



# *Post- Pregnancy & Pre-Fitness Guide*



*Created by: Summer Tigert*



# *Disclaimer:*

Prior to beginning any exercise program, it is highly recommended that you seek medical advice and/or clearance from a qualified medical professional. Summer's Silver Lining, [SummersSilverLining.com](http://SummersSilverLining.com), Summer Tigert, and all others associated with Summer's Silver Lining (hereby referred to as SSL) is/are NOT medical professionals. Further, SSL does not recommend performing any exercises or movements provided in this book before consulting with your medical profession.

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# My Story:

Hello there! I am Summer Tigert... Wife, mother, & Jesus lover :) I am writing this short eBook to share how I was able to become healthy and fit post-pregnancy. I had hoped for a normal delivery but, like many women, ended up with a cesarean (c-section) delivery and, after a few months, learned that I also had Diastasis Recti.

Further, I share this information from my own experience—if I had knowledge of this before/after my pregnancy & delivery then I would have saved a lot of sweat & tears! That said, after my c-section I waited patiently for 3 months & then JUMPED right into working out, only to find my “pouch” getting larger as my abdomen protruded past my jeans and swimsuit. Up to my pregnancy, I always had a flat stomach & was very motivated to get my “bikini body” back as quickly as possible after my doctor gave me the green light to start an exercise regimen... However, I did not realize the underlying effects that my little {big} 8-pound-3-ounce-miracle did to my body!

After learning about Diastasis Recti (6 months Postpartum—about 3 months too late) I realized I needed to backtrack—quite a bit—to help close the gap between my abdominal muscles. That said, I did a few (very simple) exercises every day for about 6 weeks and THEN started back with abdominal exercises. Trust me, it’s better to take MORE time to rehab those muscles, rather than rushing into working out and building your abs so they protrude out (which creates an even bigger pouch/shelf).

Much love,

*Summer Tigert*



# *What is Diastasis Recti:*

Diastasis Recti? Never heard of it until now?... I'd say that's probably the norm—but should not be the case! Diastasis Recti is just a big word that means your abdominal muscles have separated. Buttt... Good news! There is always a silver lining :) First off, it's treatable AND, according to many different researchers, practically 100% of pregnant women experience some level of Diastasis Recti.

Why's that? Well, it's caused by intra abdominal pressure, which is simply pressure coming from underneath your abs (remember that lovely miracle that was growing inside of you? He/she made a lovely home and needed some room to stretch those long arms and kick those sweet feet). Think about it - there is a lot of pressure going on "behind the scenes." Not only were you caring a human baby, but you also had extra fluids, tissue, et cetera... And all of those things put additional pressure on your abs, which, over time, caused your abs to actually separate or split down the middle.

When this separation happens, you are left with a thin layer of connective tissue toward the front of your belly with your abdominal muscles separated on either side. This can create issues for your internal organs because you don't have as much muscular support to keep things in place. Not to mention, your abs are weaker and are in no-shape to be lifting heavy things or doing any type of movement that requires them to



exert extra force. So, if you're like me, and are experiencing or have experienced pretty severe diastasis recti after pregnancy, don't worry - with some time, effort, and practice you can get your tummy back to where you want it! Here are some tips:

First things first: understand the separation is normal. After my pregnancy, I didn't understand what had happened. Nobody warned me about this condition. I was concerned because my abs didn't look normal anymore. I noticed they were bulging out... Almost like they were hard and swollen, as if my abs were getting stronger but my torso was growing WIDER and LARGER (which was NOT my intention).

Second thing, realize that you use your abdominal muscles practically 24/7—so to get them back to “normal” you are going to have to focus on them throughout the day. Some more good news... You will have MANY opportunities to work on correcting those abs of yours, so make yourself a few notes around the house, in the car, office, even on your coffee table! Trust me, the more you do the exercises and practices noted below, the quicker your body will heal, which will give you the opportunity to do your normal exercise routine and both FEEL and LOOK like YOU again :)

In addition, share these exercises with any of your friends who have future hopes and dreams of becoming a mom! Whatever you do, have fun with it and remember that your body is wonderfully made—it might take a little time, but you are one strong and amazing woman!



# *How to Check for Diastasis Recti:*

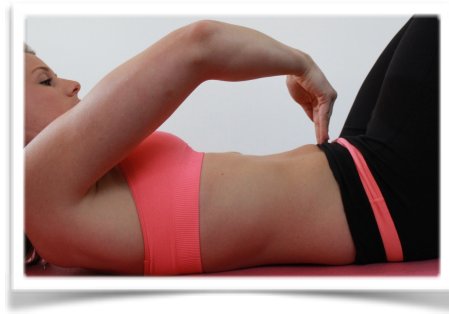
- 1) Lay flat on your back, as if you are going to do a sit-up.



- 2) Take your hand and place it perpendicular to your body, over your belly button. Press in to feel how wide & deep the gap is between your abdominal muscles.



- 3) Move two (2") inches above your belly button and then two (2") inches below your belly button —press in to feel how wide & deep the gap is between your abdominals.



- 4) A “normal” gap at your belly button would be the width of 1-2 finger tips. A “normal” gap two inches above/below your belly button would be a gap of 1 finger tip or less. If you felt a gap of more than 2 fingers, then you have Diastasis Recti.

# *Exercises to Heal Diastasis Recti:*

## *~Abdominal Pelvic Rock/Tilt~*

1) Lay flat on your back, knees at a 45 degree angle, on the floor. Pull/suck abdominal muscles to your spine and rock your pelvis/hips up toward the ceiling. Do NOT tighten your butt/glutes.



**Do pelvic tilts, continuously, for 1 minute. Rest for 30 seconds. Repeat.**

\*Tip: Use a towel to squeeze your abs and focus your attention on brining your abdominal muscles IN & toward your spine. Do NOT tighten your butt/glutes.



# Exercises to Heal Diastasis Recti:

## ~Tilt/Hold~

1) Lay flat on your back, knees at a 45 degree angle, on the floor. Pull/suck abdominal muscles to your spine and rock your pelvis/hips up toward the ceiling. **HOLD PELVIC TILT.** Do NOT tighten your butt/glutes.



**HOLD** pelvic tilt, continuously, for up to 2 minutes. Rest for 30 seconds. Repeat.

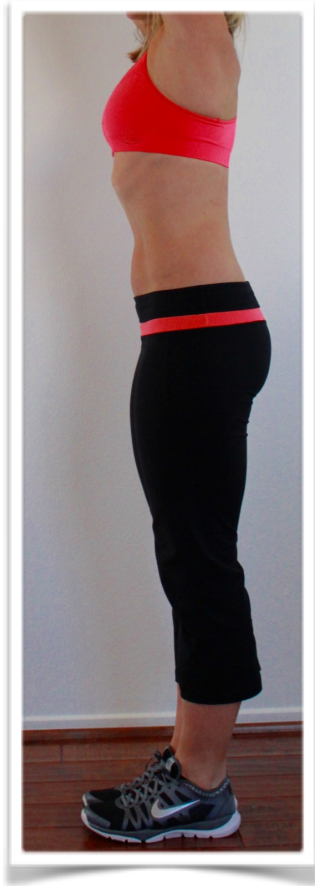
\*Tip: Use a towel to squeeze your abs and focus your attention on brining your abdominal muscles IN & toward your spine. Do NOT tighten your butt/glutes.



# *Everyday Tips:*

## *~Proper Posture~*

Do      &      DON'T



- 1) Hips/pelvis should be in a neutral position.
- 2) Abs pulled toward spine

# *Starting a Core Workout Program*

It took me about 6-8 weeks to mend the gap between my abdominal muscles (two finger tips at belly button and less than 1 finger tip above/below my belly button). After doing that, I started doing Alexa Jean's "Sore to the Core" 30-day Ab Guide... BUT, I modified many of the workouts to help continue to heal my abdominal muscles.

For example, I avoided all exercises that included my legs being straight and away from my body (such as flutter kicks, leg raises, jack knives, etc.). Instead, I would modify the exercise OR do the exercises described in previous pages in place of those exercises. Examples of modification include: Instead of leg raises, do "toe touches" (so you are reaching toward the sky/your toes, rather than lowering your legs). Instead of flutter kicks, do abdominal tilts for 2x the time or crunches instead of jack knives.

If you see ANY exercise bulge your inner abdomen up (as if there is a long french baguette popping through your skin—between your abdominal muscles) then STOP the exercise immediately and either switch to a new exercise or go return to the rehabilitation exercises described in this eBook.

It is very important to heal and mend the gap between your abdominal muscles before engaging in an exercise program. If you do not heal your abdominal wall first, then you will cause more damage and harm—not to mention prolonging that "bikini body."

I hope this eBook has been helpful for you and the exercises help you both FEEL and LOOK like yourself again. Also, if you can help it, remember... Don't focus so much on the finish line that you forget to enjoy the journey. You are strong, beautiful, and wonderfully created. Your body is your greatest instrument! Be kind to it and make the most of it :)

All my best,  
*Summer Tigert*



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