

Correcting Diastasis Recti

If you would like additional help with creating a personalized nutrition and/or training program, you can sign up for our **One-on-One Online Coaching service**.

With that service Rob will work with you to create a program that matches your goals, needs, schedule, and preferences. The service includes unlimited Q&A to answer all of your questions so you feel fully supported and are able to increase your knowledge.

To learn more about that service click on the "One-on-One Services" link on our website.

Supporting Podcast

- <https://www.podbean.com/ew/pb-q2hbc-125f52b>

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Generally, the best way to address abdominal wall weaknesses or injuries is to train using non-movement exercises such as Planks, Side Planks, and other "anti-movement" exercises.

It is also beneficial to activate the ab wall throughout the day as part of good posture. Below is a video explanation of an exercise called a "Vacuum" which can be performed periodically throughout the day

- <https://www.youtube.com/watch?v=cub3xhJXsAA>

As for direct abdominal training it is best to train the muscles with slow progressive overload and to modulate progression at any signs of excessive muscular damage or over-soreness. Generally, your abdominal muscles may be sore up to 48 hours after training but if soreness or movement-related pain persists decrease your frequency and/or intensity / volume until the soreness starts to recover within the 48 hour timeframe and then restart your progressive overloading from there.

Typical Frequency Recommendations

- Vacuums
 - Perform at least once daily
- Direct Abdominal Training
 - Start with standing abdominal exercises first, then progress to exercises at a body lean, then eventually with the body parallel to the floor. Starting in a standing position and with anti-movement exercises is the safest way to start
 - Aim to train the abdomen as often as your ability / recovery allows. It is typically recommended to start with a frequency of two times per week and then progressing in frequency and/or intensity as your recovery allows

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Direct Abdominal Training Exercise Variations

- *Start conservatively and build up in intensity as you feel comfortable by increasing resistance, time under tension, and/or performing a more difficult exercise variation
- <https://www.youtube.com/watch?v=ScGApJMUGy0&t=19s>
- <https://www.youtube.com/watch?v=JsfbmAn0eTU&t=4s>
- <https://www.youtube.com/watch?v=Z38solj-FDg>
- <https://www.youtube.com/watch?v=SHMnp3OEMYQ&t=21s>
- <https://www.youtube.com/watch?v=BSdspgFhVQE>
- <https://www.youtube.com/watch?v=LsZn-vcYBZI>
- <https://www.youtube.com/watch?v=nTKoyDFRh3E&t=202s>
- <https://www.youtube.com/watch?v=bHOteDDCrLs&t=23s>

Additional Helpful Podcasts

- 1214 – Mindset – Is Soreness an Indicator of a Good Workout?
 - <https://www.podbean.com/ew/pb-3a9pv-119003b>
- 1026 – Training – Which is More Important – Intensity or Frequency
 - <https://www.podbean.com/ew/pb-urrzt-1094020>
- 742 – Q&A – Managing Workout Intensity
 - <https://www.podbean.com/ew/pb-quh77-edc1a9>