

Postpartum Exercise Program

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/> Walk	<input type="checkbox"/> Workout 1	<input type="checkbox"/> Workout 2	<input type="checkbox"/> Stretch 1	<input type="checkbox"/> Workout 3	<input type="checkbox"/> Walk	<input type="checkbox"/> Workout 4
<input type="checkbox"/> Walk	<input type="checkbox"/> Stretch 2	<input type="checkbox"/> Workout 1	<input type="checkbox"/> Workout 4	<input type="checkbox"/> Workout 2	<input type="checkbox"/> Walk	<input type="checkbox"/> Stretch 3
<input type="checkbox"/> Walk	<input type="checkbox"/> Workout 3	<input type="checkbox"/> Workout 1	<input type="checkbox"/> Stretch 1	<input type="checkbox"/> Workout 4	<input type="checkbox"/> Walk	<input type="checkbox"/> Workout 2
<input type="checkbox"/> Walk	<input type="checkbox"/> Stretch 2	<input type="checkbox"/> Workout 3	<input type="checkbox"/> Workout 1	<input type="checkbox"/> Stretch 3	<input type="checkbox"/> Walk	<input type="checkbox"/> Workout 4
<input type="checkbox"/> Walk	<input type="checkbox"/> Workout 2	EATLIFTMOM.COM				