



Feel the Burn, Baby

Find time for fitness by bringing your newborn into the workout routine. BY MICHELLE CARLTON

As a new mom, you have a lot on your plate—feeding baby, changing baby, washing baby, cuddling baby. So where can you find time to get back in shape?

Try shedding those post-pregnancy pounds *with* your baby, says California-based fitness trainer Sarah Lurie. Lurie, who gave birth to daughter Emma last year, teaches classes using kettlebells (weighted balls with a handle) to strengthen students' cores and give them a cardio workout. "The kettlebell workout utilizes all your core muscles, so I used this foundation to translate the exercises into ones you can do with your baby to get similar benefits," she says. "I chose exercises that work the core because those muscles are the most difficult to restore after giving birth."

Lurie created the Strength, Rattle, and Core program so new moms can get fit and bond with their babies at the same time. "I remember trying to do my regular kettlebell workouts and Emma would be crying because she wanted me to hold her," Lurie says. "This workout was the result of wanting to keep my daughter happy while still getting my workout in."

The moves below are part of Lurie's program, which can be downloaded for free from her website, ironcorekettlebells.com. Once you're comfortable with the exercise at each level, progress to the next step. You can either hold your baby with a firm grasp or secure her to your body with a Baby Björn or sling.

When your baby gets too big for this workout, purchase your own kettlebell and instructional DVD from Sarah Lurie's GoFit line (\$30–\$90, target.com). And, get a free copy of *Kettlebells the Iron Core Way Vol. 1* DVD. Go to ironcorekettlebells.com; the first 50 readers who enter KIWI at checkout just have to pay \$5 shipping.



Level 1

Baby Steps

RUSSIAN TWIST

- 1 Start seated on the floor, holding your baby tight to your body with both hands.
- 2 Bend your knees slightly and raise your feet off the ground.
- 3 Twist your legs to one side and your baby to the other, return to center, then twist to the opposite side.
- 4 Aim for 20 reps (10 on each side).



Level 2

Getting Stronger

BABY SWING

- 1 Stand upright, holding your baby to your chest with both hands, feet a little more than hip-width apart. Keep your weight distributed evenly.
- 2 Keep your abs tight as you slowly lower your baby toward the ground, sitting back into your hips and letting your knees follow as if you were about to sit in a chair.
- 3 Drive up through your heels, pop your hips forward, tighten your glutes, and bring your baby back to start position.
- 4 Start with 10 reps, and build to 20.

Level 3

Power Core

BABY GET UP

- 1 Lie on the ground, holding your baby above your chest with both hands.
- 2 With your left knee at a 90° angle and your left foot flat on the ground, sit up without lifting your heel off the ground.
- 3 Engage your abs and pinch your glutes as you sit up, then slowly lower yourself back down.
- 4 Do 5 reps, then switch legs and do 5 more.



The best place
after the womb.



VISIT A FINE RETAILER NEAR YOU OR ORDER AT SLEEPYWRAP.COM