

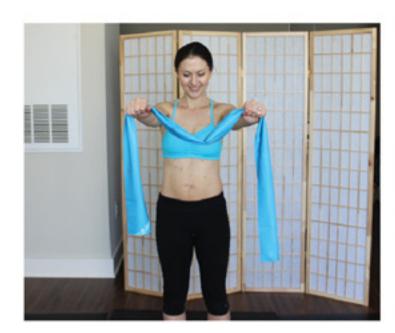
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3 moves to help heal diastasis recti post partum core exercises

Do 10-12 reps of each exercise for 1-3 rounds.



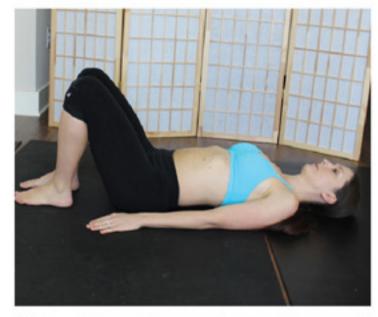
Standing back flys with band

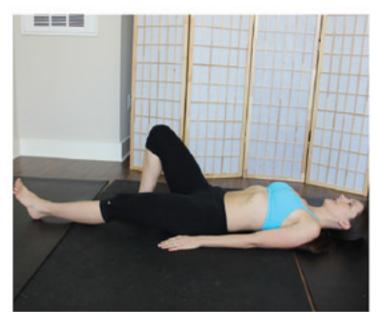




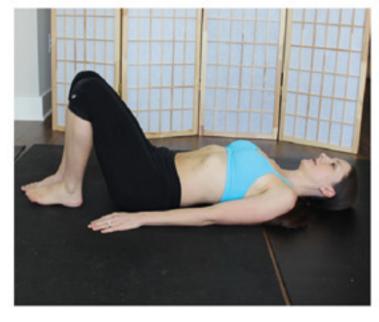


Leg slides (each leg)



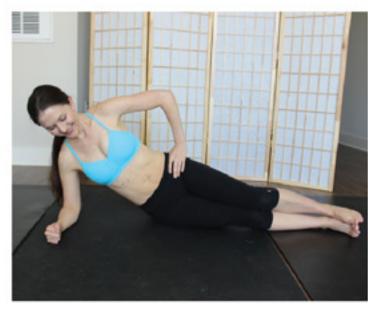








Side plank (each side)





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