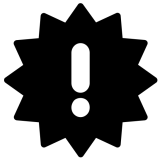


Ab Separation/Diastasis Recti Workout

MONTH/YEAR _____

FREQUENCY GOAL _____

COMPLETIONS



By choosing to follow this guide, you are agreeing to the [terms of use and disclaimer](#) of the [Savage Wellness Website](#) (located at the bottom of the website).

If you have an ab separation larger than 2 cm (get checked out by a doctor) or if you are in your third trimester, manually brace your abs while doing the following exercises. Cross your arms over your abdomen, placing one hand on each side & keeping fingers pointed towards floor or wall. As you engage abs, use the arms to squeeze the abs together.

Learn more about ab separations at: <https://www.besavagewell.com/new-blog/2018/8/16/diastasis-recti>

1

10

Abdominal Draw In



Add small pelvic tilt as you engage abs for more!

W/ knees up & feet flat on table or mat, pull abs in & push low back/spine into mat. Hold 5 sec & release.

If pregnant, do this against a wall. Stand 1' against wall, bend knees & sit back so whole spine, head, & tush touch the wall.

2

20

Abdominal Draw In w/ Heel Slide

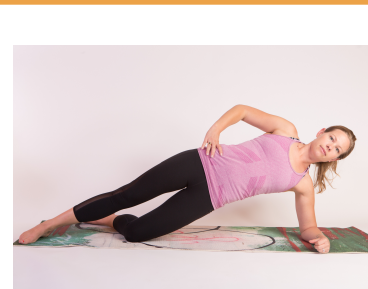


In same starting position as before, bend knee & pull heel back towards tush while maintaining ab draw in. Keep spine pressed into mat as you slide the leg back out.

3

10

Side Plank on Elbow & Knee



Start on side w/ elbow underneath you. Keeping shoulders pulled back & down spine, push up so hips are off the ground. Squeeze tush to prevent bending at the hips.

Hold 15 sec & release.

4

10 - 20

Dead Bugs



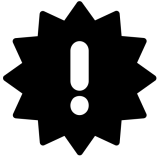
Starting as in exercise 2, bend knees to 90 degrees & extend 1 arm overhead while lowering opposite foot. Keep knee bent to ensure belly doesn't bulge outward. Contract abs to return to starting position.

Ab Separation/Diastasis Recti Workout

MONTH/YEAR _____

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COMPLETIONS



The following exercises help build the support muscles needed to keep you feeling great. They will engage the TvA and build strength to support the low back and hips.

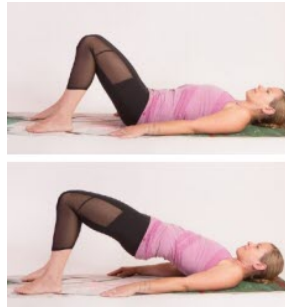
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5

10 - 20

Hip Bridges



Keep abs engaged throughout the exercise.

Slowly raise butt off floor by using glutes & hamstrings. Hold 3-5 secs & release.

Keep weight in heels and not in the balls of your feet.

6



20

Hip Bridge w/ Marching



Starting in the engaged hip bridge position, alternate raising R leg following by L leg while maintaining alignment.

7

15

Abduction Leg Lifts



Keep belly pulled in & abs engaged.

Tap the toe of the top leg down & lift as high as possible w/o rotating.



Repeat on other side.

8

15

Adduction Leg Lifts



Same as above but cross top leg in front or behind bottom leg & place foot flat on ground.

Lift & lower bottom leg while keeping toe pointed.



Repeat on other side.