

DIASTASIS RECTI RECOVERY

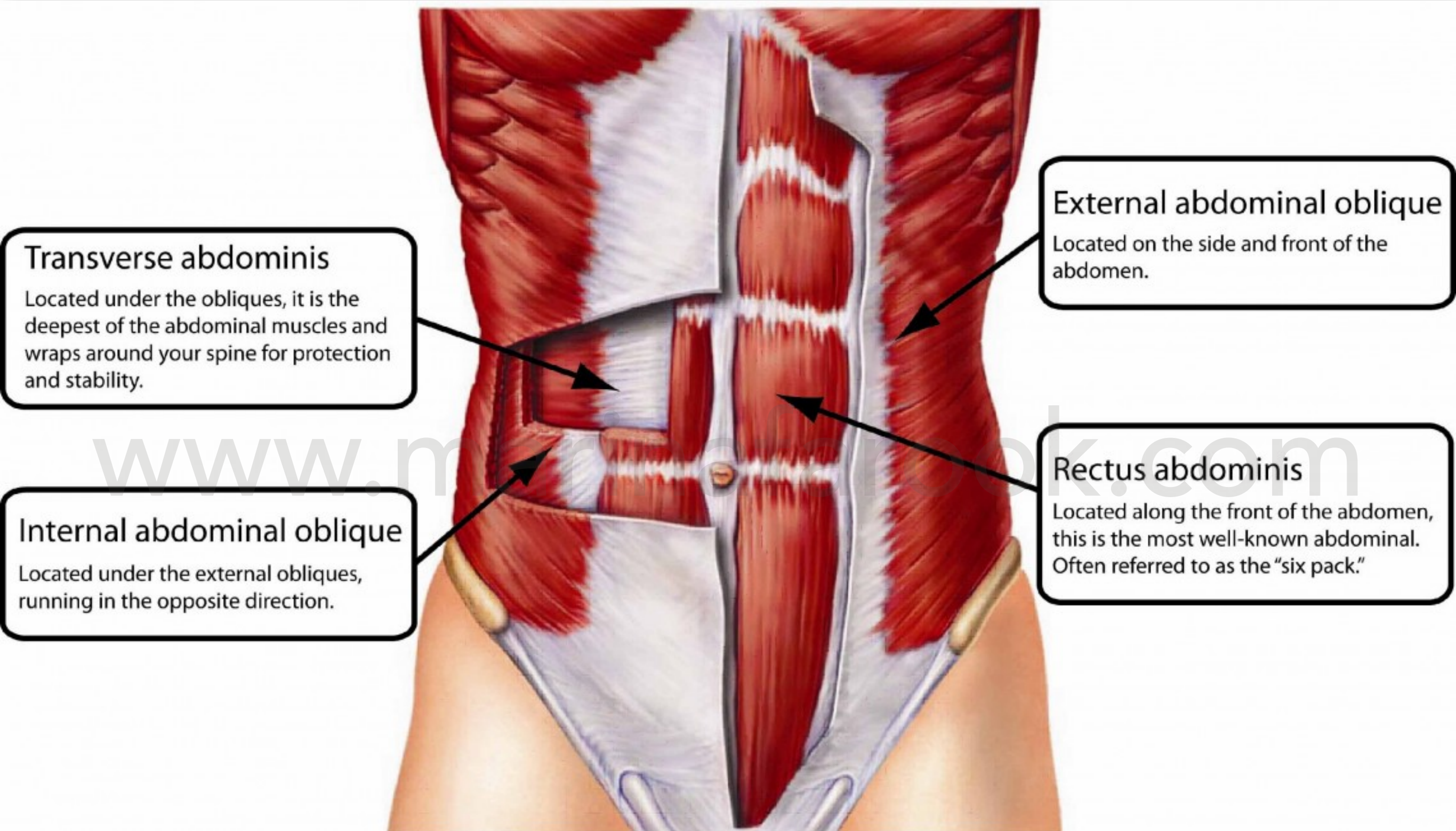
ABS CORE & PELVIC FLOOR

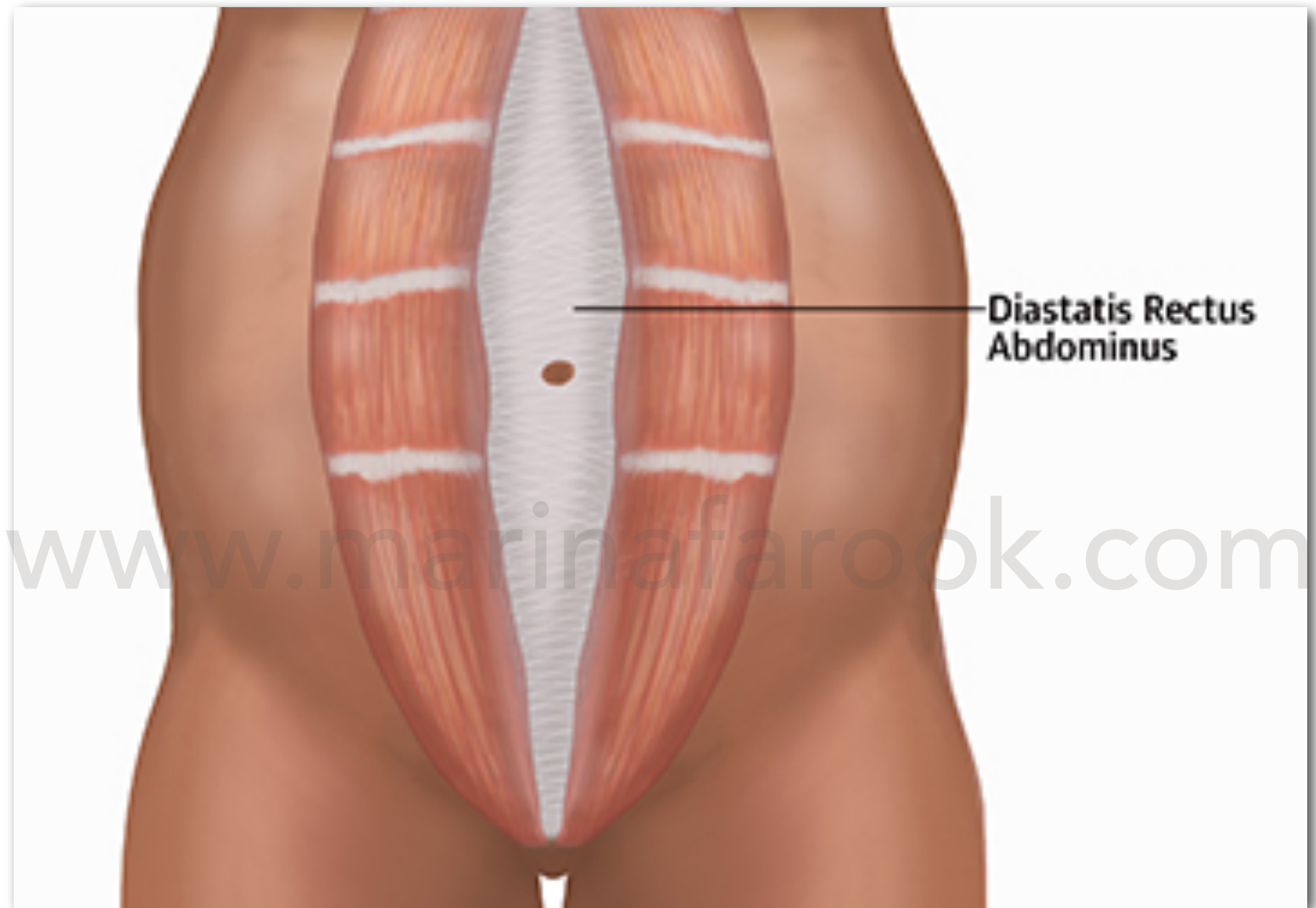
with Marina Farook, Nutritionist, Powerlifting & Transformation Coach



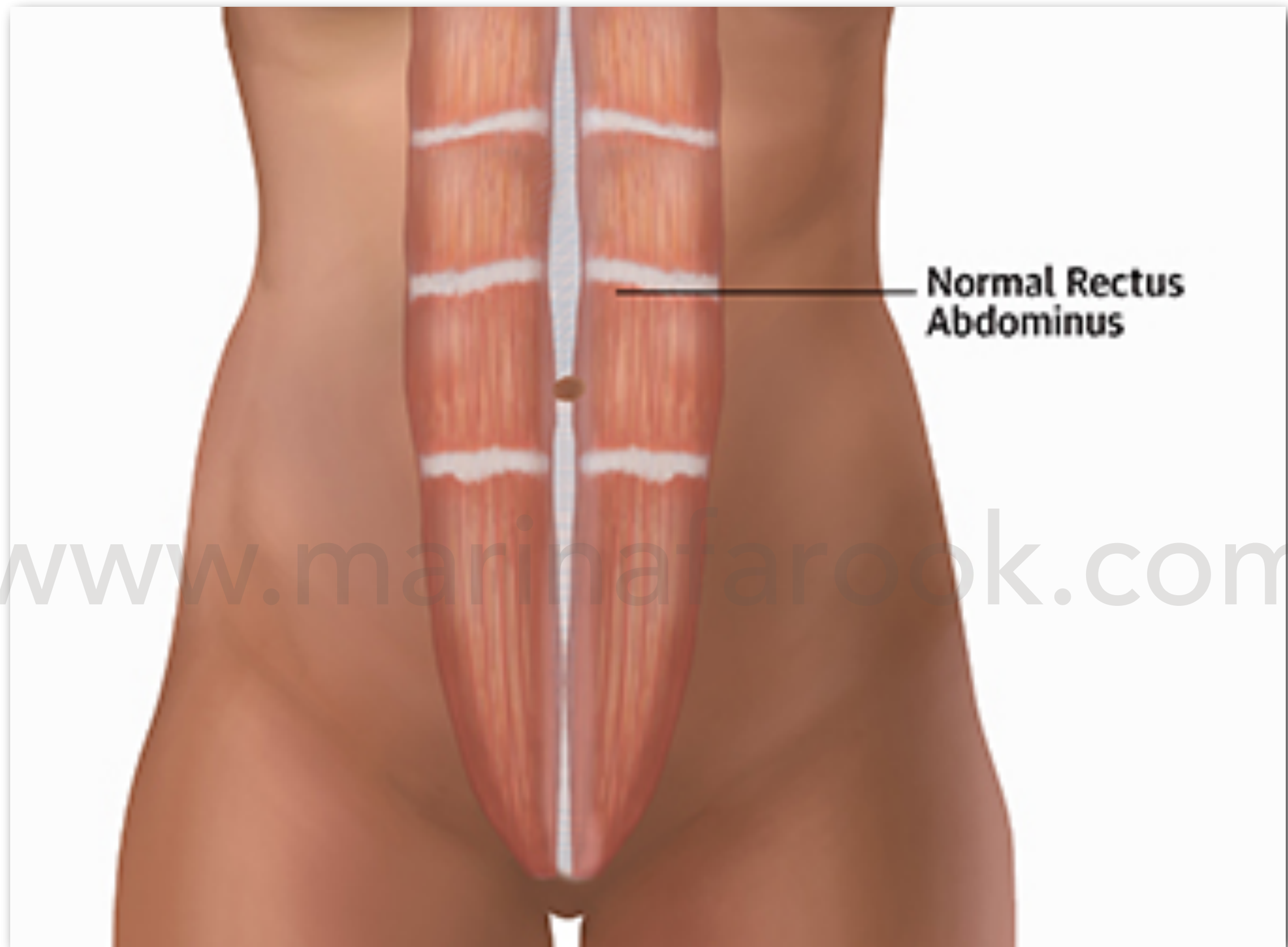
Objectives

1. What is DR
2. Types of DR
3. How to Identify
4. Correcting Muscle Separation
5. Nutrition that Promotes Growth & Re-connection of Muscle & Joints
6. How to Exercise
 - a. Don't
 - b. Do
8. CHECK YOUR DR
7. STOMACH VACUUM
8. KEGELS
9. MIND - MUSCLE FOCUS
10. REVIEW ROUTINE

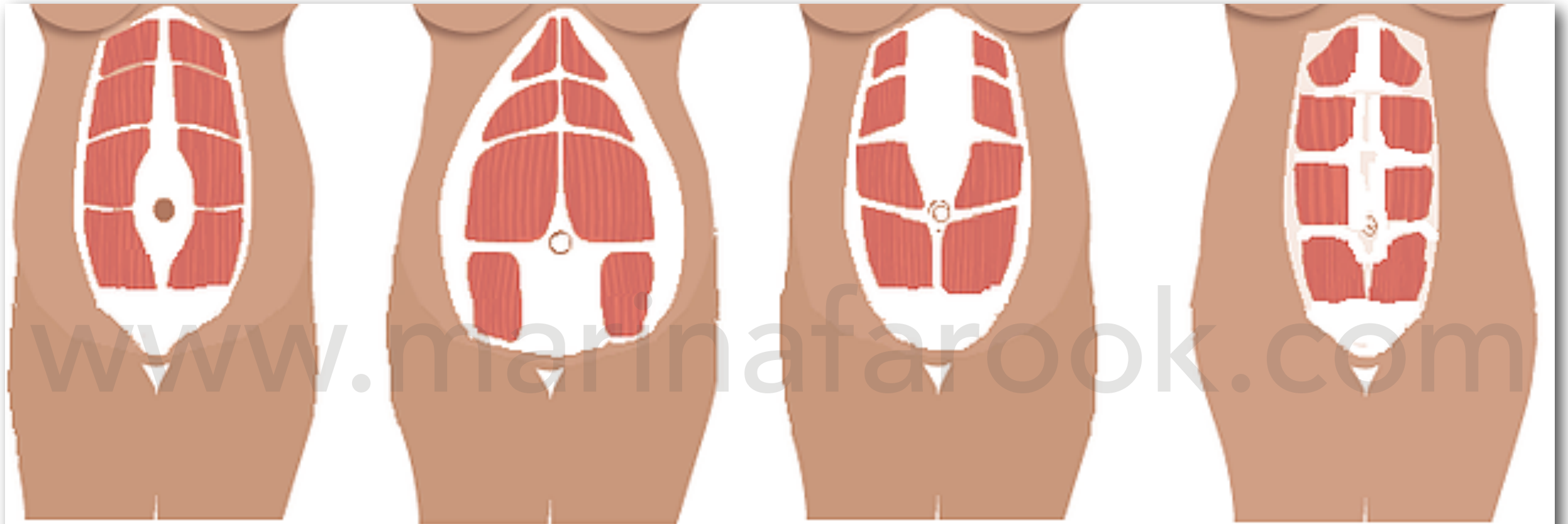




Diastasis Recti Workshop with Marina Farook
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Types of Rectus Diastasis

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WE CAN CREATE AN ENVIRONMENT INSIDE OURSELVES THAT NURTURES FASCIAL RE-CREATION.

- Every thing in your body breaks down into chemical compounds.
- We are just one huge “Table of the Elements”
- Electro-chemical messaging along conductive pathways along your nerves and through your blood vessels
- Breast feeding & relaxin hormone

Correct Your DR

1.CONNECTION WITH YOUR BODY

2.CORRECT EXERCISE

3.NUTRITION THAT BOOSTS MUSCLE
RE-CONNECTION

4.SLEEP, REST, & STRESS CONTROL

5.SUSTAINABLE LIFESTYLE HABITS

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Correct Exercise - Rebuild Your Core

DON'T EVER DO THIS (YET)

CRUNCH

LEG RAISE

TWIST

PLANK IN THE WRONG FORM

"AB" WORKOUT

MASTER THIS

1. STOMACH VACUUM

2. KEGELS



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Nutrition that Boosts Muscle Reconnection

FOOD = RAW MATERIALS
REBUILD YOUR STRUCTURE

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Nutrition that Boosts Muscle Reconnection

REBUILD YOUR STRUCTURE

HEALTHY FATS

hormone production | brain performance |
youth

PROTEIN

amino acids are your building blocks

CARBOHYDRATES

clean energy source | avoid inflammation
causing carbs

FIBRE

Raw veg = insoluble | oatmeal - soluble

SMART SUPPLEMENTATION

WATER

no less than 3 litres

Nutrition that Boosts Muscle Reconnection

REBUILD YOUR STRUCTURE

IRON

lack of causes fatigue & poor concentration
choose from fresh animal sources
eggs, red meat, small fish

MAGNESIUM + ZINC

"Relaxation phase" of muscle building
major world deficiency
smart supplement

CALCIUM, D3, K2

supplement safely and together

COLLAGEN

re-building block
main component of building tissue, muscle
bone broth

VITAMIN C

aids in collagen production
production of elastin
have in high doses up to 9000 mcg

PROTEIN

essential amino acids
daily intake
get your macros right!

Sleep, Rest, Stress Control

C O N T R O L

Y O U R

C O R T I S O L

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C O N T R O L Y O U R C O R T I S O L

- **Take regular, planned breaks from intense training**
- **Consume enough calories from non-processed foods to prevent depletion**
- **Get 7-9 hours of sleep per night to decrease stress and cortisol release**
- **Consume carbohydrates and protein after exercise sessions**
- **Don't isolate yourself – spend time with friends and family**
- **Avoid excessive amounts of intense aerobic endurance training (unless training for endurance event)**

Sustainable Lifestyle Habits

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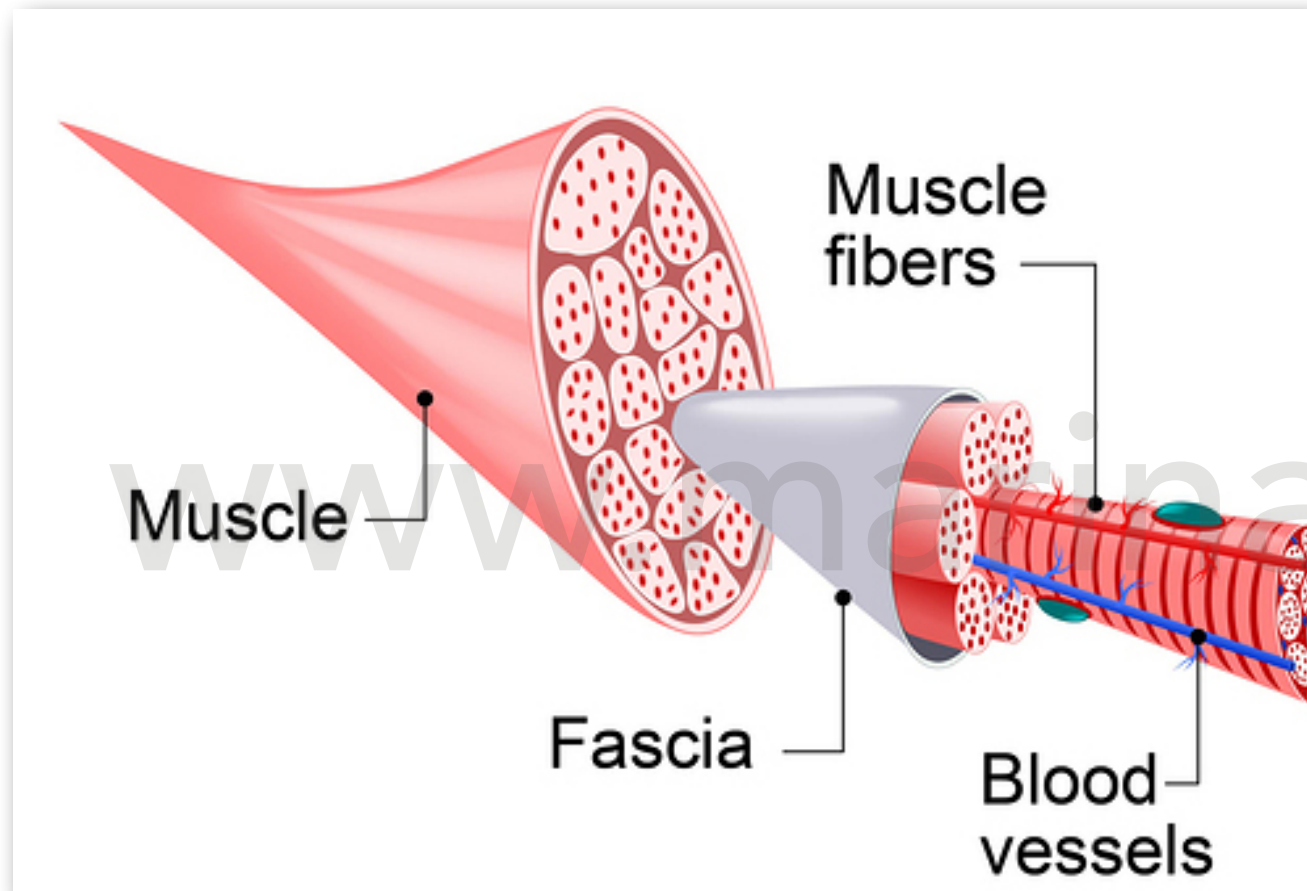
Sustainable Lifestyle Habits

How your *chemistry* effects your DR

- ✓ Emotions
- ✓ Nutrition
- ✓ Hormones
- ✓ Biomechanics: **Mind-Muscle connection**

MIND-MUSCLE CONNECTION

FOCUS ON THE BODY FROM INSIDE OUT





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TO DO:

1. CHECK YOUR DR
2. STOMACH VACUUM
3. KEGELS
4. MIND - MUSCLE FOCUS
5. REVIEW ROUTINE

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Check Your DR



Diastasis Recti:

Check yourself
before you
wreck yourself.

someecards
user card



Kegels

4 Must-Know Facts about Kegel Exercises

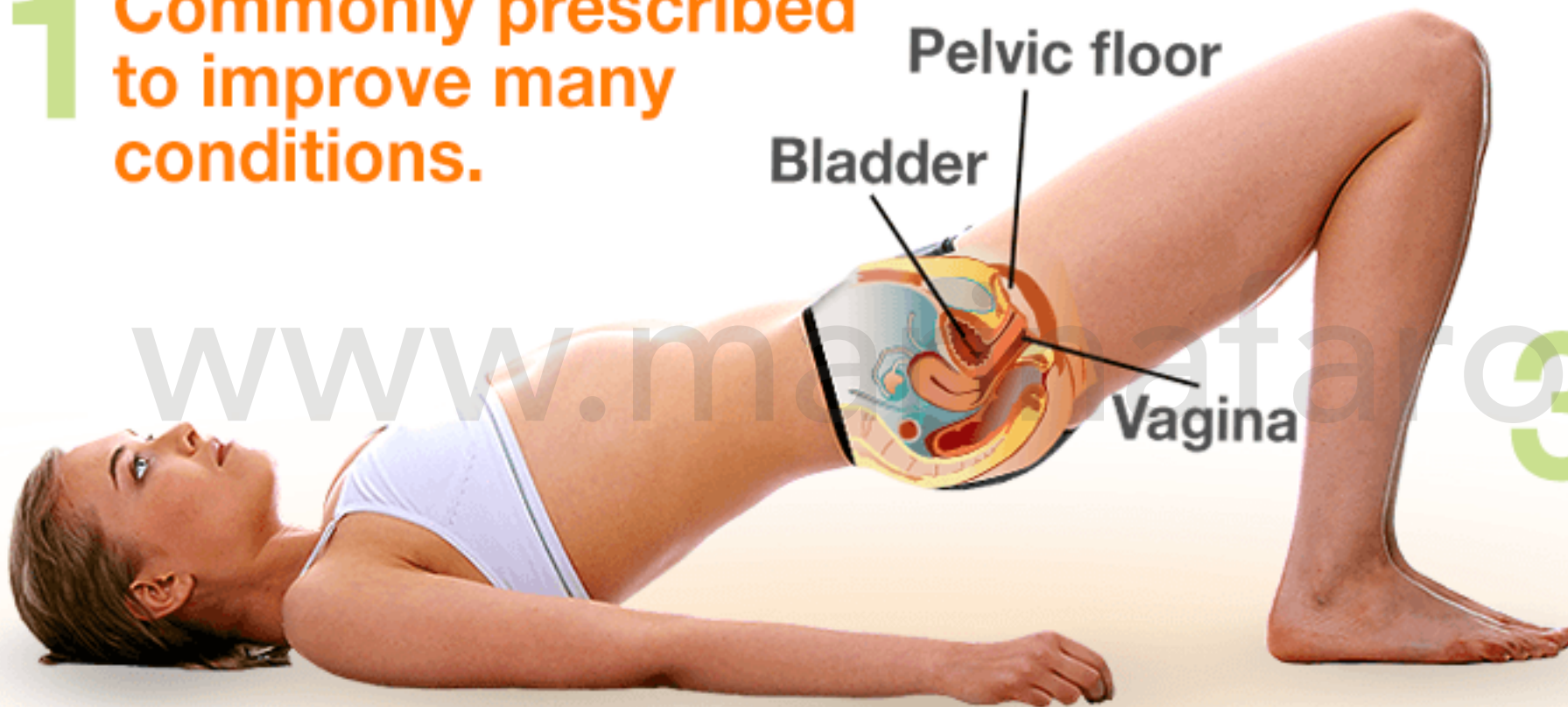
1 Commonly prescribed to improve many conditions.

How to

2 Lift pelvic floor and contract muscles.

3 They can be done at any location: at home, office, or in the car.

4 They have been proven effective in reducing urinary incontinence.



WORKOUT PROGRAMME - BEGINNER

what we learned

1. stomach vacuum
 - a. lying down
 - b. against the wall
2. shoulder and gluteus bridges
3. Kegel's - holding in your pelvic floor

1. Lying down Stomach Vacuum

Hold 30 sec - rest 30 sec | repeat 5 times

2. Wall Stomach Vacuum

Hold 30 sec - rest 30 sec | repeat 5 times

3. Kegel's

15 reps - Rest 1 min | repeat 5 times

4. Shoulder - Glute Bridge while holding Vacuum

15 reps - Rest 1 min | repeat 5 times

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