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THE POSTPARTUM *Comeback*

A checklist for getting back under the bar, your way.

You grew a human. Your body did something huge. Coming back to training isn't about "bouncing back." It's about building back, one smart step at a time.

There's no magic week where you're suddenly ready. Everybody's different. Birth, recovery, sleep and stress all play a part. Use this list to move forward when your body says yes, not when the calendar does.

Book a pelvic floor physio. Seriously. If I could tape one thing to every new mom's fridge, it would be that.

INSIDE

Phase 1

Phase 2

Phase 3

Red flags

General education from a certified pregnancy and postpartum coach. Not medical advice. Get cleared by your care provider before returning to exercise.

CHECKLIST

PHASE BY *phase*

Tick it off when you're there. No rushing.

PHASE 1

Early days: reconnect

- ☐ Practice deep breathing: belly and ribs expand on the inhale, gentle lift on the exhale
- ☐ Find your pelvic floor: a soft lift and full let-go, no squeezing like crazy
- ☐ Short, easy walks. Add a little more when you feel good the next day
- ☐ Rest when you can. Healing is the work right now

PHASE 2

After your provider clears you

- ☐ See a pelvic floor physio for an assessment
- ☐ Bodyweight basics: glute bridges, sit to stand, wall push-ups, side-lying work
- ☐ Light loads, slow reps, breath on every rep
- ☐ Check for coning, leaking or heaviness after each session

PHASE 3

Building back

- ☐ Add load slowly. Change one thing at a time: weight, reps or sets
- ☐ Bring back carries, squats, hinges and presses
- ☐ Impact (running, jumping) only once strength and symptoms say yes
- ☐ Fuel properly. Protein and water matter even more if you're nursing

LISTEN UP

SIGNS YOU'RE DOING *too much*

Back off a step, then check in.

Your body will tell you. These are signs to back it off a step and check in with your physio or care provider.

Leaking

Any pee leaks when you lift, jump, cough or sneeze. Common, but not something to ignore.

Heaviness or pressure

A dragging or bulging feeling down below, during or after a workout.

Doming

A ridge or bulge down the middle of your belly when you work your core or lift.

Pain

In your pelvis, back, scar or anywhere that's new or getting worse.

More bleeding

Bleeding that picks up again after training. That's a sign to rest and call.

Running on empty

Wiped for days after a workout. Sleep and stress count. Scale it back.

This isn't "can I." It's "should I, today." Some days the answer is a walk and a nap. That still counts.

Not medical advice. If something doesn't feel right, call your care provider. You've got this, mama.