU'RE READY

HOLD OFF ON THESE EARLY

These load the midline before it can manage pressure. They come back later — nothing is banned forever.

- Crunches and sit-ups
- Full planks and push-ups from the floor
- Heavy twisting and hanging leg raises
- Running, jumping, and other impact
- Max-effort lifting of any kind

YOU'RE READY TO PROGRESS WHEN

- No doming or coning down your midline during the movement
- No leaking, pelvic pressure, or heaviness during or after
- You can exhale and feel tension wrap around your waist on demand
- The current version feels controlled for every rep — not survived

If a movement fails any of these, drop back one step for a week. Doming is a signal to regress, not to push through.

THE STRUCTURE

HOW THE PLAN WORKS

Three sessions a week, about 20 minutes each, with at least one rest day between sessions. Every session follows the same skeleton, so nothing needs to be re-learned week to week:

BLOCK	TIME	WHAT IT IS
Breathe	3 min	360° breathing — the week's foundation drill
Connect	5 min	Deep core + pelvic floor activation work
Move	10 min	The week's circuit — 3 rounds, unhurried
Walk	2+ min	Finish with easy walking; add minutes on rest days

The one cue that runs the whole plan: exhale through the effort, and feel your deep core engage *before* the movement starts. If you can't get that tension, the set is over — quality is the rep count.

RECONNECT — BREATHING & DEEP CORE

Goal: re-find your deep core and pelvic floor. This week is deliberately easy. Do not skip it to get to the "real" work — this is the real work.

MOVEMENT	DOSE	THE CUE
360° breathing (lying)	3 min	Inhale into ribs and back; long slow exhale, ribs come down.
Pelvic floor lift + release	2 × 8	On the exhale, gently lift; fully release on the inhale. The release matters as much as the lift.
Heel slides	2 × 6/side	Exhale, brace lightly, slide one heel out. Midline stays quiet.
Glute bridge	2 × 8	Exhale up, squeeze at the top, lower with control.
Side-lying clamshell	2 × 8/side	Slow open, slower close. Hips stacked.

HOLD — TENSION THROUGH TIME

Goal: keep the same connection while positions get longer and harder to hold.

MOVEMENT	DOSE	THE CUE
360° breathing (seated)	3 min	Same breath, now against gravity.
Dead bug — legs only	3 × 5/side	Exhale as the heel taps down. Low back stays heavy on the floor.
Glute bridge march	3 × 4/side	Hips level while one foot lifts. No wobble is the win.
Bird dog — arm or leg	3 × 5/side	Reach without the hips tipping. Watch the midline.
Wall push-up	3 × 8	Body in one line; exhale on the press.

CARRY — FIRST LOAD, NO DOMING

Goal: add gentle load while the midline stays composed. A pair of light dumbbells (or two full water bottles) is plenty.

MOVEMENT	DOSE	THE CUE
Dead bug — opposite arm & leg	3 × 5/side	Slow. Exhale on every extension.
Squat to chair	3 × 8	Exhale to stand. Light touch on the chair, not a plop.
Suitcase carry	3 × 20 steps/side	One weight, tall posture, no lean. Breathe while you walk.
Elevated hip hinge	3 × 8	Push hips back, flat back, feel the hamstrings.
Band or towel row	3 × 10	Exhale as you pull; ribs stay down.

LOAD — THE FIRST STRENGTH PROGRESSIONS

Goal: turn the patterns into strength work. This week is the bridge into real progressive training.

MOVEMENT	DOSE	THE CUE
Goblet squat (light)	3 × 8	Weight at your chest; exhale to stand; midline quiet.
Romanian deadlift (light)	3 × 8	Hinge, don't squat. Exhale on the way up.
Farmer carry — both hands	3 × 30 steps	Heavier than week 3's carry, posture identical.
Incline push-up	3 × 8	Hands on a counter or bench. Progress by lowering the surface.
Dead bug + reach	3 × 6/side	Your week-1 breath, under your week-4 strength.

HOW TO PROGRESS WHEN IT FEELS EASY

"Easy" means: every rep controlled, no doming, no leaking or heaviness, and you finish knowing you had more in the tank. When a session hits that bar twice in a row, move one lever — never all of them at once:

1 • Add a little weight. The smallest jump available. If form changes, the jump was too big.

2 • Add a rep or a round. 3 × 8 becomes 3 × 10, then 4 × 8, at the same weight.

3 • Slow it down. A three-second lowering phase makes the same weight a new exercise.

4 • Then re-run the self-check. Progress is measured by what your core can do under load — not by the calendar.

Repeat the four-week structure with the new doses as many times as it keeps working. When you want impact, running, or heavier barbell work back, that's the point where programming should be written for your body specifically.

WHAT COMES NEXT

WHEN YOU WANT A COACH IN YOUR CORNER

This plan is the same order of operations the full programs run — recover, rebuild, load, then train like an athlete again. The difference in the paid programs is that someone is watching your movement, adjusting the plan weekly, and answering the "is this normal?" questions.

PROGRAM	PRICE	WHAT IT IS
Online Coaching — Basic	\$79/mo	App-delivered programming + async voice check-ins. Train when the baby sleeps.
Online Coaching — Premium	\$149/mo	Everything in Basic plus a weekly video call.
12-Week Signature Program	\$297	The flagship cohort postpartum program, 3–4 times a year.
Private Coaching — Pittsburgh	from \$350/mo	One-on-one, in person, four sessions a month.

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