



Video Transcript

Strength & Core Engagement For Mothers

Hi, everyone. My name is Juanina, and I am very excited to have you here to join me for this quick ab focus flow. This is particularly great for women who are postpartum. I, myself, at the time of this filming, am about seven months postpartum. This is really great for tightening and rebuilding those core muscles and the pelvic floor. It's also a super quick workout in case you have a very busy day, which if you're postpartum, you probably do, so that you could squeeze it in anytime. So let's get started on our max.

Just slide it all the way down. Make sure that your back is nice and flat on the mat. And we're going to start with knee ups. So with knee ups, you'll put your feet flat on the floor, and then we're just simply going to pick up each leg. Super simple. We're going to do each of these little moves, if you will, for about 30 seconds. And while you're doing this, just to show you're engaging that core. You should feel like you have spans on, super tight. Everything nice and engaged. I like to actually put my hands on my low belly. Just kind of feel everything working. And be sure you are breathing.

All right. Last two. One and two. Perfect. All right. Now we're going to bring those legs up. Your knees right over your hips. And we're going

to do toe taps. So these are definitely challenging, especially if you do them for a long period of time. So you're going to bring in that belly and just tap your toe down. Nice and slow. Every single one of these movements should be done slowly, slow and steady. In the race, as they say.

And that's what's really going to rebuild those core muscles.

Also place your hands by your sides or even behind your head if you'd like. No peace choice.

This also works those thigh muscles.

You shut down the belly. Some popping out. Everything nice and tight.

Barely touch that toe. All right, perfect.

One more on each side.

Great. Knees up. And grab those legs. Give yourself a little hug. Quick little break.

Deep breath in. Now we're going to do double toe taps. This is even more challenging. So you're

going to keep those legs together as your knees are glued. And just bring those toes down and back

up. And try not to lift your lower back. It's very challenging to not do that.

Really try to keep it pasted flat on that mat.

And keep this going. Don't

hold your breath. Keep breathing. We're almost done.

Two more.

And one. Very nice. All right. Give yourself another little hug. Thank yourself for showing up today.

All right. Now, if you'd like to put your hands behind your head, I find this to be a little bit more comfortable. You're going to put those legs straight out. Now, the higher your legs are, the more that your toes are touching the ceiling, the easier this is going to be. So it's totally up to you depending on where you are in your practice. I like my feet right about here. I feel like it's comfortable. Now we're just bringing them down a couple inches and go right back.

This one, you can really feel it in that low belly.

Try and glue those knees together.

So good.

When you bring your feet up, maybe even see if you can bring that low belly in a little bit more.

Kind of like bring that belly button to the spine. Woof, it's time to feel this.

Okay, two more here. And two. Okay, you can bring your legs down for a quick little break.

And we're gonna shoot those legs straight back up. So we're gonna do the same movement essentially,

but we're gonna turn. These feet outward so that our heels are touching. And then we're just going

to tap the heel. Same thing.

And tap them slowly. Like I said, slow and steady.

And bring those hands wherever feels comfortable.

So good.

Shaking, guys. All right. Two more. And one. All right.

Take a breath.

Round out those feet. And slowly roll up to a seated position.
We're going to go on our hands and knees for a couple of quick planks.
So planks are honestly great for your core. Really good for just kind of tightening everything there in midsection. So you can come out and, again, depending on where you are in your practice,
you could do a more traditional plank and like a good forearm plank. You could even have your knees
down if that's more comfortable for you. So I'm going to go with Adrena Shum. What am I going to
do? Plus the forearm, I think. So a traditional forearm. All right, guys. And breathe.
I need that some plank tips. I like doing that. Just a big forward and back an inch.
Good, steady. Ten more seconds here.
Really tighten those legs.
Very nice. Knees to the mat. And you can come back into child's pose. Nice stretch.
Okay. Left up into a seated position. Cross your legs and whoever feels comfortable.
Doing a few quick little stretches here.
It's amazing what I just... truly, just a few minutes. I mean, we've been doing this for, what, six, seven, eight minutes. It's amazing what just a few minutes can really do to not just help your body, right? Because I definitely feel a little sweaty. I feel a little tired. I definitely feel like the core is tight. But most importantly, I feel a shift in my mood. So that's why we do what we do, right? So now that you're here, just do a little stretch. You can bring those shoulders back.
Just kind of stretch everything out. We tend to have a lot of tension in our shoulders, especially when we're doing difficult postures like when we're working on our core. We really want to release
any of that tension that'll be built up. Down and forward.
Nice. Hands up. High overhead. Like if we're stretching in the morning, really stretch that core right here. Stretch it out. Pulling it over to your left.
And make sure you're not collapsing. Really lift up the med orbs in the shoulders. And lean over to
your right. Straight up. So good.
Back to center. We'll do a quick little twist over to our right side. You're going to place your right hand behind you to enhance the twist. Big breath in,
side out, and twist.
Make sure you're still engaging that core, okay? I'm not letting it come yet.
And twist to the left side.
One more big stretch up.
Hanging the hands to heart center. Thank you so much for joining me today. I hope this helps really
rebuild that core and also bring a little bit more energy into your day. Love,
Light, Gaia.

