

Top 3 Postpartum Exercises You Need to Know!

By Tori Levine, creator of *Mommy Barre*®

1. **Squeezes** - While lying on your back with the soles of your feet on the floor, knees bent, take a few relaxing deep breaths. As you exhale, squeeze your ribs together, pull your belly button to your spine, and complete a Kegel* exercise by lifting your pelvic floor. Relax as you inhale and repeat 10 times.

*To learn how to execute a kegel properly [check out this video](#)



2. **Leg slides** - Start in the same position you were in for squeezes. As you exhale, squeeze your ribs, abs, and pelvic floor. Maintain the squeeze as you inhale. Exhale again and slide your right heel away from you along the floor to straighten your leg. Continue holding the squeeze as you slide your heel back along the floor to the starting position. Repeat with your left leg. Complete 10 repetitions alternating legs.



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3. **Marching** - Begin lying on your back with the soles of your feet on the floor and knees bent up to the ceiling. As you exhale, squeeze your abs, lift and squeeze your pelvic floor, and lift your right leg off the floor to a marching/tabletop position. The aim is to feel like you are squeezing your abs so hard and pulling your belly button so far into the floor that your leg is being pulled up into the air, not just lifting your leg into the air. Continue breathing and squeezing your core as you lower your right leg to the floor. Alternate marching right and left leg and complete 10 repetitions on each leg.



**Enjoy your quick workout at home with baby...
but most importantly, enjoy baby!**

To hear about the good, the bad, & the anxieties of motherhood listen to [The Momxiety Club Podcast](#).

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As a certified pre/postnatal fitness educator, former dancer, and mom, Tori Levine developed Babies at the Barre™ to get moms back in shape without damaging their healing bodies. She has been featured as an expert in SHAPE, fitPregnancy, Parents®, and SELF Magazines. Babies at the Barre™ has grown into the Momxiety Club™ and Mommy Barre® which encompasses, Bellies at the Barre® (prenatal), Babies at the Barre™ (postnatal), Toddlers at the Barre®, and Moms at the Barre® so we can assist you during and long after your pre/postnatal seasons!

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