



Get Back LLC

Exercise Program 6 Weeks Post Abdominal Surgery-Fibroid Removals, Tummy Tucks, & IVF Patients

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Yin Yoga	Go for a walk 15-30 min.	Rest Day	Go for a walk 15-30 min.	Go for a walk 15-30 min.	Gentle Yin Yoga	Rest Day
*yoga mat/towel ,yoga blocks, or bolster	Chest Back Yin Yoga *yoga mat/towel, chair, pillows, 1-2 lb. weights, theraband(optional)		Biceps Triceps *chair and table, yoga mat/towel, 1-2lb. weight	Glutes Calves *yoga mat/towel, chair, glute band	*yoga mat/towel,yoga blocks, or bolster	

***Follow this program for at least 12 months**