MKFIT FIELD GUIDE

BACK TO TRAINING AFTER BABY

A gradual return to movement, symptom-led strength work and a practical plan for life with a new baby.

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General information, not medical advice or a personalised programme. Use the safety notes inside and seek appropriate advice when needed.

START WITH YOUR RECOVERY

NO RACE BACK TO YOUR OLD ROUTINE

Your recovery is individual. Birth experience, surgery, pelvic floor symptoms, sleep and previous training all influence what feels manageable. This guide offers general information, not clearance to exercise or a rehabilitation prescription. It is fine to start with very small amounts of comfortable movement.

SPEAK TO THE RIGHT PROFESSIONAL

Discuss returning to exercise at your postnatal check. After a caesarean or a complicated birth, ask your midwife or GP when to start more strenuous activity. A pelvic health physiotherapist can assess symptoms and help you build a suitable return. A calendar date alone does not establish readiness for heavy lifting or running.

SYMPTOMS ARE INFORMATION

Stop an activity and seek advice if you notice leaking, pelvic heaviness or dragging, pelvic or abdominal pain, worsening bleeding, or discomfort around a healing wound. Do not use exercise to push through these signs. New severe pain, chest pain, sudden breathlessness or heavy bleeding need urgent medical help.

KEEP THE AIM SIMPLE

The first goal is comfortable everyday movement: walking, sitting down, getting up and carrying out daily tasks. Later, build strength and confidence. Your body does not have to look a certain way for your recovery to count as progress.

A NOTE ON ABDOMINAL CHANGES

Changes to the abdominal wall after pregnancy are common. If you see uncomfortable bulging, feel pain or are worried about separation, ask a qualified clinician for assessment. Do not use a single home test or a blanket ban on all abdominal exercise to decide what you can do.

RECONNECT WITHOUT FORCING

COMFORTABLE BREATHING

Sit supported or lie in a comfortable position. Take a few relaxed breaths and let your ribs expand gently. Breathe out without gripping hard through your abdomen. This is a way to settle into movement, not a test you need to pass.

PELVIC FLOOR: CONTRACT AND RELAX

When comfortable and appropriate for you, practise a gentle pelvic floor squeeze and lift while continuing to breathe, then release fully. Do not bear down or hold tension between repetitions. If you have pain, difficulty relaxing or uncertainty about technique, ask a pelvic health professional rather than doing more squeezes.

BEGIN WITH SHORT WALKS

Start with an easy walk that feels manageable, even a few minutes. Notice how you feel later that day and the next morning. Increase duration gradually only if symptoms do not worsen. Choose an accessible route and do not use distance or pace as a pressure to do more.

EVERYDAY LIFTING COUNTS

Bring the baby or object close before lifting and use a steady, comfortable movement. Avoid twisting under a load if it feels awkward. Breathe out through the effort rather than holding your breath. Ask for help with heavier tasks while you recover.

YOUR FIRST MOVEMENT CHECK-IN

Before trying more, ask: am I comfortable now, do I have new symptoms, and how was my last activity afterwards? If the answer suggests you need less, shorten the session or rest. A small step backwards is a useful adjustment, not a failure.

A GENTLE STRENGTH STARTING POINT

ONLY WHEN APPROPRIATE FOR YOUR RECOVERY

After suitable advice and when daily activity is comfortable, try one easy round of the following movements. Use a stable support. These examples are options, not compulsory exercises; omit anything that causes symptoms and seek advice.

SIT-TO-STAND | 5 TO 8 REPETITIONS

Sit on a stable chair, feet planted. Lean forward slightly and stand with control, breathing out through the effort. Sit down slowly. Use your hands or a higher seat if needed. Keep the range comfortable.

SUPPORTED ROW | 6 TO 8 REPETITIONS

If a light resistance band is available, use a secure anchor and pull gently with a steady trunk. Check the band and anchor first. Otherwise skip this movement until a coach can show you a suitable option. Avoid turning the exercise into a heavy effort.

WALL PRESS-UP | 5 TO 8 REPETITIONS

Place hands on a wall at a comfortable height. Bend your elbows to bring your body closer, then press away while breathing out. Start near the wall with a small range. Stop if you notice pressure, pain or other symptoms.

HEEL SLIDE | 5 EACH SIDE

Lie comfortably with knees bent. Slide one heel a short distance away, then bring it back while breathing naturally. Keep the movement small and easy. If lying down is uncomfortable or symptoms appear, skip it and ask for a suitable alternative.

FINISH BEFORE FATIGUE CHANGES CONTROL

Rest between exercises and keep the session short. Check symptoms during the session, afterwards and the next day. One comfortable round is enough to begin. There is no requirement to feel exhausted or sore.

BUILD STRENGTH BEFORE CHASING INTENSITY

CHANGE ONE THING AT A TIME

When the starting movements remain comfortable during and after several sessions, add a few repetitions or a second round. Later, a qualified coach can introduce light external loads. Do not increase load, volume and session length together.

A REALISTIC WEEKLY RHYTHM

Try two short strength sessions on separate days, with comfortable walking when it suits you. Ten to fifteen minutes can be worthwhile. On a difficult night or a demanding day, reduce the plan. Do not compensate for a missed session with a punishing workout.

RUNNING AND JUMPING NEED A SEPARATE DECISION

Higher-impact activity places different demands on your recovery. Build walking tolerance and strength first, then discuss readiness with an appropriate clinician, particularly if you have symptoms or a complicated recovery. Do not treat a fixed number of weeks as automatic permission to run.

FUEL THE WORK

Regular meals, a protein source and enough fluids support everyday recovery and activity. Avoid aggressive dieting, especially while breastfeeding. If feeding or nutritional concerns are affecting you, speak to your healthcare team or a registered dietitian.

WHEN TO GET MORE SUPPORT

Persistent symptoms, difficulty progressing or uncertainty about what feels normal are good reasons to ask for help. Coaching should work alongside clinical advice, not replace it. Tell your coach about any restrictions or recommendations you have been given.

PLAN AROUND REAL LIFE

CHOOSE A SMALL WINDOW

Pick a time that sometimes works, rather than expecting the same perfect slot every day. Prepare a safe space and a stable chair in advance. Keep the baby safely positioned; do not use your baby as a training weight.

USE THE NEXT-DAY CHECK

Record what you did, how it felt at the time and how you felt afterwards. If symptoms increase, scale back and seek advice. If the session felt comfortable, repeat it before adding more. Recovery can be uneven even when you are doing sensible things.

MEASURE THE USEFUL WINS

Getting up more easily, feeling steadier, walking comfortably and rebuilding confidence are meaningful outcomes. You do not need to compare your body or timeline with someone else online.

FURTHER READING

NHS: Keeping fit and healthy with a baby, and Your post-pregnancy body. These explain gradual activity, pelvic floor care and when to seek help. The links below open the original NHS guidance.

READ THE NHS ADVICE

Keeping fit and healthy with a baby
Your post-pregnancy body

Activity / date	During / afterwards	Next-day check

YOUR NEXT STEP

A guide is a starting point. A useful coaching plan takes account of your goals, your current ability, any clinical advice and the time you can realistically give it.

CHOOSE THE SUPPORT THAT FITS

1:1 PERSONAL TRAINING | £60 PER HOUR

Private studio sessions in South Croydon, with a programme tailored to you.

ONLINE COACHING | £140 PER MONTH

A tailored TrueCoach programme to follow at home or in your own gym, with no studio sessions.

HYBRID COACHING | £180 PER MONTH

Online programming and support plus one monthly in-person studio session.

SUPPORT BETWEEN SESSIONS

Coaching includes a fully tailored programme in TrueCoach, a weekly accountability session and 24/7 WhatsApp support.

BOOK A FREE CONSULTATION

Open the consultation enquiry form at mkfitpt.com/contact
WhatsApp Mike or call +44 7766 951325.

Tell Mike which guide you read, what you want to work towards and what currently gets in the way. The enquiry form emails Mike directly so he can reply to you.

STUDIO AND SESSION DETAILS

Capital Business Centre, 22 Carlton Rd, South Croydon CR2 0BS. Parking at the business centre is free. Sessions are daytime only; Mike works with you to find the best time. One calendar month's notice is required to stop sessions entirely.

This guide does not enrol you into coaching or start an email newsletter. Coaching is not a substitute for assessment or treatment from a qualified healthcare professional.