



Video Transcript

Power Boost Workout For New Moms

Hey, Mama's Rachel Nix here. I've put together a workout for us today to help you connect to your power and to boost your energy because every mama needs a little extra boost, correct? Amazing. So we're going to start on the ground.

I just want you to come to a tabletop position, flex your feet. We're going to access our core and our pelvic floor with a cat cow, so exhale round your spine, stretch your back, pull your belly in. Inhale, gaze up as high as you can. Spread your collarbones. Exhale round your spine. Lift the pelvic floor, stretch, stretch, stretch. And inhale, gaze up. One more time.

Exhale round

And inhale, gaze up. Find a neutral spine and go ahead and just think of an intention you want to set for yourself as you find your high plank. First high plank of the day. Roll the shoulders back and down. Hug your ribs in. And we're going to exhale, lift the hips. Bend your knees, press your heart all the way back, then gaze at your belly, roll into a high plank. Let's do that again. Hips rise, heels fall, and roll into your plank. Why the roll, right?

Just to stretch your back, but also learn how to activate your entire core. Lift from the base of the pelvis, roll to the bottom of the ribs. One more time, exhale, press back, stretch your chest. It feels so yummy, and roll here.

I want you to imagine you're moving through slime or peanut butter as you drive your knees into your chest. Roll your shoulders back and down. You've got a mountain climber. Oftentimes when we do a mountain climber, we think we have to go really, really, really fast. I want you to go slowly, forward eight times. Hips in line with shoulders, shoulders over wrist. Shift your weight forward a little bit. Hug your abs in for four, good, three, two, double time. We go eight, seven, try not to bounce, six, five, four, three, two,

and one. Lift your hips, lift your right leg. You're gonna pulse your leg up for eight, seven, six, five, four, three, two. Drive your knee into your chest, Pull in for eight, seven, six, five, four, three, two, and one. Lift your leg, open, stack your hips, press your thigh back for eight, seven, six, five, four, squeeze your cheeks, two, and one, right knee, right elbow, pulse, eight, seven, six, five, four, Three, two, and one. Both legs straight. Drop down to your forearm, reach up. So to modify, let's all do it, you're going to stack your shins, tuck your tailbone, lift the hips up. So we need to take your top hand, find your obliques, make sure you feel them. Check in, shoulder over elbow, spin the top hip forward, squeeze the your thighs together, lift and lift. You have four more. Exhale, three, push out of the shoulder, two. One, hold there, reach up. Big exhale, twist, scoop, reach under your body. Inhale, gaze up. Three more, exhale, twist, inhale, reach up. And exhale, twist, inhale, lengthen. One more time. Exhale, twist. Inhale, reach your top arm up. Tuck your tails. Spread your collarbones. Hug your abdominals in. We lift and hold for eight, seven, six, five, four, three, two, one. Amazing. Let's find two more cat cows. Roll the shoulders back and down, and then exhale rounder spine. Inhale, gaze up. You got it. Exhale, round. Inhale, gaze up. We're gonna find that three-legged dog on the left side now. Lift your hips, shoot your left toes to the sky and pulse it up to. Squeeze your tooth, straight arm, straight leg. Four, three, two. Hug your abs and shoulders over wrist. Pulse it eight, six five four three two three-legged dog open stack your hips flex your foot square your shoulders and press the thigh back for eight seven six five four three two left knee left elbow shoulders over wrist pulse it eight seven six five four three, two, and one.

Next form is going to go down for a side plank. You can go ahead and still face me if you need to orient yourself on your mat. Make sure the top hip is right on top of the bottom hip. Pull your low abs in. Lift the hips up and little pulses. We go up and up. Squeeze your inner thighs together. Feel free to reach up to the sky spread your collar bones beautiful you have four more three two and one let's take a twist reach under your body inhale gaze at the sky exhale twist inhale reach up two more times love it last one exhale twist Inhale, reach up as high as you can. Squeeze your glutes, tuck your tailbone. Spread your collar bones, reach and breathe. Eight, seven, six, five, four, three, two, one, and done. Let's find a child's pose. Reach through your fingertips. Let that go. At this point, you should be like, ooh, my heart rate is elevated. I might feel a little sweaty. Yay, yeah, yeah, yeah. Work is happening. Goals are being met and crushed, let's find a tabletop position, okay? So go ahead and keep your toes pointed this time, but hug your abs in, cinch your waist, and we're going to play with what a little tricep push-up feels like here. You're going to go down and

push up. Down, push up. Good. Down.

Now, I want you to focus on keeping your abs tight the whole time. Beautiful.

On that next breath, come up, angle the fingertips in, shoulders back and down, come down, straight back, push up. Two, push up. Even if you feel like you could do a straight leg pushup, I want you to stay there four more times and then we'll transition into our modified and maybe full pushup. Three, two, last one.

Okay, So now with the triceps, let's bend our knees, roll the shoulders back and down, separate your knees at least hip width. Notice your pelvis. Make sure you're tucking, hugging your abs in. Elbows go straight back. Push up one.

Inhale, straight back. Exhale, push up two. Good. Straight back.

Squeeze, press three. Just one more for the tricep push up. We go down, push up.

Now, I want you to think about how that felt. A lot of times we drop our head first or drop our belly first. You have to think about keeping your abs in, your chest open, your elbow straight back in the tricep, chin off your chest. So just feel like you're holding a little orange under your chin. Now we'll switch the grip.

So angle the fingertips in. Let's go down, squeeze the tush, Exhale, push. Inhale, big press. Exhale, exhale. Good. Inhale, lower. Exhale, lift. Stay with this. I want you to try to do at least four more, but think about lifting the pelvic floor, hugging the abs in, right? Corset the abs in the front. For three, down, push the floor away, two. One more. Hover there, tuck your tailbone, squeeze the glutes. Exhale, press, and find a child's pose. So reach your hips straight back and we're going to thread the needle. Right arm under left, rest your ear to the earth.

Pull your shoulders back away from your ears.

And then switch other side.

Beautiful. Let's give our yummy arms a little bit more love. So triceps are the part of the arm that make the arms super sexy. So flex your feet for me.

You have the option once thumbs are pointed forward to keep your hips grounded, or you can hover the hips off the floor, like a reverse tabletop. Shift your weight back, shoulders over wrists. We go down, we go up. We have eight, press, seven, six, abs tight, five, glutes engage, four, three, next breath, just go down. Pulse eight, seven, six, tuck your tail. Lift your hips a little bit for four, three, tired.

Ah, amazing. Okay, so we're going to come on up to standing and get our hurt rates moving and grooving with some butt kicks and some squats. So we'll have a little 15 second interval. So on your marks, get set. Go ahead and kick yourself in the butt.

This is a great modification, right? Especially from our newer moms who are still healing. If you want to go into a full butt kick. We have four, three, two, and one. Squats down and up. Inhale, exhale. Bend, stretch, bend, and stretch. Reach your hips all the way down. Zipper the abs off the thighs. Weight back in your heels on the next breath. Let's get to kicking ourselves in the touch. We're going for that run. Up, up, up. Flex your feet as much as you can.

Beautiful. You got five. Three, two. Let's squat. Separate your feet. We go down, up, down, and up. Good. Stay with it. Three more.

Two. Let's pull. Here we go. Down Five, four, three, two, one, come on up. Catch your breath. Up next, we're gonna put our boxing gloves on, dominant leg back, hands protect the face, and you just have ones and twos on repeat. Notice your elbows, notice your shoulders, okay? So go ahead, get your dukes up, on your mark, get set, let's go, one, two, one, two.

Punch, punch, punch. Think about anything in your life that's creating challenge or stress and just knock it out, knock it out, knock it out, knock it out. You got five, four, three, two, and one.

We're gonna go right into a jack out so you can step, touch to the side. I love adding a reach to the front to stretch your shoulders, or if you wanna do a full jumping jack, have at it, Amazing. And we're going to do that again.

In five, ones and twos, and three, two, dominant leg back.

Here we go. Pop, pop, pop, pop, pop, pop, pop, pop, pop, pop, pop, pop, pop, pop, pop, pop, pop, pop that back leg. Hit it, hit, hit it, hit it, punch, punch, punch, let's go. Tell yourself, oh, I got it, I got it, I got it. Just keep going. Give me five, four, three, two, and jack out.

Step touch, reach to the front. Find your breath.

How are you feeling? Good, you're doing it, you're doing it. Yay!

Love it. And release. Okay, we brought our energy up.

We're feeling powerful, a little sweaty, maybe a little tired. But it's that like energized tired. We're going to cool down. So I want you to bring your body down to the ground. And I really want us to just start with a child's pose with our arms by our side. So rest your forehead on the mat.

And I love the shape because it just feels safe. It feels grounded.

Tell your body there's nothing it needs to hold on to give your self permission to let go knowing that once we become mothers we are responsible for another life forever right and even when they flee the nest we're still mama hey we still care we still worry but we have to make time to calm our minds calm our bodies let go of tension in the body oftentimes our stress our anxiety manifests physically in our bodies so just take a time to just ask yourself how you're doing.

What are you feeling?

Give yourself permission to take deep, deep breaths.

Soften your shoulders,

your jaw your

fingers and your toes and just visualize your tailbone reaching nice and long releasing any tension in your low back

just remind yourself that you deserve rest you deserve fun you deserve to do all the things that you want to do for you and the things you want to do as mom they're different

so please prioritize mama because you were you before you were mom mom is an

addition right you're not swapping you for motherhood you're still in there then you matter. Let's go ahead and come into a high plank position.
 Slide your right knee forward, left leg back for a pigeon. Try to keep your hips level, keep them square.
 Does feel your muscles melting away from the bone.
 And roll to your right side. Sweep your left leg around for a spinal twist.
 So you want to make sure you're not sitting on your foot. Sit up really tall, hook your elbow, lengthen, and then rotate, look back behind you.
 So really Feel your crown on the top of your head, lengthen through it as you twist and root through the sit bones, opening your heart. Keep your legs where they are, counter twist, breathe.
 Awesome. Extend your right leg out to the side. Flex your foot. Try to sit right atop your sit bones and side bend. Gaze up at the sky.
 Pull your heart up. Reach your fingertips behind you.
 I always love a side bend. I never know I need them until I do them. And then give your leg a hug, round down. Try to square your shoulders to your leg.
 And then we're going to pop into a high plank on the, do our pigeon on the left side. So high plank, left knee forward, right leg back. Arms forward, breathe.
 just
 tell yourself let go
 let rule go roll
 to your left find a spinal twist sweep your leg around set up tall find that crown twist gaze behind you careful not to scrunch and roll back right we're lengthening and rotating
 Counter -twist opposite direction shoulders drop and
 when you're ready let's extend the left leg out to the side side bend gaze up and when you're ready round down over the leg
 Find seated. Give your soles of your feet a kiss. Interlace your fingers between your titsies, right? Give one more stretch. Sit up really tall, gaze up.
 And then exhale, bend the elbows round down. Again,
 and Inhale, stack your spine, gaze up, and exhale, round down.
 Again, inhale, stack your spine, gaze up, and exhale.
 Just surrender, hold right here.
 If you're really tight in your hips, you can just move your heels away from your body.
 Shake, No, not yes.
 Roll up, find a comfortable seat. And I want you to take out your magic fingers. And since I know you get to spend all day at the spa, you can go ahead and give yourself a massage. Right? We underestimate those simple things.
 You've got magic fingers on your body all day long. So just whip them out, whether that has to be in the shower, the toilet, at your bed.
 love, but like physical touch, we crave that as human beings. We always don't get

it from others where we need it. So it's important to practice to give it to ourselves. And then you're like, oh, yeah, I could just rub my shoulder and then, ugh, feel better.

Is it that simple? Some things can be simple. Many things.

I have just thought, are things complicated, or are they just out of our control? I think those things that we think are complicated, we just really don't have control over, so we have to just accept them and

let it go. Good, big shoulder rolls to the back, up, back, and down.

And interlace your fingertips, press forward, round your spine, and really exaggerate.

Reach, reach, reach. And then up and back, you're going to pull your elbows down, little goddess moment. Send your hands forward. Oh, I love a chest opener.

So, so important. Especially you have the little people that you're always bending down to change and feed and push and pick up. Oh,

hold there. Reach and then take it to a little side bend.

Reach, reach, reach, reach. Stay rooted through your sit bones. Amazing.

And then take a big side bend this way. Hold. Gaze up.

Other side. Up and over. Gaze Down and up, reach.

Amazing. Come on up. Roll your shoulders up, back and down.

Flip your palms up, find your sit bones, lengthen to the crown of your head.

And I want you to think of one thing you're dooper -doooper proud of from your workout today. Smile, celebrate you. And then I want you to set one goal for yourself.

Is it a movement goal? Is it a meditation goal? Is it a cleanup goal? Is it a kiss your kids more goal? Rub your neck more goal? Whatever it is. Just set an intention, set a goal for yourself for today and just for this week. Make it

super tangible. And then I want you to open your eyes and crush it because you crush this little power boost mama workout. I hope you feel delicious and energized to continue with your day. Again, I'm Rachel and I hope to see you again soon.

Sending love. Bye.