

UPPER BODY EXERCISES FOR MOMMING

EXPECTING
AND EMPOWERED

INSTRUCTIONS

Doing the following exercises can really help decrease pain that is often associated with the many tasks of motherhood. Perform the set of exercises when you wake up in the morning and then after work or before you go to bed. If you are a guide user, you can add these exercises to your daily routine. Continue doing your prescribed weekly E and E exercises too and prepare to be one strong mama!

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1. CHEST STRETCH IN DOORWAY AT 60/90/120

Perform 3 repetitions in each position. Hold for 5 seconds. Repeat on the other side.



2. SEATED LEVATOR SCAPULA STRETCH

Hold for 6 seconds. Repeat twice on each side. Your eyes should be directed up and toward the side you are stretching.



3. SEATED CERVICAL SIDE BEND (UPPER TRAPEZIUS)

Hold for 6 seconds. Repeat twice on each side. Your eyes should be straight forward.



4. SIDE LYING THORACIC ROTATION WITH ADDUCTOR ACTIVATION

Perform 5 repetitions on each side. Use your breath with this exercise.



5. DB BENT OVER REVERSE FLY

Perform 12 repetitions.



6. DB BENT OVER ROW

Perform 15 repetitions.



7. RESISTANCE BAND STANDING PULL APART

Perform 12 repetitions.



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