

Online Inner Core Programming -Tailored by Mamas for Mamas!

Mommy Muscles in Training

This 6 week program is perfect for those Mom's-to-be who want to prep their body as much as possible for the journey through pregnancy, delivery and early days with your beautiful bundle. In this program we will go over the key principles in breath, alignment and inner core function with the goal for your inner core to be stronger and more functional in your later stages of pregnancy than before the program! It has a huge educational focus directed towards teaching you about your body changes in pregnancy, how to adapt to it and also how to give your body the best chance at preventing common birth injuries such as rectus diastasis and pelvic health conditions.

Mommy Muscles

This 6 week program will focus on a variety of Pelvic Health topics, breath, alignment awareness and how to prevent injuries. Finally, once your inner core is working as a team again, we safely begin to integrate movement and exercises back into your normal routine. We will use minimal equipment/ body weight resisted exercises to allow you to easily complete this program in the comfort of your own home!

Mommy Muscles 2.0

Mommy Muscles 2.0 is a progressive program complimenting our first level of Mommy Muscles. This 6 week program will focus on increasing the intensity of the exercises learnt in Mommy Muscles as well as teaches you proper form and technique to help you increase strength with exercises that are specific to your sport ! Such as Running , Biking and CrossFit! This program emphasizes quality of movement over quantity of movement and load.



CORE
»» ENDURANCE »»

"We look forward to working with you on your journey to be in the best shape of your life, and have every part of your body feel amazing."