

21 DAY

DIASTASIS RECTI WORKOUT CHALLENGE

HEAL YOUR ABDOMINAL SEPARATION SAFELY AND NATURALLY AT HOME!

the mommy tummy fix

BY **T**ONE & TIGHTEN
real fitness for real people



1. STOMACH VACUUMS (ABDOMINAL BRACING)



2. VACUUM WITH MARCH



3. VACUUM WITH BRIDGE



4. SIDE PLANK WITH VACUUM

CLICK HERE FOR VIDEO DEMONSTRATION OF EACH EXERCISE: <https://youtu.be/DJrPsgITmq5>

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 Vacuums 10 Marches 10 Bridges 3 Side Planks (10 sec hold, each side) Completed <input type="checkbox"/>	10 Vacuums 10 Marches 10 Bridges 3 Side Planks (10 sec hold, each side) Completed <input type="checkbox"/>	10 Vacuums 10 Marches 10 Bridges 3 Side Planks (10 sec hold, each side) Completed <input type="checkbox"/>	15 Vacuums 15 Marches 15 Bridges 3 Side Planks (15 sec hold, each side) Completed <input type="checkbox"/>	15 Vacuums 15 Marches 15 Bridges 3 Side Planks (15 sec hold, each side) Completed <input type="checkbox"/>	15 Vacuums 15 Marches 15 Bridges 3 Side Planks (15 sec hold, each side) Completed <input type="checkbox"/>	Rest Day Completed <input type="checkbox"/>
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
20 Vacuums 20 Marches 20 Bridges 3 Side Planks (20 sec hold, each side) Completed <input type="checkbox"/>	20 Vacuums 20 Marches 20 Bridges 3 Side Planks (20 sec hold, each side) Completed <input type="checkbox"/>	20 Vacuums 20 Marches 20 Bridges 3 Side Planks (20 sec hold, each side) Completed <input type="checkbox"/>	30 Vacuums 30 Marches 30 Bridges 3 Side Planks (30 sec hold, each side) Completed <input type="checkbox"/>	30 Vacuums 30 Marches 30 Bridges 3 Side Planks (30 sec hold, each side) Completed <input type="checkbox"/>	30 Vacuums 30 Marches 30 Bridges 3 Side Planks (30 sec hold, each side) Completed <input type="checkbox"/>	Rest Day Completed <input type="checkbox"/>
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
40 Vacuums 40 Marches 40 Bridges 3 Side Planks (40 sec hold, each side) Completed <input type="checkbox"/>	40 Vacuums 40 Marches 40 Bridges 3 Side Planks (40 sec hold, each side) Completed <input type="checkbox"/>	40 Vacuums 40 Marches 40 Bridges 3 Side Planks (40 sec hold, each side) Completed <input type="checkbox"/>	Rest Day Completed <input type="checkbox"/>	50 Vacuums 50 Marches 45 Bridges 3 Side Planks (50 sec hold, each side) Completed <input type="checkbox"/>	50 Vacuums 50 Marches 45 Bridges 3 Side Planks (50 sec hold, each side) Completed <input type="checkbox"/>	50 Vacuums 50 Marches 45 Bridges 3 Side Planks (50 sec hold, each side) Completed <input type="checkbox"/>

Ready to take your results to the next level?

See our entire 6-phase diastasis recti workout progression right here: <https://www.toneandtightenstore.com/mommytummyfix>