

Diastasis 101 Level 8 Exercises:

1. Plank with knee to elbow
 - a. Start in plank position
 - b. Contract TA/PF
 - c. Exhale as you bring the opposite knee to elbow.
 - d. Inhale as you return to the starting position.
 - e. Exhale and repeat the opposite side.
 - f. Do 5-10 reps each side
 - g. Can modify on chair if needed!

2. Supine bent knee V-sit
 - a. Start laying down on your back with hips and knees bent to around 90 degrees. Arms are overhead.
 - b. Inhale, then exhale as you raise up into a bent knee v-sit position.
 - c. Inhale as you lower back down and repeat.
 - d. Goal: 5-10 reps, but can definitely start with less reps to begin!
 - e. Alternative modifications:
 - i. Start in a v-sit position with feet on the floor. Exhale and raise feet up off the floor.
 - ii. Start laying on your back with feet on floor and arms overhead. Do a full sit-up bringing arms straight in front of you.
 - iii. Do your v-sit but tap feet down as needed to maintain balance/take pressure off abs.
 - f. This is a challenging exercise to do correctly! Watch for coning and modify as needed!

3. Side plank to plank to downward dog and back
 - a. Start in a plank position
 - b. Contract TA/PF
 - c. Exhale as you rotate up to side plank reaching non-stationary arm to the ceiling.
 - d. Inhale as you return to plank position.
 - e. Exhale as you go into downward dog.
 - f. Inhale as you return to plank position.
 - g. Exhale as you rotate to opposite side plank.
 - h. Inhale as you return to plank position.
 - i. Do 5-10x through full rotation. May start with less reps and do 2-3 sets instead.

4. Russian twist with weight
 - a. This exercise is the same as in Level 6 but we're going to add weight to make it more challenging.
 - b. Extra challenge - lift feet off the floor with hips and knees bent roughly to 90 degrees.
 - c. The further you lean back, the more challenging it will be.

- d. Move SLOW! Don't hold your breath. You can try exhaling on the way down as you twist and then inhale on the way up (this is how I like to do it), but you could also try it the opposite way! Neither is wrong, but breath-holding IS wrong! :)
 - e. Do 5-10 reps each side. 1-2 sets.
5. Slow weighted Burpee
- a. Start standing - may hold weights in both hands for greater challenge
 - b. Contract TA/PF
 - c. Inhale as you go into a deep squat position, bringing weights to the floor.
 - d. Exhale as you get into plank position, stepping back one foot at a time.
 - e. Inhale as you return to squat position, bringing your feet back forward.
 - f. Exhale as you return to standing position and lift weights overhead.
 - g. Alternatives: modify on a chair, don't raise arms overhead, only go down into deep squat and avoid plank.
6. Rotational Lunge with weighted upper body rotation.
- a. Start with weight in hand of the same side leg you plan to lunge forward with. Hold straight out in front of you.
 - b. Contract TA/PF
 - c. Inhale as you lower into lunge position and twist over bent knee, moving arm horizontally with body so arm also rotates over bent knee.
 - d. Exhale as you return to starting position.
 - e. Switch arms and repeat on the opposite side.
 - f. Do 5-10x ea side.