

# BACK TO BASICS

## POSTPARTUM RECOVERY PROGRAM

### B2B OVERVIEW & WELCOME



### WHAT IS INCLUDED?

**30+** exercise videos with cues

14 weeks of **30- 45 min workouts** geared toward deep core & pelvic floor connection & strengthening

**Education** regarding proper breathing, core rehab, pelvic floor engagement, resources, & exercise in the postpartum phase, postpartum support, & exercise tips