

# Postpartum Program

## FAQs

### Is this program for me?

An ideal program for those that have gone through the BIRTHFIT Basics: Postpartum and who are 2-4 months postpartum (vaginal or cesarean), and/or anyone that has had a baby and is new to BIRTHFIT. Learn to embrace an intentional rehab approach after giving birth. This is the next step in the foundation you need before jumping back into running, CrossFit, HIIT, Orange Theory, Spin, Olympic Lifting, Triathlons, or Sport Specific Training. If you need more guidance on when this program is for, please see our BIRTHFIT Timeline.

### How long is this program and how long is each day's training?

This program is 12 weeks long, 4-5 days a week and each day is about 45-60 minutes of movement.

### Does this program account for if I have a cesarean section?

Yes! This program is for any birth outcome. We utilize massage and intentional touch for bringing awareness to the scar tissue in our rehab programs.

### What equipment is needed for me to do this program?

This program requires at least a single Kettlebell or set of Dumbbells, a box or stair, and a resistance band. A full gym set-up is always ideal but we add notes on how to adjust for your equipment availability.

### Do I get one on one support from a coach?

With our current app, TrainHeroic, we have a community chat option. Our community can post questions there and our team of coaches reply within 24 hours. We do not offer personalized training and support at this time but we do offer our chat support as well as our Monthly Support Calls. If you would like personalized support we have our B! Consultation that you can purchase to work with a coach one on one for 30 minutes!

### If I stop or need to miss a day, can I reset and start again or reschedule a training day?

You can absolutely reset your start date if you need to delay and you can reschedule one day at a time as you need! At this time, when you miss a day you cannot reschedule the following days all at once – just one day at a time. If you have any issues please reach out to us!

### How long do I get access to this program?

You have active access for the life of the program and the platform.

### Can I give a program to someone else?

Yes, you sure can! To make this happen you must email us at [info@birthfit.com](mailto:info@birthfit.com)

### I had a program 3-4 years ago and see that I no longer have access – can I regain access?

Over the course of the last 2 years BIRTHFIT has been evolving and growing! We have emailed numerous times letting everyone know about our transition of programs to a new platform and what to expect moving forward with BIRTHFIT. Sadly, email doesn't always make it through. For us to better assist you please email us and we can check your account.

