

BENT-OVER FLY

- 1 Stand with your feet hip width apart and lean your body slightly forward. Straighten your arms below you. If you are able to, hold a small weight or water bottle in your hands for a little bit of resistance.
- 2 Lift your arms out to the side, so it looks like you are flying. Make sure your elbows are slightly bent to avoid pressure on the elbow. Don't lift your arms higher than shoulder height.

*Do 3 sets of 15.



SHOULDER PRESS

- 1 Stand with your feet hip width apart. Hold light weights or water bottles in your hands and lift your arms up so they are in line with your shoulders. Bend your arms and let your palms face forward.
- 2 Slowly raise your arms above your head to straighten your elbows. Slowly lower your elbows to the starting position. Make sure you aren't leaning back when you push up.

*Do 3 sets of 15.

TRICEP KICK-BACKS

- 1 Stand with your feet hip width apart and lean your body slightly forward. Tuck in your elbows and raise them to be in line with your shoulders. If you are able to, hold a small weight or water bottle in your hands for a little bit of resistance.

- 1 Straighten your elbows by pushing your fists backwards, but keep your elbows tucked in.

*Do 3 sets of 15.

PELVIC TILT

- 1 Lie on your back. Place your arms at 45 degrees by your sides, palms facing down, and bend your knees.
- 2 Using your hips, bum and hands, push your pelvic area up so your body is in a straight line. Hold for 30 seconds and then slowly lower your hips back down.

*Do 2 sets of 30 seconds.



SUPERWOMAN

- 1 Lie down on your stomach. Stretch your arms out in front of you. Raise your one arm and the opposite leg, hold for 20 seconds and replace.
- 2 Lift your other arm and opposite leg. Hold for 20 seconds and then replace. When you get stronger, you can lift both hands and legs together.

*Do 3 sets on each side.

PHOTOGRAPHS BY ANTHONY MARRAS FOR FORTY FIVE & BEYOND. HAIR BY MARISSA DE LOS REYES FOR ONE DIRECTION. STYLING AND MAKEUP BY TONYA BERRY FOR ONE DIRECTION. STYLING: JILL HANSEN

Also know this...

- It is quite normal to feel numbness around your stomach and a tingling or tightening around the scar.
- Trying to stay mobile and routinely performing pelvic tilting and pelvic floor exercises will help speed up your C-section recovery.
- Be extra careful when doing everyday tasks and activities such as getting out of bed, getting up off the floor, climbing out of the bath, lifting heavy objects and walking up and down stairs. **Let**