



fit together

PRE & POST NATAL FITNESS

DIY Stroller Fitness Workout

With warmer weather upon us, it's the perfect time to try our
10 Minute Do-it-Yourself Stroller Fitness workout.

It can be done "on the go" in your neighbourhood or at your local park. So grab a good pair of sneakers, a timer (phone) and water bottle and let's get moving!

Warm Up

2 blocks: power walk
30 sec: Walk with arm circles R arm
30 sec: Walk with arm circles L arm
Hip circles, both directions

Drill 1

30 sec: Power walk as fast as you can with stroller or light jog on the spot
30 sec: Slow or quick butt kicks on the spot
30 sec: lunges, option to roll stroller (repeat twice)

Drill 2

30 sec: Power walk as fast as you can with stroller or light jog on the spot
30 sec: skaters on the spot
30 sec: calf raises lifting heels off the ground (repeat twice)

Drill 3

30 sec: Power walk as fast as you can with stroller or light jog on the spot
30 sec: leg lift to the side R leg
30 sec: leg lift to the side L leg (repeat twice)

Stretches

30 sec: Figure 4 glute stretch holding on to stroller. Balance on one leg and bring other ankle to knee
30 sec: calf stretch each leg
30 sec: quad stretch each leg

Walking Route

Choose a nice 3 km walking route. Enjoy the day and remember to drink lots of water!

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