



Tummy Time

This program is designed Mums with babies not on the move yet. You can hold your baby through some of exercises for extra resistance, set your baby up to see perform all the exercises (safely on the floor or in a baby seat).

Sing lots of songs, smile, kisses and raspberries on their tummies to keep them engaged. If they don't want to be 'handled' or happy amusing themselves with a toy, then just go with the flow. Ensure your workout area is clear of any obstacles and baby is always safety positioned so you don't trip on top of them.

Aim to complete 1-4 rounds of the exercises for the time you have available. Quickly move from one exercise to the next with minimal rest. Rest for 1-2min at the end of the full set before starting another round.

Refer to the relevant training video for exercise technique



5 min Warm up

- 12 x Narrow squat with side to side shoulder press
- 12 x Alternating curtsey lunges
- 12 x Bird dog (optional push up with kiss if wrists ok)
- Side planks to 'twinkle twinkle' (one each side)
- 12 x Flying Baby (option single leg extension for abdominal separation)

5min Cool Down, Stretch, Core & Pelvic Floor

