



POST-PREGNANCY TREADMILL WORKOUT: WALK & JOG

WARM UP

Bodyweight and treadmill
Complete 1 time

- 15 squats
- Lateral leg swings (30 seconds each side)
- 1 minute—3 mph at 3% incline
- 2 minutes—3.6 mph at 3% incline

ROUND 1: COMPLETE 2 TIMES

Treadmill

- 2 minutes—3.8 mph at 3% incline
- 2 minutes—5 mph at 1% incline
- 1 minute—3.8 mph at 3% incline
- 1 minute—5.2 mph at 1% incline
- 30 seconds—3.8 mph at 3% incline
- 30 seconds—5.4 mph at 1% incline

ROUND 2: COMPLETE 1 TIME

Treadmill

- 5 minutes—4.0 mph at 2% incline
- 5 minutes—5.2 mph at 2% incline

ROUND 3: COMPLETE 1 TIME

Treadmill

- 1 minute—3.5 mph at 3% incline
- 2 minutes—5.2 mph at 2% incline
- 1 minute—3.5 mph at 3% incline
- 2 minutes—5.3 mph at 2% incline
- 1 minute—3.5 mph at 3% incline
- 2 minutes—5.4 mph 2% incline
- 1 minute—3.5 mph at 3% incline

COOL DOWN

Bodyweight and treadmill
Complete 1 time

- 3 minutes—3.2 mph at 0% incline
- Quad stretch
- Hamstring stretch
- Calf stretch
- Glute stretch