

# 6 Fun Exercises to Fit Baby Into Your Fitness

Each exercise includes a "Tot Twist" to engage your little one and your core muscles!

## #1 STROLLER POWER WALK/JOG (4 minutes – Repeat after each strength exercise)



At your own pace, add interval training by walking fast/jogging for 30-60 seconds and then slow for 60-90 seconds. Change the time and intensity as you like, challenging yourself each time to improve.

**Tot Twist:** At first it may be difficult to breathe through cardio, or sing to your little tyke. When stamina returns, count or sing an uppity tune like "A Spoonful or Sugar" or "BINGO."

**TIP:** Keep feet/knees facing forward and your body standing tall. Keep high intensity, but be sure you can sing to baby.

## #4 STROLLER SIDE PULL & PUSH (2 minutes)



With your right side facing stroller, use right hand to push the stroller away. At the same time, reach overhead with your left arm towards the stroller. Then pull the stroller back and curl arm. Add a weight and/or a knee up for added intensity.

**Tot Twist:** Sing "ABC's" (26 reps), or count, add silly faces.

**TIP:** Focus on pulling the ribs to hips. Repeat each side with different focus for baby. (and you).

## #2 WALKING LUNGE (2 minutes)



Lunge, by taking long strides, lowering your lower body down until front thigh is parallel to ground. Pop up and repeat on other side.

**Tot Twist:** Add in a "Peekaboo" when popping up from your lunge or sing "the Ants Go Marching".

**TIP:** The lunge is a very effective exercise a woman can do to tone and strengthen lower body. It works a lot of muscles in just one move: quadriceps (front of your thighs), hamstrings (back of your thighs) and gluteus maximus (your bottom). Front knee should not go farther forward than your toes. Lower your body slowly and squeeze your thighs and glutes as you come back up. For extra intensity, bring knee up to a 90-degree angle as you come up, before lunging forward on next rep.

## #5 STROLLER SIT-UP (2 minutes)



Stroller brake on and baby facing you. Lie down in front of stroller with feet on either side of the wheel. Do a sit-up towards baby's face. The repeat! Add a twist to work oblique muscles.

**Tot Twist:** Tickle baby's toes, say "up-down," "left-right," "PeekABoo," count, sing favorite song, make funny faces.

**TIP:** Standard situp with arms stretched toward toes. Draw belly button in, contract abdominals, and lift torso off the ground. Exhale as you sit all the way up. Inhale as you come down. Try 2 sets of 10 repetitions to start. Do 2 more sets left/right for obliques.

## #3 SQUAT WITH STROLLER ROW (2 minutes)



Stand behind stroller. Squat and push stroller front. Then, pull the stroller back while popping up to standing.

**Tot Twist:** Sing "Row, Row Your Boat" – get into it! Peekaboo or counting could be fun with this one too!

**TIP:** The squat is one of the best exercises for the lower body. Stand behind stroller with hands shoulder-width apart on hand levers. Feet/knees face forward with legs hips-width apart. Sit bottom way back and put weight in heels. When squatting back, keep spine long and strong, with upper body slightly tilted forward. Common mistake during this exercise is to bend too much from upper body—lower body should reach back.



Founder of FIT4MOM and Stroller Strides® and author of *Lean Mommy*, Lisa Druzman, M.A., is a nationally recognized speaker and author and is an expert in the field of pre- and postnatal fitness.

## #6 STROLLER REVERSE CURL



Stroller brake on and lay down with head at the front wheel, facing away from baby. Put your arms above head and hold onto wheel. Pull legs up and your feet towards the sky. Lower your legs back down using your ab muscles.

**Tot Twist:** Say "Mommy's feet say "Hello", "Bye-Bye", "Up-Down", "Close—Far" with each crunch to help baby learn directions.

**TIP:** Engage abs and draw belly button into your spine. Contract abs to slightly lift pelvis and draw in the legs in the reverse curl.

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