



Workouts for Mamas with an Ab Separation*

This set of workouts is a safe way for mamas with an ab separation to get back in shape and even help heal. Start at workout 1 and do each workout 3-5 times before moving on to the next. Spread the 3-5 workouts over a week or two to get the best results. Reach out to your coach with any questions!**

*If you are currently rehabbing your separation or if it's greater than 2 finger widths, avoid the bird-dogs, cheerleaders, and make sure there is not bulging of the belly during the side planks (if so, avoid those, too!). Read [this blog](#) for more info!

**If you follow these workouts, you are agreeing to the [terms of use](#) and the [disclaimer](#) of Savage Wellness

Workout 1:

-Bird Dog: On all 4s, lift opposite arm and leg parallel to the floor. Try to keep spine flat on extension. Lift with your glutes. Do one side at a time then switch sides. Keep the shoulder down and away from the ear - nice long neck in line with your spine. 10-12x one side at a time.



-Fire Hydrants: Keep spine neutral and lift one knee off the ground and out to the side (yes, like a dog peeing on a fire hydrant!). Try to lift the bent leg out to the side as high as possible. 10-12 per side, one leg at a time.

-Lying on side – abductors with internal rotation to activate the glutes. Tap the toe of the top leg down and keep the toe pointed down as you lift the leg as high as possible. Keep the belly pulled in and abs engaged. 15-20x one side at a time.



-Lying on side – adductors. Keep the abs engaged. 15-20x one side at a time.



-On Stomach – “Swimming” Arms up overhead, lift one arm off the ground and the opposite leg. Alternate sides like you’re swimming (kinda) 10-20x per side



-Seated Leg lifts: (this can also be done sitting on the stability ball. This about keeping the abs pulled in and shoulders back and sitting up nice and straight!). Lift the leg as high as possible without bending the back. You may not get very high off the ground. That is ok! 10-15 per side



Foam roller dead bugs: Lie on your foam roller, lining up your spine on the roller. Find a neutral spine by sliding your hand under your lower back (where the natural arch is) and press your spine lightly into your hand. You should easily be able to slip your hand out leaving a small gap. This is your neutral spine core engagement position. Hold this tension and bring one leg up to “table top position.” Keep the abs engaged and lower that leg back down and lift the other one up. All while keeping the spine neutral. If you feel tension in your lower back bend the knee more or do not lower the leg as far (put a pillow or some books under your foot). Do 10x per side and rest whenever you feel like your spine is not staying neutral. Once you feel comfortable, you can lift your hands off the ground to act more like training wheels and use the leg that’s on the ground to help stabilize you.



Stretch the chest: Stay in this position with both feet flat on the ground and bring your arms up into a “field goal” position to stretch your shoulders. You can also roll side to side (with arms wherever you want) to get the muscles on either side of the spine massaged a bit.

Workout2: (add some of the core work from workout 1 if you'd like!)

-Reverse lunge with the right leg stepping back. When you come back up to stand, stand on the left leg and keep the right leg lifted for a balance challenge (add a hop to the knee lift if you want to kick it up a notch!). 12x

-Reverse lunge with the left leg stepping back. When you come back up to stand, stand on the right leg and keep the left leg lifted for a balance challenge. 12x



-One leg toe touch: Stand on one leg and reach the opposite arm overhead. keep the back flat and the free leg in line with the spine as you tip forward and try to touch the toe. You may bend your leg a bit for flexibility but don't bend in the spine or hip of the free leg. Come back up and keep the free leg off the ground as you reach up. You can do it with a weight in the hand if you're at the gym (8 lbs?), just bring the weight in with a curl and then overhead press rather than keeping the arm straight. 15x/side



-Sumos with side kick: Stand with feet a bit wider than shoulder width apart and turn the feet out a bit. Squat down keeping the knees going out over the toes, not in toward each other. As you straighten the legs back out lift one leg out to the side as high as you can (try to keep the knees and toes pointed forwards, nut up). Keep the belly pulled in. Place the leg back down and bend the legs back into a sumo squat. Repeat on the other side. (these can count in your daily squat count!) Alternate sides 20x



-Tricep dips: Keep the back close to the bench or chair and shoulders away from the ears. 20x (stop and rest if needed, it's a small muscle and tires easily!)



-Side plank hip dips: You can keep the bottom knee bent and on the ground - makes it easier on your ab separation AND helps work your tush so win-win. 12x per side.



-Side step ups with knee lift: Stand to the side of a chair (or a stair or lower stool) and step up with one leg. As you step up lift the free knee high so you get a bit of ab work. Then step back to the ground - keep the stepping foot rooted onto the chair/step/stool (don't remove it when you step back down). Keep the shoulders down and abs engaged. You can do these with a 5 or 8lb bicep curl if you'd like - curl as you stand up or with no weights at all. 15x per side.



-Cheerleaders: Stand with feet hip width apart and arms up overhead. Lift one leg (knee bent or straight, whatever floats your boat) and bring the arms down to clap the hands under the lifted leg. Keep the torso straight and perpendicular to the ground. Alternate sides as arms go up and down to clap under each leg. This is another one you can add a 3 lb weight to if you'd like. Repeat 30x alternating



Workout 3

Do this 2 or even 3 times through – you can do it all at once or break it up throughout the day.

- **“one leg squats”** - Stand on one leg and reach both arms up overhead. Bend the standing leg as you reach the hands down to touch the ground. Keep the back as flat as possible - if you can't touch the ground without rounding your back, just don't touch the ground. Make sure to keep the abs engaged. 12x per side.



-**sumo pulses** - Stand with feet wider than your shoulders and slightly turned out. Keep the back perpendicular to the ground and bend the knees and drop your butt as low as possible without tipping forward with the torso. Keep the knees over the ankles, don't let them come in toward each other. Lift one heel off the ground and “pulse” 25x. place that foot down and lift the other heel and pulse 25x. Then try to lift both heels (ok to hold a wall for balance) and pulse 25x



-Speedskaters - Stand on one leg and bend forward slightly at the waist. Jump as far as you can to the side onto the other leg. Keep the abs engaged and back flat as you jump side to side 40x



-Squat and row - This can be done with no weights/band or if you have them, with a lighter weight (so you don't feel fatigue in your neck and traps), or better yet, with a theraband anchored around something solid. Squat down with feet hip distance apart, weight in the heels, belly in and arms reaching straight out in front of you. As you come up to stand, bend the elbows and pull the elbows back and squeeze the shoulder blades together and down your spine. Repeat 30x



-Stutter Steps: Start in a lunge with a straight back leg and torso tipped forward. Reach the arms up overhead and bring the back knee in while you bring the arms in. Keep the abs engaged and back flat through the whole movement. You should feel your abs working, not your lower back. Your weight should be in the front leg and the back leg just taps back. (You can hold the Barre ball and squeeze in here or even a weight) 20x per side.



- **Ball sits and bicep curls** - No good picture here so please read the description. Start on your knees with the ball between your feet. Knees will be wide (like in the pic below). Squeeze in on the ball (or a squishy pillow!) with your heels.
- Hold 3-5lb weights in each hand.
- Hinge at the hips and bend forward with a flat back.
- Extend both arms straight back behind you so you are squeezing the shoulder blades together and the chest is open.
- Sit back so your tush hits the ball.
- As you come back up off the ball and straighten up into an upright position, don't twist like in the picture, just come straight up and bring the weights up for a bicep curl.
- Repeat 15-20x depending on fatigue. You will need to really keep those abs pulled in to support your back so stop and rest whenever you need to make sure the abs are working and the back isn't fatiguing!



- **Lower leg bicycles** - Only drop the straight leg as low as you can without your back working. 30x alternating. You can do this on a flat surface, too - place your hands under your tush to help keep the abs engaged.



Workout 4

(do once or up to 3 times through)

- **Alternating Curtsey squats** – Move side to side keeping the torso perpendicular to the ground (maybe a slight lean forward) and the abs engaged and shoulders back. Keep the weight in the heel of the front foot and keep the heel lifted on the back foot. Weight should be evenly distributed through both legs. 20x – 10x on each side.



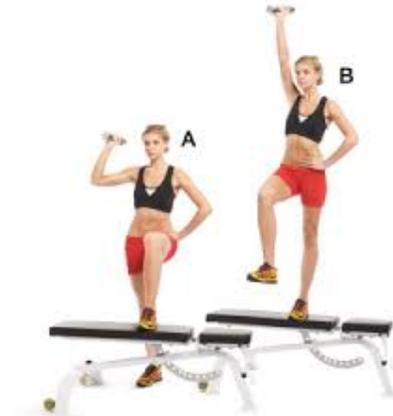
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Froggy Jumps - Start with the feet a bit wider than the hips and slightly turned out. Keep the back flat and abs engaged as you bend the knees and reach down to touch the ground. Try to keep the torso as upright as possible. Jump forward and then come straight down into the “froggy squat” position and then jump backwards to where you started. That is one repetition. (The pic below just shows the forward jump, but I want you going forward and backward for 1 rep). **10 reps.**



-Bicep curls and stand on one leg Lift the free knee up so you *could* balance a cup on it and keep the shoulders back and down and belly button pulled in while you curl 8lb weights or a red theraband (place under the standing leg). Do 15x per leg.



- Step ups with overhead press Choose a 5-8 lb weight. keep belly in and chest open. Stay on one side for 15 reps, then switch to the other side for 15 reps



-Scissors - Lying on the back, press your spine into the mat or ground and lift both legs to 90 degrees. Then lower one as low as you can without your spine lifting from the ground. Keep the neck and shoulders relaxed. As you lift the leg back up, draw the belly button in toward the spine. **Alternate sides 20x**



-Side lunge with a leg lift – Start with feet wider than the shoulders. Bend one knee and lean the torso forward by hinging at the hips. Keep the back flat, chest open, and belly button pulled in. Hold that position and try to lift the straight leg off the floor, keeping the toes pointed forward. When you bring the leg down, you can transfer some weight to it before you do it again. Stay on the same side and **do 10-12 reps before switching sides**. No weights needed for this (and you can place your hands on your bent knee or the back of a chair if you need extra support for the back and abs).



-Supermans - Start lying on the tummy (a towel under the forehead helps!). Keep the head down and belly button pulled in as you lift the arms and legs up off the ground and hold 2 seconds. You can lift the head, too (like in the picture) if you prefer. Release and repeat **15-20x**.



-One leg sit down stand ups - Find a chair and stand about 6-12 inches in front of it. Left one leg and keep it straight as you sit down into the chair using one leg. Then, keeping the other leg up and straight, try to stand back up. Keep your weight in the heel of the standing foot. You can hold onto a counter or back of a sofa with one hand for a bit of help if you need! 10x per side.



Workout 5

Quick Strength workout (do once or up to 3 times through)

To do this as a cardio workout, do each of these for a minute and try to rest as little as possible between exercises. For strength, you can do them a bit slower and do as many as you can until you feel your form getting bad or you are really starting to fatigue the muscles (I gave a number estimate for each).

-Squat jumps Abs engaged! Touch the ground if you can. If you need a break, take the jump out and just reach up until you catch your breath, then start back up with the jumps again. 20-30x



-Speed skaters Keep the back flat, chest open and abs pulled in! Jump side to side from one foot to the other. Like you're jumping back and forth over a small stream or something. 40x all together.



-Sumo squat punches Keep the belly pulled in and spine neutral (do not tuck or arch the hips/back). Keep knees over the toes, not collapsing inward. You can do these with a 3 or 5lb weight or with a band wrapped behind your back or even with nothing. 50x



-Side plank hip dips: Keep the bottom knee bent and on the ground for extra ab support and tushie work. 15x per side.



-Step ups with back leg lift: Step up onto a chair. Once you step up, kick the back heel back (with a straight knee!), using the tush not the lower back to lift! Keep the shoulders down and abs pulled in. Do one side at a time 15x per side.



-Sumos side kick: Just like in the picture (but you don't have to kick so high - make sure posture stays good!) Alternate sides with a sumo squat in between 20x.

*To make it a bit easier on the abs, stand facing a chair (or back of couch) with feet a little wider than shoulder width apart and turn the feet out a bit. Squat down and place hands on the back of the chair (or couch), keeping the knees going out over the toes, not in toward each other. Keep the belly pulled in. Alternate sides 20x keeping the hands on the back of the chair.



Workout 6

Strength workout (do each circuit once or up to 3 times through)

Circuit 1

-Side step with a theraband:

Use either of the bands pictured. Start with feet hip distance apart and then step as wide as you can and then back to hip distance. Keep the knees a bit bent, belly button pulled in, shoulders down and lean forward at the hips just a bit. Step 3x in one direction, then 3x in the other. Alternate directions, 10x in each direction!



-Side step with theraband in hands:

(disregard the smaller pic on the left) Attach the theraband (or cable machine!) about shoulder height. Grab one handle and hold it with straight arms out in front. Keep the arms fixed out in front of you and step 5x away from the anchor point and then 5x back in. Do this 10x on each side.



-Lunge to T: Start with the hands on a bar or the back of a couch or chair and make a T position like below. Keep the hip of the lifted leg down. Step back onto the lifted leg and then go down into a lunge. This is a balance challenge. Come back up to the T and repeat 15x on each side.



-Jog in place with high knees: 1 minute! You can just march if you get tired!



Circuit 2

-Squat with tricep extension and then stand and curl (not pictured): Use 3-7 lb weights for this. Keep the chest open, belly in and weight in the heels!
20x



-Alternating front raise and side raise:

Use a 3-5lb weight here and keep the shoulders down and back the whole time. You can kick it up a bit by standing on one leg for the side raise and switching legs for the front raise. 15x



-Side plank on chair with leg lift: You can do it as pictured or place your forearm down and lift the hips into a plank each time you lift the bottom leg. If that gets easy, you can hold the plank and do the leg lifts! 15x per side



-Butt lifts: For this one I like to sit back onto my heel a bit more than this picture. Keep the hips squared and use the glutes not the lower back. 15x per side.



-Side leg lifts: Place a water bottle to the side by your hip. On all fours, extend one leg just behind the water bottle. Now lift that leg up and over to tap down in front of the water bottle. Tap it back and forth 15x per side.