

# 12 Week Postnatal Workout Program



At Your Door Personal Training, LLC

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Congrats and welcome to the 12 Week Postnatal Workout Program. I'm so excited to start this journey with you.

When using this program, you will:

Gain your "Pre-Baby Body" confidence back

Boost energy to combat the sleepless nights

Learn to engage your core properly again

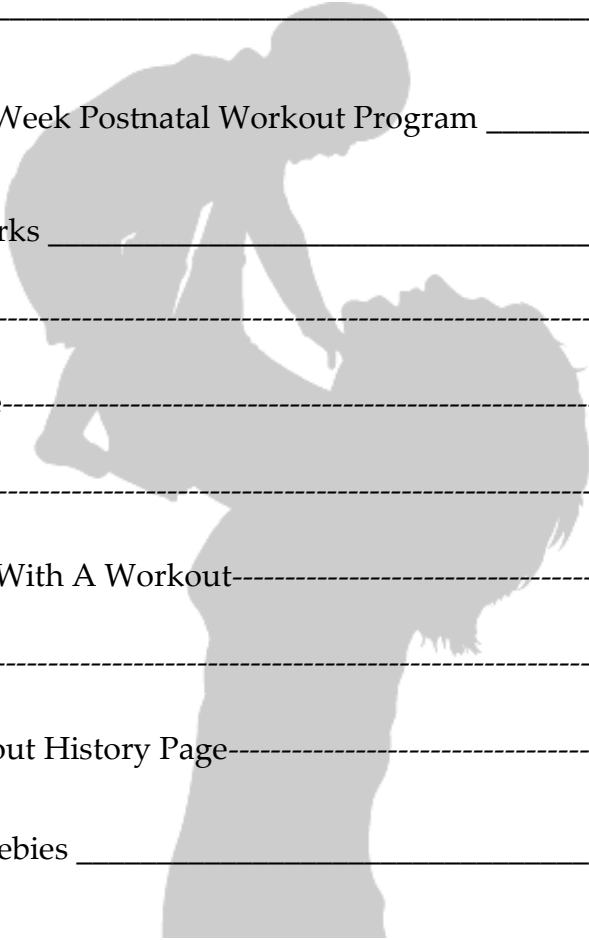
Prepare your body to handle the twists, turns, rocking, and lifting you'll be doing on a daily basis

Gain full body strength and muscular tone

Learn safe effective workouts

Have FUN working out!

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# Who Is Alex Smith


## About Myself:

Hey!

My name is Alex Smith, I am a certified personal trainer through the nationally accredited American Council on Exercise, and a graduate from Northern Arizona University, where I studied Health Psychology, Biology, Exercise Science, and Nutritional Science. My enthusiasm for general health and wellbeing began back when I was just a boy participating in every sport I could sign up for. During high school I ran cross country, and played lacrosse, football, tennis, and volleyball. I have been helping family members and friends attain their health fitness goals since I was twelve years old, and have been training the public for ten years now. In 2008 I started my own business, At Your Door Personal Training, LLC and my main focuses have been In-Home Personal Training, Skype/Facetime Personal Training, and Online Program Writing.

## My Philosophy:

I feel that exercise should be an exciting event and people should not dread going to the gym, which is why I chose to bring the "gym" to my clients. I like to keep my clients healthy and happy by implementing enjoyable exercise techniques with a positive attitude. People feed off of others emotions around them, which is why I always bring a smile and a sense of humor to each of my training sessions while maintaining a genuine concern for the health and wellbeing of all of my clients. People will stay motivated as long as they are enjoying their exercise regimen, and I always ensure that my clients are motivated. I continue my education on exercise and health daily by reading the latest research and fitness news. I also remain active in the gym and the sports community by exercising 7 days a week whether I am strength training, running, or playing lacrosse, volleyball, or tennis.



PEOPLE WILL  
STAY MOTIVATED  
AS LONG AS THEY  
ARE ENJOYING  
THEIR EXERCISE  
REGIMEN

# Why I Created The 12 Week Postnatal Workout Program:

I met my wife, Megan, as a junior in high school over 14 years ago and she too has been into health and fitness since she was a young girl. She grew up a running with her mom, dad, and younger brother and remains a dedicated runner still. However, shortly in to her pregnancy, she was advised to cut out the endurance training as it would put her and our baby at a high risk for complications. So, Megan was forced to turn to low impact resistance training. Even though I had been into resistance training throughout our entire relationship Megan had never taken part with me, so this news was tough for her to hear. However, after biting the metaphorical bullet she came to me and asked for safe training programs geared to her, and her pregnancy. I was more than happy to help, as I have an extensive past and knowledge on training the “special” public, such as those people, who have restrictions and strict guidelines needed for their exercise. She instantly fell in love with the workouts and felt amazing throughout her entire pregnancy. After giving birth to our first baby boy in January of 2014 Megan was anxious to get her pre-baby body back, so I began to write programs specific to the needs of a new mom after child birth. When she was given the go ahead by her doctor to resume physical activity she jumped right in to the workouts and started to see results almost immediately. These workouts were safe and effective but there is always room for improvement, when making a program as specific to such a special population as this one. So together, through trial and error, constructive criticism, and many days and nights discussing every exercise, Megan and I worked through each workout and polished them up to make the absolute best and most effective program out there. So effective and amazing, that Megan was able to get back to her pre-baby weight in just 12 weeks after giving birth to our twin baby boy and girl in December of 2015. She is in better overall physical shape now as a fulltime working mom of 3 than she ever was prior to her first pregnancy. I know that with consistency, hard work, and dedication, you too could get your pre-baby body back, and maybe even more!

# How The Program Works:

**How To Log In:** Click This Link <https://atyourdoorpt.com/my-account/>

Login: "User Name" Created When Purchasing Your Training Program

Password: "Password" Created When Purchasing Your Training Program

## View My Profile:

After logging in, you may be directed to your personal dashboard to start. From here you can always access your personal account details. To enter the Create My Workout App click the "Workouts" link. Once at the home page of the App, click on the "View My Profile" button near the bottom of the page. Here you can check off the apparatuses you always have available to you (if that changes you can always check off different ones from the home page), as well as set your expertise level (general guideline: if you are injury/ailment free, and capable of fast paced/explosive exercise movements you'll be a 5 expertise) one final thing you can do in the profile page is add in your estimated one rep max weights, for a variety of strength exercises. These values will be used to give you the proper weight you should be lifting if you generate a "strength" program. If you generate "mixed", or "endurance", it will allow you to input the weight that you used for each set and each exercise.

## View My Stats:

Near the bottom of the home page next to "View My Profile" you'll see a "View My Workout History" button (We'll address this later), and a "View My Stats" button. Click the "View My Stats" button and you'll be directed to a page where you can enter specific stats about yourself, to compare later to track your progress. You'll input your max push ups, chin ups, pull ups (these stats will get used in your workouts to give proper rep range). You'll enter your body weight, and if you have a scale that can measure the next two, you'll enter your body fat %, as well as hydration % (should strive for >60%), and you'll be able to enter your circumference measurements of various areas of your body to compare to future measurements for progress checks.

## Getting Started With A Workout:

From the home/main page, you can get a workout in a variety of different ways. There is the "Workout Generator", "Alex's Personalized Workouts", and "My Purchased Programs". Having purchased the 12 Week Postnatal Training Program, you'll be focusing on the "My Purchased Programs" section. You'll click the scroll down there and scroll to the first workout in the program "Week 1\_1 Postnatal".

\*Keep in mind, these are suggestions, to provide you with the best well rounded weekly workout routines for your body's postnatal needs, but you can always adjust them as you desire.

## Workout Page:

Once you click "View Workout" you'll come to the workout page. At the top, you'll see a key with instructions and information regarding the workouts, along with a couple exercise disclaimers. To the left of each exercise is a "Video Play" icon you can click to see a video demo of what to do with pointers for each move along with an "Image" to show the beginning and end of exercises if you just need a quick refresher. Just to the right of the icons, is the "Exercise" you'll be performing, next is the "Reps" for that exercise, followed by the "Sets" for the exercise, and then the "Weight" you should use (specified, for "Strength" Exercises, or generalized for your choice) On the right side of the page you'll see a "Sets Rem" column. This is where you can click off the sets as you go so you don't have to remember what you have and haven't done. At the bottom left of this page, you will see an area where you can write in any and all notes you might want to remember about that workout. Once you are finished with your workout (even if you don't do all the sets) you'll click the "Done and Done" button and you'll see an overview of what you did all time stamped for each set along with your estimated calorie expenditure based on your type of workout and time spent exercising. In addition, that information gets emailed to me so I can see what you did, how it all went, along with your notes you took. So, if you have any questions or thoughts you can write them in the notes section as well. That way I can keep up with your progress and keep you motivated. (If you want me to, I can disable this feature as well)

## View My Workout History Page:

After clicking the "View My Workout History" button you'll be directed to a scroll down page. In this page, you'll be able to reference any workout you have finished, to review, check times, go over notes, and keep track of how many past workouts you've done, etc.

Feel free to email me if you ever think of anything you would like added, or if you have any questions or concerns about anything!

# How To Earn Your Freebies!

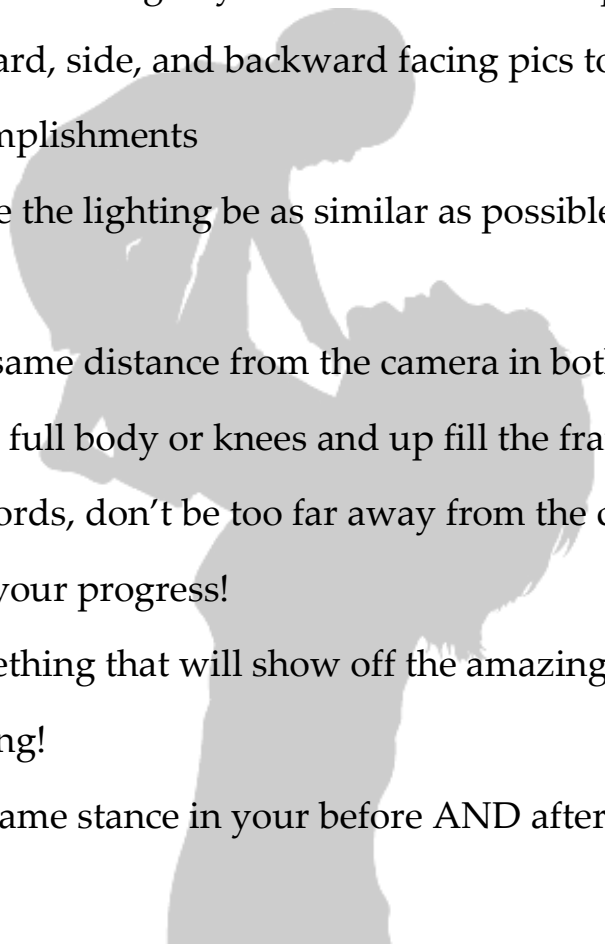
Earn a FREE MONTH (up to 12 months) of the Create My Workout App ©:

- Follow me on all three social media platforms to get fitness tips and inspiration daily
  - Instagram - @atyourdoorptalex
  - Facebook - @atyourdoorptalex
  - Twitter - @atyourdoorpt
- Take, and email me, your “before pictures”
- Take, and email me, your “after pictures” every 4 weeks
- Provide me with your initial measurements and weight
- Provide me with your new measurements and weight every 4 weeks
- Post about your workouts on social media and tag me in them
- Post your before and after pictures on social media and tag me in them
- Refer a friend to purchase their own subscription to the Create My Workout App ©
  - Your friend will also receive a free month



# Taking A Good Before/After Pic:

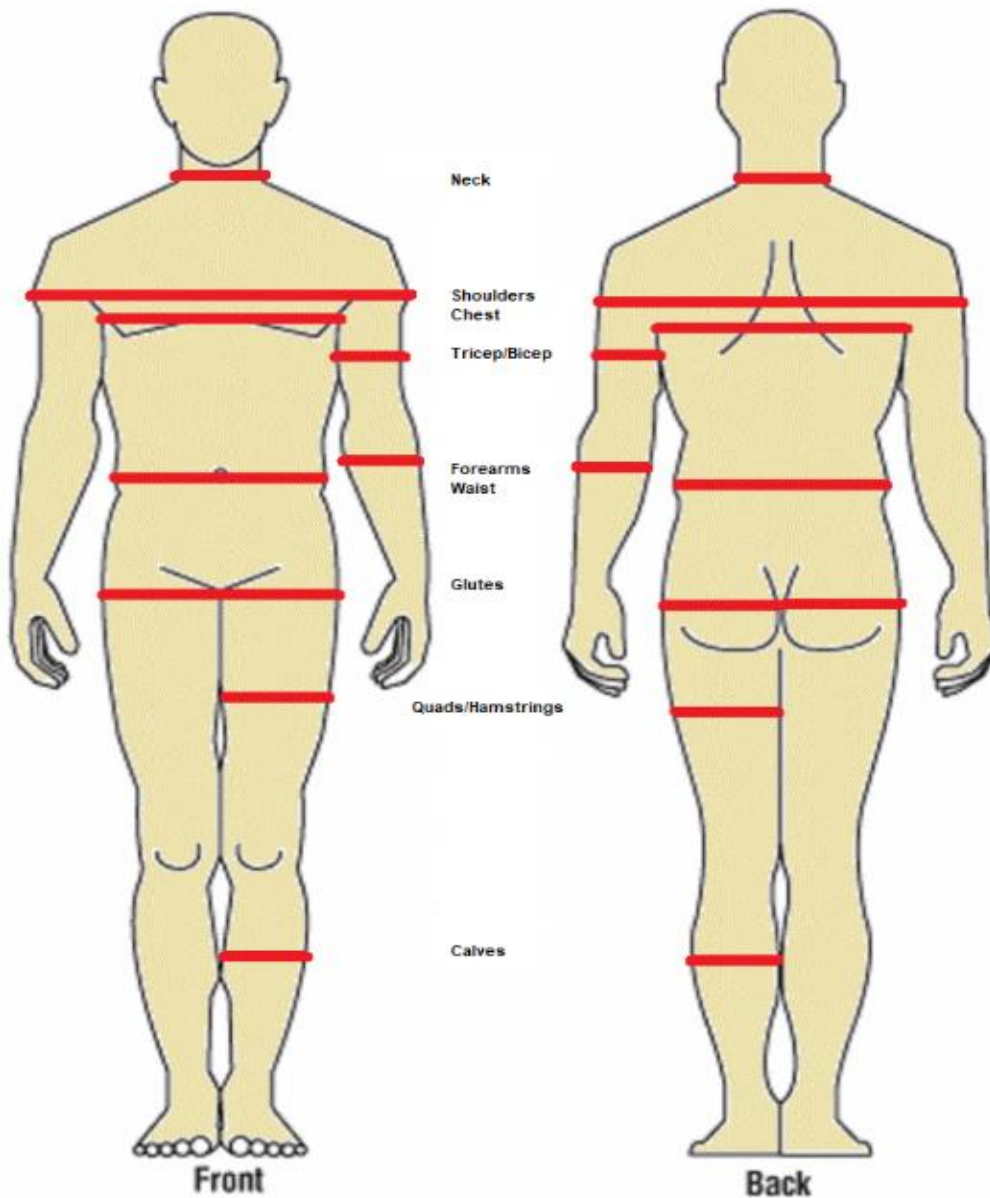
- Find a place in your home with good natural light to take your pictures
- Wear the same thing in your before AND after pics
- Take forward, side, and backward facing pics to document ALL of your accomplishments
- Try to have the lighting be as similar as possible in both sets of pictures
- Stand the same distance from the camera in both sets of pictures
- Have your full body or knees and up fill the frame of the photo - in other words, don't be too far away from the camera or you won't see your progress!
- Wear something that will show off the amazing progress you have been making!
- Have the same stance in your before AND after pics



# How to Take Measurements:

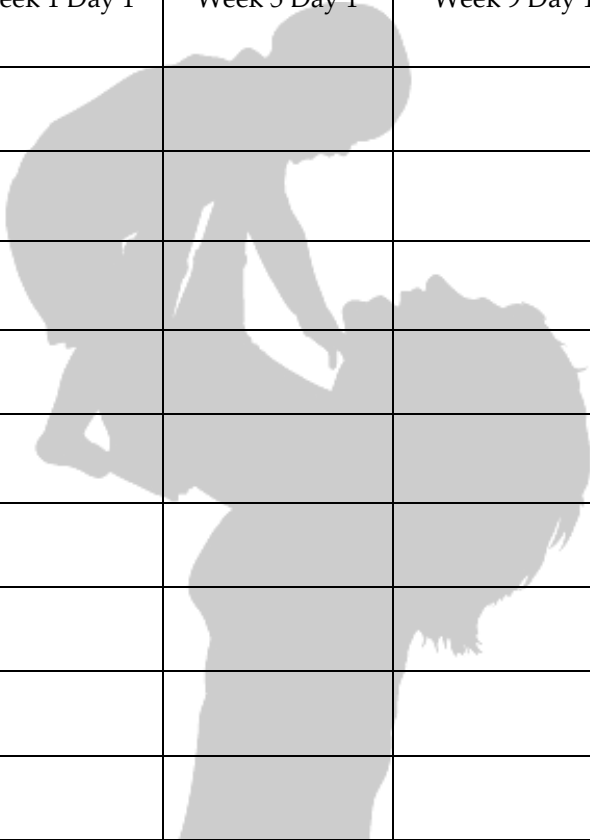
Get out your measuring tape and record your measurements in your “View My Stats” Section of your profile! See the picture demo for proper measuring guidelines and how to!

## Body Measurements



# Logging Your Measurements

In addition to keeping your profile stats up to date, you can fill out this form by hand to track your progress over a three month period.



Measurements In Inches	Week 1 Day 1	Week 5 Day 1	Week 9 Day 1	Week 12 Final Day
Neck				
Shoulders				
Chest				
Tricep/Bicep				
Forearms				
Waist				
Glutes				
Quads/Hamstrings				
Calves				