

This month is all about you taking action and carving out time to kickstart your safe return back into exercise!

We know the challenges that come with motherhood so please don't stress if you miss a day or 2, just come back to the plan when you are ready, coming back is key!

You'll see there are 4 sessions to tick off each week plus a walk! Remember that rest is super important too so if one day you're not feeling up to moving then add in an additional rest day.

This tracker is focussed on rehabilitation, focus is on a slow and safe return to exercise. The workouts included within this tracker should not leave you feeling absolutely exhausted (there is plenty of time for that) these classes are about building your strength from the inside out! You grew and birthed a baby – it's a massive deal!

The workouts within this tracker are important to help you get back into doing whatever it is that you love or want to do exercise wise.

If you have any questions along the way please feel free to reach out to us, we are more than happy to help you out and we love hearing from you! Before you get started please tick off the checklist and read over the FAQs!

Share your journey with us!

We would love to see you taking action this April! Share your challenge with us by tagging @shemovesnz on Instagram Stories. We love to put faces to names, seeing your workout set ups, plus you never know who you might inspire by sharing your journey!



FAQ's

Where do I get access to the challenge workouts?

You'll need to have joined the private members only Facebook group 'Make Your Move' there would have been instructions on your welcome email on how to do this. If you are having trouble please email admin@she-moves.co.nz

How do I access a LIVE workout?

Just come to the Facebook group at the time of the live class, refresh the page and the trainer will be waiting for you.

I can't make the live workout times, can I do them at another time?

Yes! All the workouts are saved inside the community and you can go back and do them anytime that works for you.

How do I access a replay workout?

Clicking the 'Featured' tab within the community will bring up the latest workouts delivered over the past 2 weeks.

Please ensure that the workouts you complete have the Baby Emoji labeled on them.

I see there are other workouts in the group that are not included in the challenge, can I do them?

No! Please stick to the rehab programme, these classes will be there ready and waiting for you once you have completed your safe return to exercise rebuilding your strength from the inside out! - Your future self will thank you for this.



Do I need equipment to do your live workouts?

No! One of our biggest goals is to make our online workouts accessible for all women all you need is yourself and a good internet connection.

I am breastfeeding, will these workouts impact my milk supply?

Research suggests that moderate exercise shouldn't affect milk supply, but, it's really important to point out that everyone is different and it's something that every feeding mum needs to be mindful of. Some women may find their supply is affected while others may have no problem at all. Make sure you wait 6 weeks before getting into exercise to allow your milk supply to establish and get medical clearance, it's also very important to listen to your body and more so than ever make your nutrition and hydration a priority.



Please note this challenge is generic and does not cater for those women who are managing birth injuries. If you have a birth injury or are wanting further support and guidance to complete this challenge please check out our [1:1 premium packages](#). A She Moves Trainer is available to craft a plan for you to help manage your injury and symptoms and adapt your tracker to meet your needs.



Seeing A Women's Health Physio :

We advise all women to get checked over by a WHP to assess the health of your pelvic floor muscles, ensure you are doing your pelvic floor exercises correctly and get assessed for Diastasis recti.

Most women in NZ get medical clearance to start exercise at 6-12 weeks postpartum from a GP or Midwife but this does not cover an internal assessment of pelvic floor and very rarely are the abdominals checked over. We can give you basic guidance on PF however, having an individualised PF programme is best.

Return To Exercise Checklist



I have waited at least 6 weeks and have had medical clearance to return to exercise from my midwife, OB or GP.

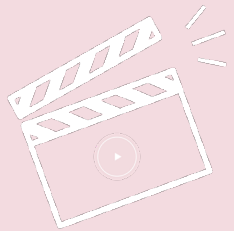
I have booked in or seen a Women's Healthy Physio and discussed my pelvic health? We can help [here!](#)

I have ensured the trainers I am working with are qualified in postpartum exercise? (You can tick this one because we most certainly are!)

I have been checked or checked myself for an abdominal separation? (We have a video on how to do this on our Instagram page under the highlight reel 'Core'. If you see a WHP they should do this for you. Still not sure? Email us renee@she-moves.co.nz)



Take Action April! Postpartum Tracker



<p>01 Today's workout... She Starts - Entry replay</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>02 Today's workout... She Lengthens - Pilates replay - Ensure you pick the postpartum safe option</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>03 Today's workout... Rest day</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>04 Today's workout... Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>05 Today's workout... She Restores - Pelvic Floor Core Restore Live 10am</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>06 Today's workout... Rest Day</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>07 Today's workout... She Restores - Pelvic Floor Core Restore replay</p> <p>Post workout feels... Are you...</p> <p> </p>
<p>08 Today's workout... She Starts - Entry Live 10am</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>09 Today's workout... She Restores - Pelvic Floor Core Restore replay</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>10 Today's workout... Rest Day</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>11 Today's workout... Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>12 Today's workout... She Restores - Pelvic Floor Core Restore Live 10am</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>13 Today's workout... Rest Day</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>14 Today's workout... She Flows - Stretch Live 7pm</p> <p>Post workout feels... Are you...</p> <p> </p>
<p>15 Today's workout... She Lengthens - Pilates replay - Ensure you pick the postpartum safe option</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>16 Today's workout... Rest Day</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>17 Today's workout... She Starts - Entry replay</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>18 Today's workout... Rest Day</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>19 Today's workout... She Restores - Pelvic Floor Core Restore Live 10am</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>20 Today's workout... Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>21 Today's workout... She Restores - Pelvic Floor Core Restore replay</p> <p>Post workout feels... Are you...</p> <p> </p>
<p>22 Today's workout... Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>23 Today's workout... She Flows - Stretch replay</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>24 Today's workout... She Lengthens - Pilates replay - Ensure you pick the postpartum safe option</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>25 Today's workout... Rest day</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>26 Today's workout... She Restores - Pelvic Floor Core Restore Live 10am</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>27 Today's workout... Rest day</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>28 Today's workout... She Restores - Pelvic Floor Core Restore replay</p> <p>Post workout feels... Are you...</p> <p> </p>
<p>29 Today's workout... Walk 15-30 mins</p> <p>Post workout feels... Are you...</p> <p> </p>	<p>30 Today's workout... She Restores - Pelvic Floor Core Restore replay</p> <p>Post workout feels... Are you...</p> <p> </p>					