

One-to-one Training

Session Content

Based on the information you provide in your screening form about your general health, pregnancy/postnatal problems and training goals, I will develop a programme outline before we meet. We will work through this programme in our first training session so I can demonstrate the exercises, check your technique and fine-tune the programme to suit your needs. The programme will consist of:

Exercises to strengthen and tone muscles

A selection of standing, sitting and mat-based exercises to strengthen specific muscles that are important during pregnancy or postnatally:

- Muscles weakened and stretched in pregnancy
- Muscles needed to lift, carry and care for your baby
- Muscles that support weak and vulnerable joints, e.g. pelvis, knees

Exercises will therefore focus on pelvic floor, deep tummy muscles, bottom, middle and upper back, arms and thighs.

Stretches

Mostly mat-based, a selection of stretches to maintain flexibility and release muscle tension, with a particular focus on muscles that become short and tight during pregnancy and by caring for baby. Stretches will therefore concentrate on chest, back, shoulders, neck, back of thighs and front of hips as well as other muscles worked during the training session.

You will have a copy of your programme to guide you in your training at home.

We can arrange subsequent training sessions to review your progress and update your programme as you wish.

Times and Cost

Initial training session

1 hour and 30 minutes £35

Subsequent training sessions

1 hour £25
Or 1 hour 30 minutes £30