



Fitness in Early Motherhood

0-12 MONTHS TIMELINE FOR RETURNING TO FITNESS AFTER PREGNANCY

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0-3 MONTHS

Time for mom & baby to be taken care of.

Nutrition, rest, and recovery is priority.

Start learning to contract core muscles while doing daily movement.

Do not jump into an exercise routine.

*Do start a postnatal recovery program such as the **MomFit postpartum program** and completing 4 to 8 weeks of the program before retuning to fitness.*



- Pelvic Floor and Core Activations
- Improve Glute Strength
- Improve Posture/Tendencies
- Walk 15-40 mins progressive

3-6 MONTHS

At this time, moms usually are starting to get the hang of the new challenges of taking care of a baby.

Sleep deprivation is still high but moms might start to get used to it.

A feeding routine is also usually established.

At this time, after following a recovery program, moms can increase slowly the intensity of workouts.



- Functional Exercises (squats, lunges...)
- Cardio increase intensity
- Can start adding weights

6-9 MONTHS

This is a time when baby starts solids, and for some weaning. Usually some babies will start sleeping longer stretches at night.

That all means there should be less stress and demand on the mom's body from baby.

Something to keep in mind that lack of sleep will effect progress, energy levels, and fat loss.

Rest when needed and continue to go easy on yourself, especially on difficult days with baby.



- Pre-pregnancy workouts & intensity
- Continue improving core strength & function

9-12 MONTHS

It usually takes this long for a mom's body to fully recovery from pregnancy, childbirth and the stresses of having a new baby.

Some moms might be planning their next pregnancy at this time.

Following an exercise program consistently, continuing to strengthen core and body, getting enough rest, following good nutrition are all very important.

Set big goals!



- Body and mind fully recovered!
- Set bigger fitness goals!

Thank you for downloading!

If you are looking for more guidance as you navigate this new chapter of your life with a new baby, I would love to help you!

[Schedule](#) a consultation meeting or phone call with me!

Check out my [MomFit Postpartum Program](#) which includes coaching by me!

Or just send me a [DM](#) or [email](#), I would love to chat!

With all my love and support,
Haya Alsharhan



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