Home exercises for mom and baby

- You can begin performing the exercises about two months after delivery, once your baby has learned to hold his/her head up.
- Perform each exercise for at least half a minute.
- If you have time and your baby enjoys the exercises, repeat the set.

Warm-up

1. March in place

March in place and rotate shoulders forward eight times, then reverse the direction.

2. Side tap

Extend one leg to the side and lightly touch the floor with the big toe.
Rotate the upper body and your baby in the opposite direction than your leg.

3. Body rounding and extension

Stand with the knees slightly bent, shift your weight onto right leg, and hold the baby in front of you. Extend the body, step the left leg backward, and lift the baby up simultaneously. Activate abdominal muscles during the extension.
Switch the supporting leg after four repetitions.

Muscle strength

4. Thigh muscles and biceps

Sit on a chair with the back straight and hold the baby on your forearms.
Stand up and simultaneously bend your elbows so that the baby comes closer to your body.
Sit back down on the chair.

5. Glutes, lower back and hamstrings

Lie on your back so that the baby is lying on your lower abdomen and thighs.
Roll your pelvis upward into a bridge and lower down vertebra by vertebra.

6. Abdominals

Lie on your back and lift the baby onto your raised shins. Lift the upper body while looking the baby in the eyes.
Then lower your shoulders and head back down to the floor.

7. Upper back muscles

Sit on a chair with your legs apart, and place the baby on the floor in front of you lying on his/her back.
Place your hands gently on the back of your head, round your back and shoulders downward, and peek into your baby's eyes.Extend your back, simultaneously move your elbows backwards, and open up your chest.

Stretching

Hold each stretch for 30 seconds.

8. Neck and shoulders

Sit on the chair with your back straight and grasp the left edge of the chair with your left hand.Tilt your head towards your right shoulder.
Repeat the same stretch on the left side.

9. Chest muscles

Press your right hand against a surface (e.g., a wall) while rotating your upper body to the left. Keep your pelvis stable. You may feel the stretch in your right chest muscle. Repeat the stretch on the left side.

Photos: Kimmo Torkkeli