



POST-PREGNANCY ELLIPTICAL WORKOUT: INTERVALS

WARM UP

Bodyweight and treadmill

30 seconds each movement.

- March
- Butt kickers
- Skip (if comfortable)
- Forward lunges
- 3 minutes: low resistance (1–5), easy pace

ROUND 1: COMPLETE 4 TIMES

Elliptical

- 30 seconds all-out effort (resistance 8–12)
- 60 seconds easy pace (resistance 1–5)

ROUND 2: COMPLETE 3 TIMES

Bodyweight

- 10 modified knee push-ups
- 15 triceps dips

ROUND 3: COMPLETE 4 TIMES

Elliptical

- 30 seconds all-out effort (resistance 10–15)
- 30 seconds easy pace (resistance 1–5)

ROUND 4: COMPLETE 3 TIMES

Bodyweight

- 10 alternating forward lunges
- 10 air squats

ROUND 5: COMPLETE 1 TIME

Elliptical

- 1 minute—easy pace (resistance 1–5)
- 1 minute—moderate pace (resistance 5–8)
- 1 minute—easy pace (resistance 1–5)
- 1 minute—hard pace (resistance 8–12)
- 1 minute—easy pace (resistance 1–5)

ROUND 6: COMPLETE 3 TIMES

Bodyweight

- 25 calf raises
- 10 reverse lunges

COOL DOWN

Elliptical

- 3–5 minutes of your choice