

Going Strong: Get Fit with this Full Body Babywearing Workout

Description

Iâ€™ve been waiting for this day for a while a now; the day I could wear Avery on my back with our Onya! Now that sheâ€™s 6 months and over 15 pounds, sheâ€™s good to go!



default watermark

Now that wearing her on my back is an option, this opens up new ways to get in a workout while keeping your baby close (really close). Trying to workout while your baby is sleeping can be difficult, and itâ€™s tough if they wake up crying as youâ€™re in the middle of sweating it out. Do you keep going and hope they fall back asleep or end your hard work and get them right away? Not an easy answerâ€™,..like most questions regarding babies!

So, I prefer to have Avery with me when working out as much as possible. She sees her daddy being active, and hopefully will want to do the same when she can move around. Plus, it just [makes for good bonding](#)! Iâ€™m pretty sure Avery has seen me do enough burpees now that she canâ€™t wait to do them herself. Isnâ€™t that right, Avery?



Well, maybe.

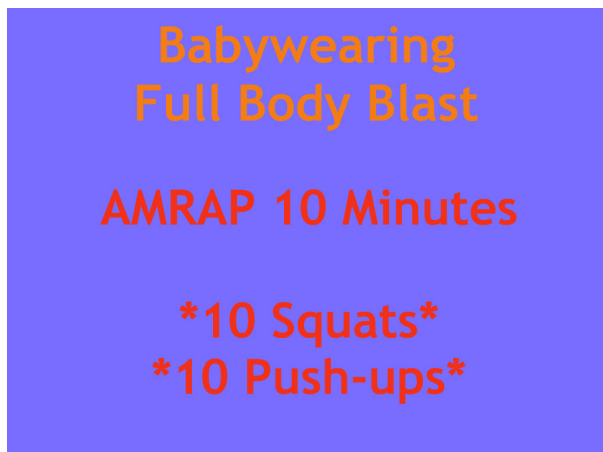
Anyway, having your baby on your back enables to you change the loading parameters on your core and legs, allows you to get on the ground for push-ups. With that, two of the best, most functional moves you can do are squats and push-ups.

Nothing fancy schmancy here, just two simple moves that work your entire body. Like I've mentioned before, babywearing workouts offer built in progression. As your baby grows, so will your strength. I put together a video demonstration just to show you the moves and hopefully you find it helpful.

[youtube https://www.youtube.com/watch?v=u_U2NCaUH7w?rel=0&w=420&h=315]

As mentioned in the video, if you want to make this more challenging than 3 rounds, you can just add rounds or make it into a timed "AMRAP" (as many rounds as possible) session. This, of course, is assuming you have a comfortable and happy baby. Also, I don't advise doing this right after your baby eats, and I'm sure you know why.

Here's the AMRAP routine that you can print out if you'd like.



And for an even greater challenge, add another 5 or 10 minutes of continuous work and/or hold dumbbells while doing squats.

Always make sure you are warmed up before starting and above all, have fun getting fit with the help of your growing baby!

Check out my past Going Strong posts for more baby bearing fitness ideas:

- [Going Strong Challenge Update: I Found my First Race, Have You?](#)
- [A Going Strong Challenge for Parents: Run a 5k with Your Kids](#)
- [Going Strong: High Intensity Interval Mowing with Fiskars](#)
- [Going Strong: 3 Moves to Work Your Core During Playtime with Baby](#)
- [Going Strong: Peek-a-Boo Push-ups](#)
- [Going Strong: Burpees, Babies, and Learning to Count](#)

This post is part of a new fitness link-up party co-hosted by the great guy behind [Disillusioned Dad](#). Check it out and show some support by linking your post related to diet, health, exercise, and/or well being.

[#FitFamilyFriday](#)

Date Created
2014/05/25

default watermark