



Training After A C-Section

By Kevin Richardson, Founder Naturally Intense System of Diet & Exercise™

My son, Lucien was born several weeks from the time of my writing this article and I always amazed at how resilient the human body can be after a major surgery procedure. I was in the room the entire time for the birth of my son, so I had a chance to see first hand what so of the clients that I have trained over the years have been through and honestly it was an amazing experience. I am happy to report that my significant other is doing just fine after the C-section and was able to bounce right back into her workout regime after 5 weeks (with her physician's approval, of course.) Having worked with a good number of **post partum** mothers it was great to be able to apply what I had learned, and she has already at week 6 lost most of the weight that she gained during the **pregnancy**.

Generally you can usually return to training and light abdominal exercises within 6 to 8 weeks as long as there are no complications and you have your physician's approval. My experience with several women that I have trained literally a day or two before delivery is that they tend to be very anxious to get back in the gym and are able to get right back into the shape that they were in before pregnancy within about two months or so.

With regard to loss of abdominal tone and strength after a **C-section**, that has not been my experience at all, and I have worked with many women that had both vertical and horizontal incisions. Typically incisions are made horizontally and does not sever any abdominal muscles. Women undergoing this procedure tend to recover very quickly as their abdominal muscles are only stretched, however a vertical cut does indeed sever the transverse abdominus muscle and this can take a bit longer to heal. There can also be some scar tissue which makes the road back into pre-pregnancy shape a little harder, but in time and with a little consistency, you will be able to get your abs in even better shape than they were before pregnancy- but you will have to work for it!

A well executed training program for your midsection will help you restore muscle strength and help firm the area as well. Doing isometric contractions as well seems to help drastically in tightening the abs as well after childbirth.

The key is to not try to rush your exercise program after a **C-section** or even regular birthing. You have to take it slowly and be on alert for any signs that you are overexerting yourself and the muscles of your abdomen. After all, the point of exercising is to get fit – not cause other health issues.

Information contained in this article is not meant to treat, diagnose illness, nor substitute for medical counsel and is intended for purposes of information and education only. Consult your physician before modifying your diet or starting any exercise program.

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Kevin Richardson is a visionary personal trainer, author and the founder of the ground breaking Naturally Intense System of Diet & Exercise™ which has helped hundreds lose weight and get into fantastic shape training only 10 minutes 3 times a week over the past 18 years of his career. For more cutting edge articles on weight loss, health and fitness and to learn more about the Naturally Intense System of Diet & Exercise™ and how you can save time and get better results training less at Kevin's official website at www.naturallyintense.net.



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