

Reset Postnatal with Cammie (Stability Cushions, Loop Band)

Flow

Exercise	Reps	Springs	Props	Direction
Prone -Marching -Alt. Arms -Alt. 1 Arm/1 Leg (Opposites)	30 sec. each	All springs	2 Stability cushions	Cushions underneath scapula & pelvis, feet flat on platform to start
Footwork (Cushions) -Pilates V/Pulses -Parallel - Toes/Pulses -Prancing	30 sec. each			Bar to middle shelf, just 1 stability cushion underneath pelvis,
Bridge (Band) -Pulses Up & Out -Hold Halfway - Open & Close -Combo - Lift Up/Open/Close/ Lower Down	1 min. 20 sec. pulses 20 sec. open/close 30 sec. combo.			Heels on bar, band above knees
Side Lying Footwork (Band) -Parallel/Pulses (Top Foot Bar) -Parallel/Pulses (Bottom Foot Bar) - Add Top Leg Lift on Press <i>Complete Side 2</i>	30 sec. full presses 8 pulses			L foot on bar, lying on R side, R leg long underneath bar, R forearm on headrest/hand behind head, band still above knees
Kneeling Arms - 1 Hand/Strap -1 Arm Serving -1 Arm Overhead Tricep Press High Kneeling Arms -1 Arm Bicep Curl	10 each	1 medium		Hold R short strap in R hand, L hand behind head
Mermaid Stretch -Hold Over - Presses from Bar	5 stretches 5 presses			L hand on bar, legs stacked
Complete Kneeling Arms & Mermaid on Side 2	Reps listed above			

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling (Cushion R Knee) -1 Leg Press (Back) -Alt. Press/Calf Raise -Hold Halfway - Pulses Complete Side 2	30 sec. full presses 5 with heel drops 8 pulses	1 heavy & 1 medium	Cushion	R knee on cushion, L toes on bar, hands on carriage/ framing shoulder rests
Feet in Straps (Cushion) -Lowers/Lifts -Frogs -Stretches	30 sec. each			Cushion underneath pelvis, feet in long straps