

EXERCISE PRINCIPLES

Like Pilates, we don't do many reps but rather work slowly and focus on the details using breath, correct posture placement and constant attention to the **Abdominal Connection**. It is better to do 5 reps of one exercise with great precision than to do 15 rushed through and haphazardly. Correct Muscle memory kicks in much faster this way.

A. **Breathing** may undoubtedly present the most frustration through the entire workout. It can be quite daunting to have so many details running through your head while physically trying to carry out the exercise.

Breathe in through your nose and out through your mouth. Practice this throughout the day if it feels very foreign to you.

B. **Pace yourself** If you are doing the **10 minute** routine work extra slow, if you are doing the **20 minute** or **30 minute** routine try focusing on something different each time around.

C. **Practice in the mirror**

When you do have a chance to watch yourself in the mirror, practice your **Ribcage placement** (profile is best), observe the shape of your **shoulders** raised up, then lengthened down, and always check your

Abdominal progress:

- Watch to see if the abdominals are responding when prompted.
- Are they moving and engaging when you ask them to?
- Are you starting to feel more muscular sensations especially around the navel?



These are signs that you understand, are applying the principles and are on your way to results.

The Warm up

Each Exercise session should begin with a **5 minute warm up** to prepare your body and focus your mind on the overall goal; strengthening the Transverse Abdominis muscle, also referred to as your **Abdominal Connection**. Although every exercise in our program is focused on the **Abdominal Connection**, you will start to see results in other areas connected to the individual exercise series but the main focus is always centered on the core, specifically the

TVA connection.

Tva Pumps should be done throughout the day as often as possible. It takes more time to plan when you will have time to do them, then to **just do** them.

Set up your station



Before you begin your workout you will need to have ready:

- Your **Abdominal Connections Flex-band**
- (Optional) A hard surfaced chair tall enough to comfortably sit with your knees at or close to a **90` angle**.
- A wall space large enough to accommodate your whole body **x3**.
- Your **AC Binder**
- Your **Abdominal Connections Manual** (for reference)

The exercises



The routines are broken down into **3 exercise circuits**. Choose which three exercises you want for your workout and repeat each 1-3 times depending on your time restraints.

- **Remember**, the more time you can commit to the routine the further along you will progress. Our exercises are **none-impact** and safe to do every day. **The exercise routines** are designed to help strengthen the supporting abdominal muscles as well as recruit the compensating muscle groups (muscles that engage to protect and avoid using the weakened or injured muscle). **These muscles are essential for carrying out daily activities.**
- Wearing your **AC Binder** greatly assist in the initial engagement of the abdominals as well as encourage proper pelvic and spinal positioning. We recommend wearing it during your workout and as often as possible throughout the day.
 - **Flatten your tummy faster**, wearing **your AC Binder** at night accelerates your tummy recovery.
- All of the **exercises** are done **standing** or **seated** on a hard flat surface with the knees at or just below a 90 degree angle. In the first stages of healing the **Diastasis** Gravity plays a huge roll. With early **Post-partum recovery** the body is still carrying a lot of extra weight and excess fluids. Getting up and down from the floor can be very intense, uncomfortable and **dangerous**. Your body needs time to adjust and compensate for the difference in frontal weight. **(Relaxin continues to be produced up to a year after delivery and throughout breast feeding)**. The muscles and joints may be exaggeratedly loose or tight and stiff. Working out standing or seated comfortably will encourage you to stick with the program and is both safe and effective.

- Although every exercise in our program is focused on the **Abdominal Connection** you will start to notice muscle definition in the arms and shoulders and firming of the glutes and hamstrings. Try to combine an exercise from each group for a **well-rounded workout**.