

Busy mama STROLLER WORKOUT

Attention busy mamas! In just six minutes you can work up a sweat, tone your muscles and get some playtime in with that beautiful baby. Just print this out, grab your baby and stroller and perform each of the below exercises for one minute each. Have a little extra time? Just repeat!

NOTE: Before performing any exercise, make sure to get the okay from your physician.

ABC JUMPING JACKS

CORE, ARMS, LEGS

Stand with feet hip-distance apart.

Start jumping jacks moving arms and legs in-and-out smoothly while reciting the ABC's for your little one.



MOUNTAIN CLIMBERS

CORE, ARMS, BUTT, LEGS, SHOULDERS

Get on your hands and balls of your feet, with your torso bent at a slight angle.

Bring one knee at a time up toward your chest at a quick pace. Alternate legs in rhythm. It helps to add a nursery rhyme to keep you and the wee one going.



PEEK-A-BOO PUSH-UPS

ARMS, CHEST, SHOULDERS

Get in push-up position with head towards the stroller.

Tighten your core and use your arms to lift up your body. Once arms are fully extended, look-up and give your little one a big PEEK-A-BOO!

Lower back down getting your chest as close to the ground as possible. Repeat.



STROLLER SQUATS

BUTT, LEGS

Stand with your feet hip-distance apart. Rest hands against hip-bones for balance.

Sit back, lowering your booty and pressing out through heels. Simultaneously raise hands up. Repeat.



STROLLER SIT-UPS

CORE

Squeeze the stroller wheel with both of your feet.

Lift your chest slowly off the floor to come all the way up and give a tickle to those little toes.

Lower. Repeat.



BURPEES

CORE, ARMS, BUTT, LEGS, SHOULDERS

Drop to your knees into push-up position.

Push up, then hop feet to your hips and explode up jumping straight up. Come back down into deep squat. Repeat.

