

The For You Foundation

TRAUMA
INFORMED
WORKOUT
GUIDE
FOR THE
POSTPARTUM
MAMA

DISCLAIMER: If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.

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TRAUMA INFORMED WORKOUT GUIDE FOR THE POSTPARTUM MAMA



Introduction

Hi there! I'm Mikayla, founder of The For You Foundation. My hope is that through this guide, you can start to enjoy movement again and begin connecting to your body in your postpartum journey. If you are a postpartum mama who just wants to feel good in her own skin, this is FOR YOU.

After losing my son Jaxon, the gym (which was once my happy place) was suddenly a trigger. I felt out of place, regardless of the fact that this is somewhere I had been countless times before. I desperately wanted to feel like "me" again, but when you're a postpartum mama, this is no easy task. When you're a postpartum mama who just lost her baby, it seems impossible. I needed the flexibility to explore what felt right, and the confidence to show up for myself. I made this guide in hopes to give you just that.

I'm so proud of you for taking the first step toward a healthier mind and body!

TRAUMA INFORMED WORKOUT GUIDE FOR THE POSTPARTUM MAMA

About the Guide

*What is a trauma
informed workout guide?*

A workout guide that focuses on healing through movement, connecting with the body, and establishing or re-establishing safety in the body.

*What is the difference between
this and other workout guides?*

You have a choice throughout the entire workout. Since you know your body best, you choose what's right for it. Gone are the days of bootcamp-style workout guides.

What's included?

- Workouts that allow you to have options
- Pictures to guide you through the movements
- A gym guide as well as an at-home guide
- No triggering language
- Daily affirmations

Other important things to note:

Symptoms of exercise (increased heart rate, heavy breathing, feeling sweaty, etc) are often associated with the symptoms of trauma. Since trauma is held in the body, things might come up during a workout that you don't expect.

TRAUMA INFORMED WORKOUT GUIDE FOR THE POSTPARTUM MAMA

The Program

For each workout you will notice there is a home and a gym option. Pick which works best for you- this could even change daily!

You will notice there is no set number of reps, sets, or amount of weight that you should be doing- do what feels good!

On the guide, you will see you have options for every movement. Pick one of the two choices to perform- whichever feels best!

Blocks

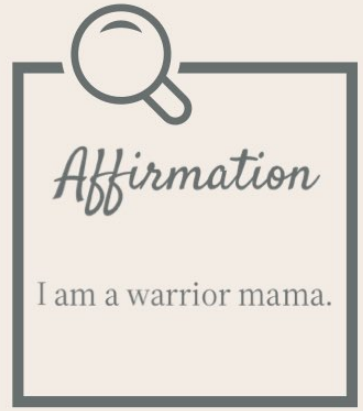
Upper body

Lower body

Back

UPPER BODY WORKOUT

gym



pick one

chest press

or

cable fly

arnold press

or

overhead press

upright row

or

front raise

curls

or

preacher curls

overhead triceps

or

push downs

REFERENCE
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FOR
UPPER
BODY
WORKOUT

gym



chest
press



arnold
press



upright
row



curls



overhead
tricep
extensions



cable
fly



overhead
press



front
raise



preacher
curls



push
downs

UPPER BODY WORKOUT

at home



Affirmation

I made a human. I
am a superhero.

pick one

pushups

or

punches

shoulder taps

or

overhead punches

arm circles

or

pike pushups

thigh taps

or

t-press

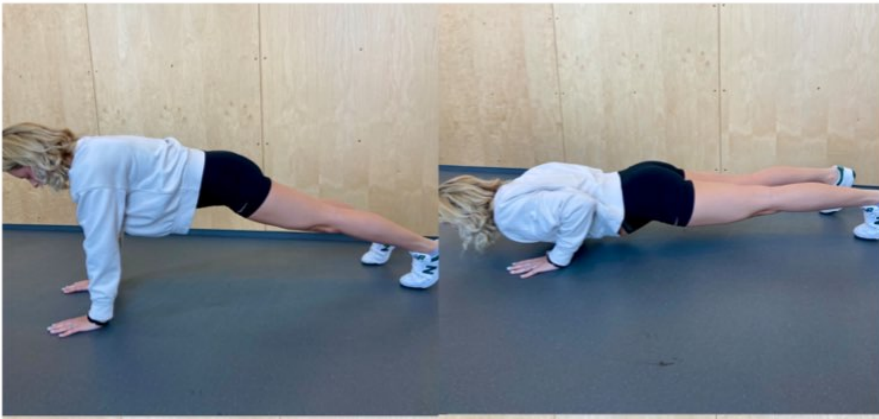
chair dips

or

close grip pushups

REFERENCE
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FOR
UPPER
BODY
WORKOUT

at home



push ups



shoulder taps



arm circles



thigh taps



chair dips



punches



overhead punches



pike push ups



t-press



close grip push ups

LOWER BODY WORKOUT

gym



pick one

squats

or

lunges

leg press

or

single leg deadlift

leg extensions

or

front squats

leg curls

or

straight leg deadlift

calf raises

or

seated calf raises

REFERENCE
PAGE
FOR
LOWER
BODY
WORKOUT

gym



squats



leg press



leg extensions



leg curls



calf raises



lunges



single
leg
deadlift



front
squats



straight
leg
deadlift



seated
calf
raises

LOWER BODY WORKOUT

at home



Affirmation

I am good enough
in all that I do.

pick one

squats

or

squat pulses

lunges

or

fire hydrants

wall sit

or

glute bridges

side leg raises

or

side to side lunges

calf raises

or

skip in place

REFERENCE
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FOR
LOWER
BODY
WORKOUT

at home



squats



lunges



wall sit



side leg raises



calf raises



squat
pulses



fire
hydrants



glute
bridges



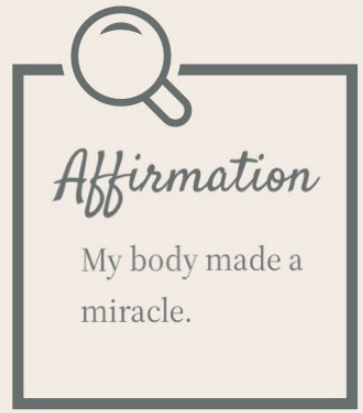
side
to
side
lunges



skip
in
place

BACK WORKOUT

gym



pick one

deadlifts

or

kettlebell swings

lat pull downs

or

lawnmowers

rows

or

one arm row

inverted rows

or

incline row

hyperextensions

or

superman

REFERENCE
PAGE
FOR
BACK
WORKOUT

gym



deadlifts



lat
pull
downs



rows



inverted
rows



hyper-
extensions



kettlebell
swings



lawnmowers



one
arm
row



incline
row



superman

BACK WORKOUT

at home



Affirmation

I don't allow my
mind to bully
my body.

pick one

thigh taps

or

shoulder taps

bird dog

or

cat cow

plank

or

plank rotations

superman

or

push ups

reverse angels

or

prone reverse fly

REFERENCE
PAGE
FOR
BACK
WORKOUT

at home



thigh
taps



bird
dog



plank



reverse
angels



superman



shoulder
taps



cat
cow



plank
rotations



push
ups



prone
reverse
fly