

DIASTASIS RECTI REPAIR PLAN

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on nourishmovelove.com. And be sure to tag @nourishmovelove on social!

WEEK 1	01 DR #1 (Bodyweight) 10 Minutes	02 DR #2 (Pilates Ball) 10 Minutes	03 DR #3 (Long Band) 10 Minutes	04 DR #1 (Bodyweight) 10 Minutes	05 DR #2 (Pilates Ball) 10 Minutes	06 DR #3 (Long Band) 10 Minutes	07 <i>Rest Day</i>
WEEK 2	08 DR #4 (Bodyweight) 10 Minutes	09 DR #5 (Pilates Ball) 10 Minutes	10 DR #6 (Long Band) 10 Minutes	11 DR #4 (Bodyweight) 10 Minutes	12 DR #5 (Pilates Ball) 10 Minutes	13 DR #6 (Long Band) 10 Minutes	14 <i>Rest Day</i>
WEEK 3	15 DR #7 (Bodyweight) 10 Minutes	16 DR #8 (Pilates Ball) 10 Minutes	17 DR #9 (Mini Band) 10 Minutes	18 DR #7 (Bodyweight) 10 Minutes	19 DR #8 (Pilates Ball) 10 Minutes	20 DR #9 (Mini Band) 10 Minutes	21 <i>Rest Day</i>
WEEK 4	22 DR #4 (Bodyweight) 10 Minutes	23 DR #5 (Pilates Ball) 10 Minutes	24 DR #6 (Long Band) 10 Minutes	25 DR #7 (Bodyweight) 10 Minutes	26 DR #8 (Pilates Ball) 10 Minutes	27 DR #9 (Mini Band) 10 Minutes	28 <i>Rest Day</i>