

Ease into Mobility Exercises

Make your everyday movements easier by preforming mobility exercises each day.
Complete each circuit 1-2 times while performing each exercise 10-15 times.

Sample Circuits

Half Kneeling Hip Flexor Stretched	<i>Keep hips square, stay tall, tuck tailbone under and feel a stretch at the front of rear hip; don't stretch hip aggressively.</i>	Cat-Cow	<i>Move through the pelvis untucking the tailbone to gently arch and tucking the tailbone under to round</i>
Glute Bridge	<i>Maintain neutral spine throughout the movement, exhale as you contract glutes to raise the hips, inhale on the way down.</i>	Clamshell	<i>Roll hips forward, exhale as you contract glutes and lift top knee, hips stay still, range of motion is small and controlled.</i>
Open Book	<i>Lie on your side, bend top hip and knee to 90 degrees, exhale as you rotate through the upper body and inhale as you return to starting position, keep the hips still.</i>	Open Book	<i>Lie on your side, bend top hip and knee to 90 degrees, exhale as you rotate through the upper body and inhale as you return to starting position</i>
Clamshell	<i>Roll hips forward, exhale as you contract glutes and lift top knee, hips stay still, range of motion is small and controlled.</i>	Deep squat hold	<i>Hold onto something secure as you descend into a deep squat, try to relax into it and breathe deeply.</i>
Wall Slide (Y to W)	<i>Stand with back against a wall, place arms overhead in a "Y" position, press arms into the wall, glide the arms downward making a "W" with the elbows, then glide them up again</i>	Supine Scapular Slide	<i>Lie on the floor with a neutral spine, with arms by your head in a "Y" shape, press arms into the floor, glide them making a "W" as you bend your elbows, then glide back up, keeping the arms pressed against the floor</i>



Focus on Rebuilding Your Deep Core

The main muscles in your deep core include your diaphragm, transversus abdominis (TVA), and your pelvic floor. One of the best ways to get these muscles working together again is with breathing exercises followed by your favorite TVA exercise.

Breathing Exercises

- Rib Cage Smash
- 360 Breathing
- Connection Breath

**TVA Exercises
Also Help Heal
Diastasis Recti!**

TVA Exercises

- TVA Marches
- TVA Heel Slides
- Dead Bug



Don't Forget Cardio

Start with light cardio like walking. Try to walk everyday and increase the length of your walks each week. After building up strength in your legs feel free to try some high intensity cardio or continue walking at a brisk pace!

Cardio Examples

- WALKING
- HIIT
- RUNNING
- JUMP ROPE
- CYCLING
- DANCING
- SWIMMING
- HIKING
- TENNIS
- ROWING

Benefits of Cardio

- Improve Heart Health
- Protect your brain from the side effects of aging
- Strengthen immune system
- Improve sleep quality



Work up to Strength Training

Include exercises that focus on the fundamental movement patterns and improve everyday movements. Start by completing each exercise using body weight, resistance bands, or light weights. Increase your weight every 2-4 weeks until you build up the strength to progressive overload.

Why progressive
overload/ lift
Heavy?

- Build your bone density & fight off Osteoporosis!
- Gain strength & stamina to keep up with your kids!
- Improve your overall mood!
- Lower risks for chronic illnesses, keeps you healthier longer!

Fundamental Movement Patterns

Squat	• Squat to Box • Goblet Squat
Hinge	• RDL • Deadlift
Single Leg	• Reverse Lunges • Split Squats

Push	• Pushups • Chest press
Pull	• Lat Pull Downs • Rows
Carry	• Farmer Carry • Suitcase Carry



Stay Motivated

Stay motivated by setting goals for yourself and finding a fitness community to support you!

MidCoast Family Fitness has you covered!

MidCoast Family Fitness Services

Wellness Coaching

Get support creating realistic wellness goals and be held accountable to reach them!

Personal Training

Get personalized programs and 1:1 coaching to meet your fitness goals!

Private Gym Rentals

Use our equipment & play with your kids without the crowds!

Workout Open Gym

Stay motivated while working out with your friends!

Got questions? Join us at one of our sessions to get them answered by a qualified personal trainer. Or scan the QR code for other ways to connect!

