

FIVE FOUNDATION MOVES 4 MAMAS

Whether you had your baby last month, last year or last decade, getting your posture right is an essential first step to improving your core strength. So here are 6 simple moves to help you get your body, and your life, back on track. Do them daily to start your journey towards stronger abs, a healthier back and pelvic floor, and a firmer butt!



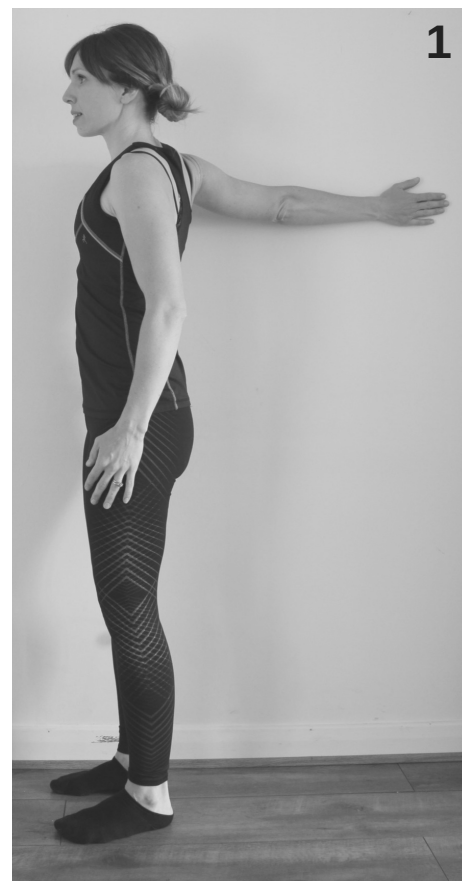
Follow these key pointers for better body alignment

5. Pull your head back and slightly tuck the chin. Lift through the top of your head to elongate the spine.
4. Rotate the shoulders down & back so thumbs, rather than the finger knuckles, are facing forward.
3. Shift your weight back over your heels so your hips are over your knees and ankles.
2. Tilt your pelvis so your hip bones and pubic bone are level with each other vertically (up & down). Your butt should be neither tucked in nor sticking out too much.
1. Turn your feet straight ahead so the *outer* edges of your feet are parallel to each other..

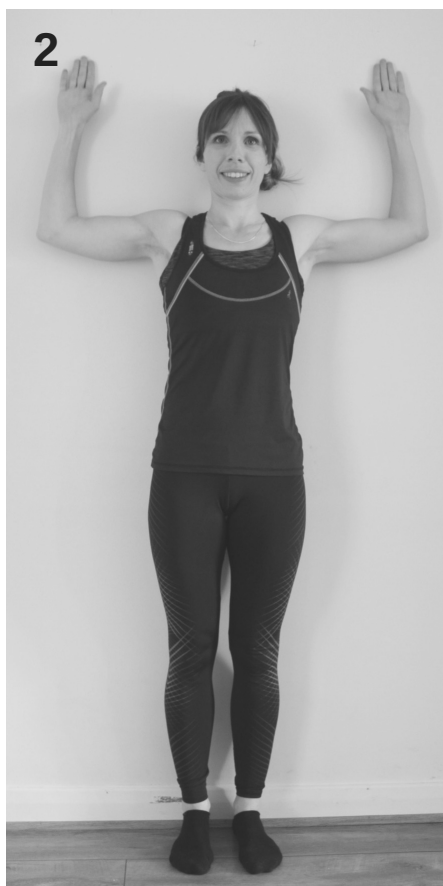
**Complete each of these exercises
for 30-45 seconds,
either as a circuit or on their own.**

1) Wall Clock Chest Stretch

Standing *close to the wall*, extend your arm back keeping your palm flat to the wall. Slowly move your arm up as far as you can, feeling the stretch across the front of the shoulder. A great one to help correct rounded shoulders.



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2) Firing Squad

Standing with your back to the wall, *maintain contact* between the wall and the backs of your shoulders, arms & hands as much as possible. Then *slowly* extend your arms up as far as you can. You might need to start by doing one arm at a time. If you're doing it right, you'll feel the ache between the shoulder blades.

3) Chair Squat

Sit on the edge of a chair and exhale as you drive through your heels to push up to standing. Then slowly tap back down before driving up again. Make it tougher by holding small weights in each hand or balancing on one leg at a time-even better for core and glute strength.



4.a



4.b



4) Kneeling Row-Extension

a. Start on all fours and bring one arm up into a row, keeping your elbow close to your ribs.
b. Tap your hand back down to the floor then extend the same arm out in front and slightly to the side. Hold a small weight or water bottle for extra work. Aim for 45 seconds on each side, perfect work for building the upper postural muscles and reducing the hunchback look!

5) Hip Bridge

Lying on your back with knees bent, feet close to the butt. Drive through the heels and push up as you exhale, giving your butt a little squeeze at the top. Hold for a second then lower and repeat. Make it tougher by raising one leg.



Hi I'm Heather; mum, wife, sister, daughter, friend, feminist and fitness mentor and I am all about empowering mums to become stronger in body and mind.

*Go to www.heatherkeats.co.uk to find out more about what I have to offer
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