

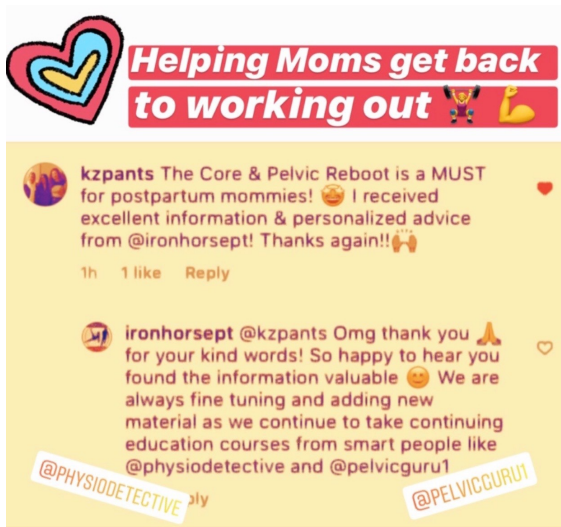
Our Services

Core & Pelvic Floor ReBoot Camp



Do you feel like you haven't recovered your core strength since giving birth (even if it was years ago)? Do you get achy in your neck, shoulders or Lower back especially when caring for your kid(s)? Are you frustrated by the appearance and function of your post-partum belly but don't know how to train effectively? Have you been diagnosed with diastasis recti aka "mummy tummy"? **Diastasis Recti** is often a combination of poor breathing patterns, muscle imbalances, and postural tendencies. While pregnancy is a contributing factor to **Diastasis Recti** it can also be a symptom of a greater whole body imbalance. We offer a 1-day 90 min workshop, a 6-week workshop and virtual home program to address these issues.

Want to know what you will learn in the Core & Pelvic Floor Reboot Camp Workshop? This is a snippet about the difference types of Diastasis Recti aka "mummy tummy" or ab separation from our recent virtual Core & Pelvic Floor ReBoot Camp Workshop



Have you been working out and doing sit-ups or crunches but your tummy is still not flat after giving birth? Whether you're recently postpartum or it's been years since you gave birth, you can still work on your diastasis recti (separation of abs). Maybe you're unsure if you even have one. The Core & Pelvic Floor Reboot Camp program can help you find out and teach you how to exercise safely and effectively to get rid of your "mummy tummy."

Can't make it in-person or don't live locally in the San Francisco bay area? You can work on your core & pelvic floor with our at home video guide.

Core & Pelvic Floor ReBoot Camp Workshop



CORE & PELVIC FLOOR REBOOT CAMP VIDEO

GUIDE

Victoria has been teaching the Core & Pelvic Floor Reboot Camp workshop for years and recently decided to create an at home program.

What is in the program:

- 1) Define and discuss what good core control screening/measurement
- 2) Learn how to do a self Diastasis Recti
- 3) Learn exercises to immediately improve your core function
- 4) Learn why mommy boot camps, planks and crunches may not be good for you and what you should do instead
- 5) Teach you strategies to help alleviate peeing when exercising

\$50 for this at home program! (This a steal because the value of this program is worth at least \$200.)



Virtual Core & Pelvic Floor Reboot Camp Workshop - 1 Day



In this virtual class, we will 1) Define and discuss what good core control is 2) All participants will be shown how to do a self Diastasis Recti screening/measurement and 3) Learn exercises to immediately improve your core function 4) Learn why mommy boot camps, planks and crunches may not be good for you and what you should do instead. 5) Teach you strategies to help alleviate peeing when exercising. 6) 30-45 minutes of core & pelvic floor specific exercises.

Other Core & Pelvic Floor Reboot Camp Workshops offered:

CHECK BACK FOR DATES!

1-day workshop:

This 75 minutes workshop teaches you how to restore your core and avoid the aches and pains associated with pregnancy and childbirth. We will assess for and measure diastasis recti (separation of the abs aka “mummy tummy”), teach you what exercises you should avoid/what can worsen a diastasis (crunches, situps and planks), and then give you alternative exercises to improve the tone, strength and appearance of your abdomen and core. Offered 2-3x/year.

CHECK BACK FOR DATES!

Core & Pelvic Floor Reboot Camp (6 week series):

A more in-depth and progressive class to learn how to strengthen and restore your core the right way!. You will learn exercises, tools and tips to restore your core, improve your posture as well as proper lifting mechanics. The class is limited to 5 participants to ensure personalized, individual attention. If you have a **Diastasis Recti**, we will monitor the separation each week.

Over the course of the 6 week, one hour sessions, we will be concentrating on breathing, core and pelvic floor concepts through a progression of exercises where we will be monitoring and measuring the diastasis. We may use Pilates equipment, mat exercises, kettlebells and TRX depending on the needs of each participant. Each class builds on the next so we don't allow drop-ins and you must commit to all 6 classes-in our experience, consistency is the best way to achieve results.

This 55 min class runs 6 weeks consecutively unless specified otherwise. No make-ups for missed classes, each week progresses from the previous week. No cancellations or refunds however, you may transfer your registration to another person if you can't make it. Space is limited and books up quickly!

Check back for next workshop!

Email admin@ironhorsept.com to be added to our Core & Pelvic Floor ReBoot Series emailing list, and fix your **Diastasis Recti** today!

Can't come in for a workshop and you want to work on it at home? Check out our at home Core & Pelvic Floor Program.