

10 LOWER BODY CONDITIONING

SIDE LUNGE COMBO

Club Can't Handle Me > 4:04 mins

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 Intro	4x8	32	
0:15 C Know how	8x8	4	8x
	Step Touch L, R. <i>Relaxed Arms</i>	4	
	Step Touch L, R. <i>HOH</i>	4	8x
0:45 V1 I own	8x8 A	6	
	SIDE LUNGE COMBO		
	Side Lunge L, R, L. <i>Hands on thighs</i>	6	
	Hold	2	
	Repeat R, L, R	6	
	Hold	2	3½x
	On last 8 cts, bring feet together, hips square, lift chest		
	REPEATER COMBO		
1:15 C Know how	8x8 B	2	16x
	Back Repeater R. <i>RA</i>	2	16x
	Side Repeater R. <i>RA</i>	2	16x
1:45 V2 Hey, still	8x8 A	56	3½x
	SIDE LUNGE COMBO to R first		
	Set up for Repeater	8	
2:15 C Know how	8x8 B	64	
	REPEATER COMBO		
2:45 V3 _ You got	4x8 C	6	
	3x Bottom Half Squat. <i>Hands cross chest</i>	6	
	Hold Down	2	4x
3:00 _ Bring your	4x8 C¹	6	
	3x Bottom Half Squat. <i>Hands cross chest</i>	6	
	Lift R leg side – stay down in Squat	2	
	3x Bottom Half Squat. <i>Hands cross chest</i>	6	
	Lift L leg side – stay down in Squat	2	2x
3:15 C Know how	8x8 C²	6	
	3x Bottom Half Squat. <i>Hands cross chest</i>	6	
	Lift R leg side – stand up. <i>Double Arm Pull B</i>	2	
	3x Bottom Half Squat. <i>Hands cross chest</i>	6	
	Lift L leg side – stand up. <i>Double Arm Pull B</i>	2	4x
3:45 C Put your	4x8 C³	4	8x
	Bottom Half Squat. <i>Hands cross chest</i>	4	8x

Can I exercise immediately after the birth?

When you feel ready – walking, gentle exercises and easy abdominal exercises are a good start. Check with your healthcare professional after 4 to 6 weeks to see if you have regained muscle control before returning to exercise classes.

Sources and acknowledgements:

This information is based on the Royal College of Obstetricians and Gynaecologists (RCOG) statement *Exercise in Pregnancy* (published by the RCOG in January 2006 and due to be revised in 2008). The guideline contains a full list of the sources of evidence we have used.

Clinical guidelines are intended to improve patient care. They are drawn up by teams of medical professionals and consumers' representatives, who look at the best research evidence there is about care for a particular disorder or treatment. The guidelines make recommendations based on this evidence.

This information has been developed by the Patient Information Subgroup of the RCOG Guidelines and Audit Committee, with input from the Consumers' Forum and the authors of the clinical guideline. It was reviewed before publication.

