

# EXERCISE



after

## Breast Reduction / Mastopexy

WEEK 1



- Strict rest



- NO Exercise at all

WEEK 2



- Low intensity:
- Leg extensions
  - Seated hamstring
  - Seated abduction
  - Isolated legs



- NO core
- NO upper body
- NO HIGH intensity

WEEK 3



- Above + ...
- Lying leg press
- Calf Raises
- Stationary bike
- Gentle treadmill walking



- Careful with core
- NO upper body
- NO HIGH intensity

WEEK 6



- Above + ...
- Light jog
- Walking lunges
- Body weight Squat / lunges
- Glute kickbacks
- Stationary bike



- Light holding or 1-2kg hand weights
- NO upper body
- NO HIGH intensity
- NO Yoga / Pilates

WEEK 12+



- Above + ...
- High intensity:
- Sprints, jump rope, lung jumps etc.
- Bicep /triceps
- Delt raises /press
- Yoga / Pilates
- Running
- Swimming



- Hanging / pullups
- Heavy bench press
- Anything that feels weird