

Dr. Kara Huff - Post Partum Program

Post-Partum	
Weeks 1-12:	Daily core breathing - 30 secs on, 30 secs
Week 1:	Walking as tolerated
Week 2:	Walking 10-15 min per day, adding 2 min
Weeks 3-5:	Walking 15-20 min per day, addint 2 min
Weeks 6-12:	30 minutes of cardio 3x/week

Week 4					
Monday		Time	Thursday		Time
	Circuit 1: 3 cycles			Circuit 1: 3 cycles	
	Hammer curl to shoulder press	30 secs		Standing hip abduction with band	30 secs
	Rest 15 sec			Rest 15 sec	
	Seated bicep curl	30 secs		Seated shoulder press	30 secs
	Rest 15 sec			Rest 15 sec	
	Calve raises	30 secs		Single arm row	15/side
	Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min	
	Circuit 2: 3 cycles			Circuit 2: 3 cycles	
	Standing hammer curl	30 secs		Bent arm lateral raise	30 secs
	Rest 15 sec			Rest 15 sec	
	Tricep kickback	30 secs		Calve raises	30 secs
	Rest 15 sec			Rest 15 sec	
	Seated hip adduction with ball	30 secs		Deadlift	30 secs
	Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min	
	Circuit 3: 1 cycle			Circuit 3: 1 cycle	
Hammer curl to shoulder press	20 secs	Standing hip abduction with band	20 secs		
Seated bicep curl	20 secs	Seated shoulder press	20 secs		
Calve raises	20 secs	Single arm row	10/side		
Standing hammer curl	20 secs	Bent arm lateral raise	20 secs		
Tricep kickback	20 secs	Calve raises	20 secs		

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Seated hip adduction with ball	20 secs	Deadlift	20 secs
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Week 5			
Monday		Time	Thursday
	Circuit 1: 3 cycles		
	Tricep kickback	30 secs	Standing hip abduction with band
	Rest 15 sec		30 secs
	Rest 15 sec		Rest 15 sec
	Standing hammer curl	30 secs	Seated shoulder press
	Rest 15 sec		30 secs
	Rest 15 sec		Rest 15 sec
	Calve raises	30 secs	Step ups
	Rest 15 sec		30 secs
	Rest 15 sec		Rest 15 sec
	Rest 1 min		Rest 1 min
	Circuit 2: 3 cycles		Circuit 2: 3 cycles
	Side raise	30 secs	Standing bicep curl
	Rest 15 sec		30 secs
	Rest 15 sec		Rest 15 sec
	Upright row	30 secs	Standing shoulder press
	Rest 15 sec		30 secs
	Rest 15 sec		Rest 15 sec
	Seated hip adduction with ball	30 secs	
	Rest 15 sec		Deadlift
	Rest 15 sec		30 secs
	Rest 1 min		Rest 15 sec
	Rest 1 min		Rest 1 min
	Circuit 3: 1 cycle		Circuit 3: 1 cycle
	Tricep kickback	20 secs	Standing hip abduction with band
	Rest 15 sec		20 secs
	Rest 15 sec		Seated shoulder press
	Standing hammer curl	20 secs	20 secs
	Rest 15 sec		Step ups
	Rest 15 sec		10/side
	Calve raises	20 secs	
			Standing bicep curl
	Side raise	20 secs	20 secs
	Rest 15 sec		Standing shoulder press
	Rest 15 sec		20 secs
	Upright row	20 secs	
	Rest 15 sec		Deadlift
	Rest 15 sec		20 secs
	Seated hip adduction with ball	20 secs	

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Week 6					
Monday		Time	Thursday		Time
	Circuit 1: 3 cycles			Circuit 1: 3 cycles	
	Lateral chest pull with band	30 secs		Standing hip abduction with band	30 secs
	Rest 15 sec			Rest 15 sec	
	Standing upright row with band	30 secs		Seated hip adduction with ball	30 secs
	Rest 15 sec			Rest 15 sec	
	Hip thrust	30 secs		Hammer curl to shoulder press	30 secs
	Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min	
	Circuit 2: 3 cycles			Circuit 2: 3 cycles	
	Alternating side to front raise	30 secs		Standing bicep curl	30 secs
	Rest 15 sec			Rest 15 sec	
	Standing bicep curl	30 secs		Triceps dips	30 secs
	Rest 15 sec			Rest 15 sec	
	Seated shoulder press	30 secs		Calve raises	30 secs
	Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min	
	Circuit 3: 1 cycle			Circuit 3: 1 cycle	
	Lateral chest pull with band	20 secs		Standing hip abduction with band	20 secs
	Standing upright row with band	20 secs		Seated hip adduction with ball	20 secs
Hip thrust	20 secs	Hammer curl to shoulder press	20 secs		
Alternating side to front raise	20 secs	Standing bicep curl	20 secs		
Standing bicep curl	20 secs	Triceps dips	20 secs		
Seated shoulder press	20 secs	Calve raises	20 secs		

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Week 7								
Monday	Total Body	Time	Wednesday	Total Body	Time	Friday	Total Body	Time
	Circuit 1: 3 cycles			Circuit 1: 3 cycles			Circuit 1: 3 cycles	
	Squat and press	30 secs		Hip thrust	30 secs		Squat with 2 pulses	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Triceps dips	30 secs		Hammer curl to shoulder press	30 secs		Incline plank jacks	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Reverse lunge with hammer curl	30 secs		Curtsy lunge	30 secs		Upright row	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 2: 3 cycles			Circuit 2: 3 cycles			Circuit 2: 3 cycles	
	Deadlift	30 secs		Alternating side to front raise	30 secs		Standing bicep curl	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Wall pushup	30 secs		Tricep kickback	30 secs		Deadlift with row	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Lateral lunge	30 secs		Lateral squat walk with band	30 secs		Lateral lunge	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 3 (Core): 2 cycles			Circuit 3 (Core): 2 cycles			Circuit 3 (Core): 2 cycles	
	Sahrmann #1	30 secs		Sahrmann #1	30 secs		Sahrmann #1	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Seated march	30 secs		Seated march	30 secs		Seated march	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec				
Rest 1 min		Rest 1 min		Rest 1 min				
Circuit 4: 1 cycle		Circuit 4: 1 cycle		Circuit 4: 1 cycle				
Squat and press	20 secs	Hip thrust	20 secs	Squat with 2 pulses	20 secs			
Triceps dips	20 secs	Hammer curl to shoulder press	20 secs	Incline plank jacks	20 secs			
Reverse lunge with hammer curl	20 secs	Curtsy lunge	20 secs	Upright row	20 secs			
Deadlift	20 secs	Alternating side to front raise	20 secs	Standing bicep curl	20 secs			

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Wall pushup	20 secs	Tricep kickback	20 secs	Deadlift with row	20 secs
Lateral lunge	20 secs	Lateral squat walk with band	20 secs	Lateral lunge	20 secs

Week 8

Monday	Total Body	Time	Wednesday	Total Body	Time	Friday	Total Body	Time
	Circuit 1: 3 cycles			Circuit 1: 3 cycles			Circuit 1: 3 cycles	
	Squat with weight	30 secs		Seated hip adduction with	30 secs		Squat and press	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Tricep kickback	30 secs		Seated shoulder press	30 secs		Bent arm lateral raise	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Reverse lunge with double pulse	30 secs		Deadlift	30 secs		Lateral chest pull with band	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 2: 3 cycles			Circuit 2: 3 cycles			Circuit 2: 3 cycles	
	Lateral lunge with weight	30 secs		Standing hip abduction with band	30 secs		Wall pushup	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Bent over reverse fly	30 secs		Crab walk	30 secs		Alternating lunge with weight	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Hammer curl to shoulder press	30 secs		Lateral squat walk with band	30 secs		Squat and press and overhead triceps extension	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 3 (Core): 2 cycles			Circuit 3 (Core): 2 cycles			Circuit 3 (Core): 2 cycles	
	Sahrmann #2	30 secs		Sahrmann #2	30 secs		Sahrmann #2	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Bridge	30 secs		Side knee plank	30 secs		Cat Cow	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 4: 1 cycle			Circuit 4: 1 cycle			Circuit 4: 1 cycle	

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Squat with weight	20 secs	Seated hip adduction with	20 secs	Squat and press	20 secs
Tricep kickback	20 secs	Seated shoulder press	20 secs	Bent arm lateral raise	20 secs
Reverse lunge with double pulse	20 secs	Deadlift	20 secs	Lateral chest pull with band	20 secs
Lateral lunge with weight	20 secs	Standing hip abduction with band	20 secs	Wall pushup	20 secs
Bent over reverse fly	20 secs	Crab walk	20 secs	Alternating lunge with weight	20 secs
Hammer curl to shoulder press	20 secs	Lateral squat walk with band	20 secs	Squat and press and overhead triceps extension	20 secs

Week 9								
Monday	Total Body	Time	Wednesday	Total Body	Time	Friday	Total Body	Time
	Circuit 1: 3 cycles			Circuit 1: 3 cycles			Circuit 1: 3 cycles	
	Donkey kick with band	30 secs		Lateral lunge	30 secs		Standing triceps extension	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Alternating lunge with hammer curl	30 secs		Seated back row with band	30 secs		Hip thrust	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Triceps dips	30 secs		Deadlift with row	30 secs		Alternating lunge with bicep curl	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 2: 3 cycles			Circuit 2: 3 cycles			Circuit 2: 3 cycles	
	Hammer curl to shoulder press	30 secs		Standing bicep curl	30 secs		Incline pushups	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Squat with 4 pulses	30 secs		Calve raises	30 secs		Plank jacks	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Lateral lunge with front raise	30 secs		Curtsy lunge	30 secs		Squat and press	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 3 (Core): 2 cycles			Circuit 3 (Core): 2 cycles			Circuit 3 (Core): 2 cycles	

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Sahrman #3 (supine heel to floor taps)	30 secs	Sahrman #3 (supine heel to floor taps)	30 secs	Sahrman #4 (supine leg extensions from 90 degrees)	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Bear plank	30 secs	C-curve hold	30 secs	Bear plank	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Rest 1 min		Rest 1 min		Rest 1 min	
Circuit 4: 1 cycle		Circuit 4: 1 cycle		Circuit 4: 1 cycle	
Donkey kick with band	20 secs	Lateral lunge	20 secs	Standing triceps extension	20 secs
Alternating lunge with hammer curl	20 secs	Seated back row with band	20 secs	Hip thrust	20 secs
Triceps dips	20 secs	Deadlift with row	20 secs	Alternating lunge with bicep curl	20 secs
Hammer curl to shoulder press	20 secs	Standing bicep curl	20 secs	Incline pushups	20 secs
Squat with 4 pulses	20 secs	Calve raises	20 secs	Plank jacks	20 secs
Lateral lunge with front raise	20 secs	Curtsy lunge	20 secs	Squat and press	20 secs

Week 10								
Monday	Total Body	Time	Wednesday	Total Body	Time	Friday	Total Body	Time
	Circuit 1: 3 cycles			Circuit 1: 3 cycles			Circuit 1: 3 cycles	
	Squat and press	30 secs		Hammer curl to shoulder press	30 secs		Reverse lunge	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Triceps dips	30 secs		Deadlift	30 secs		Incline pushups	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Lateral raise	30 secs		Lateral lunge with weight	30 secs		Lateral raise	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 2: 3 cycles			Circuit 2: 3 cycles			Circuit 2: 3 cycles	
	Seated hip adduction with	30 secs		Donkey kick with band	30 secs		Squat with 2 pulses	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec				
Upright row	30 secs	Incline plank jacks	30 secs	Standing hammer curl	30 secs			

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Rest 15 sec		Rest 15 sec		Rest 15 sec	
Standing hip abduction with band	30 secs	Standing bicep curl	30 secs	Deadlift with row	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Rest 1 min		Rest 1 min		Rest 1 min	
Circuit 3 (Core): 2 cycles		Circuit 3 (Core): 2 cycles		Circuit 3 (Core): 2 cycles	
Sahrmann #3 (supine heel to floor taps)	30 secs	Sahrmann #4 (supine leg extensions from 90 degrees)	30 secs	Sahrmann #3 (supine heel to floor taps)	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Bear plank	30 secs	C-curve hold	30 secs	Bird Dog	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Rest 1 min		Rest 1 min		Rest 1 min	
Circuit 4: 1 cycle		Circuit 4: 1 cycle		Circuit 4: 1 cycle	
Squat and press	20 secs	Hammer curl to shoulder press	20 secs	Reverse lunge	20 secs
Triceps dips	20 secs	Deadlift	20 secs	Incline pushups	20 secs
Lateral raise	20 secs	Lateral lunge with weight	20 secs	Lateral raise	20 secs
Seated hip adduction with	20 secs	Donkey kick with band	20 secs	Squat with 2 pulses	20 secs
Upright row	20 secs	Incline plank jacks	20 secs	Standing hammer curl	20 secs
Standing hip abduction with band	20 secs	Standing bicep curl	20 secs	Deadlift with row	20 secs

Week 11								
Monday	Total Body	Time	Wednesday	Total Body	Time	Friday	Total Body	Time
	Circuit 1: 3 cycles			Circuit 1: 3 cycles			Circuit 1: 3 cycles	
	Squat and press and overhead triceps extension	30 secs		Lateral lunge with weight	30 secs		Squat with 4 pulses	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Alternating side to front raise	30 secs		Straight arm plank with lateral step outs	30 secs		Upright row	30 secs

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Rest 15 sec		Rest 15 sec		Rest 15 sec	
Reverse lunge with double pulse	30 secs	Incline pushups	30 secs	Lateral squat walk with band	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Rest 1 min		Rest 1 min		Rest 1 min	
Circuit 2: 3 cycles		Circuit 2: 3 cycles		Circuit 2: 3 cycles	
Deadlift	30 secs	Alternating lunge with bicep curl	30 secs	Donkey kick with band	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Hammer curl to shoulder press	30 secs	Bent over reverse fly	30 secs	Reverse lunge with hammer curl	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Curtsy lunge with unilateral curl and press	30 secs	Mountain climbers	30 secs	Crab walk	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Rest 1 min		Rest 1 min		Rest 1 min	
Circuit 3 (Core): 2 cycles		Circuit 3 (Core): 2 cycles		Circuit 3 (Core): 2 cycles	
Sahrmann #3 (supine heel to floor taps)	30 secs	Sahrmann #5 (leg lowers)	30 secs	Sahrmann #5 (leg lowers)	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
C-curve with pulse	30 secs	Russian twists	30 secs	Bear to regular plank	30 secs
Rest 15 sec		Rest 15 sec		Rest 15 sec	
Rest 1 min		Rest 1 min		Rest 1 min	
Circuit 4: 1 cycle		Circuit 4: 1 cycle		Circuit 4: 1 cycle	
Squat and press and overhead triceps extension	20 secs	Lateral lunge with weight	20 secs	Squat with 4 pulses	20 secs
Alternating side to front raise	20 secs	Straight arm plank with lateral step outs	20 secs	Upright row	20 secs
Reverse lunge with double pulse	20 secs	Incline pushups	20 secs	Lateral squat walk with band	20 secs
Deadlift	20 secs	Alternating lunge with bicep curl	20 secs	Donkey kick with band	20 secs
Hammer curl to shoulder press	20 secs	Bent over reverse fly	20 secs	Reverse lunge with hammer curl	20 secs
Curtsy lunge with unilateral curl and press	20 secs	Mountain climbers	20 secs	Crab walk	20 secs

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Week 12								
Monday	Total Body	Time	Wednesday	Total Body	Time	Friday	Total Body	Time
	Circuit 1: 3 cycles			Circuit 1: 3 cycles			Circuit 1: 3 cycles	
	Deadlift	30 secs		Seated hip adduction with ball	30 secs		Squat and press	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Hammer curl to shoulder press	30 secs		Alternating side to front raise	30 secs		Mountain climbers	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Squat with weight	30 secs		Standing hip abduction with band	30 secs		Lateral lunge with front raise	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 2: 3 cycles			Circuit 2: 3 cycles			Circuit 2: 3 cycles	
	Curtsy lunge with unilateral curl and press	30 secs		Knee pushups	30 secs		Plank elbow to hand march	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Standing bicep curl	30 secs		Deadlift with row	30 secs		Donkey kick with band	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Knee pushups	30 secs		Reverse lunge with hammer curl	30 secs		Tricep kickback	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
	Rest 1 min			Rest 1 min			Rest 1 min	
	Circuit 3 (Core): 2 cycles			Circuit 3 (Core): 2 cycles			Circuit 3 (Core): 2 cycles	
	Sahrmann #5 (leg lowers)	30 secs		Sahrmann #5 (leg lowers)	30 secs		Sahrmann #5 (leg lowers)	30 secs
	Rest 15 sec			Rest 15 sec			Rest 15 sec	
C-curve with pulse	30 secs	Russian twists	30 secs	Regular plank	30 secs			
Rest 15 sec		Rest 15 sec		Rest 15 sec				
Rest 1 min		Rest 1 min		Rest 1 min				
Circuit 4: 1 cycle		Circuit 4: 1 cycle		Circuit 4: 1 cycle				
Deadlift	20 secs	Seated hip adduction with ball	20 secs	Squat and press	20 secs			

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Hammer curl to shoulder press	20 secs	Alternating side to front raise	20 secs	Mountain climbers	20 secs
		Standing hip abduction with band	20 secs	Lateral lunge with front raise	20 secs
Squat with weight	20 secs			Plank elbow to hand march	20 secs
Curtsy lunge with unilateral curl and press	20 secs	Knee pushups	20 secs	Donkey kick with band	20 secs
Standing bicep curl	20 secs	Deadlift with row	20 secs	Tricep kickback	20 secs
Knee pushups	20 secs	Reverse lunge with hammer curl	20 secs		