

Going Strong: 3 Moves to Work Your Core During Playtime with Baby

Description

Babies are demanding little people! When youâ€™re not feeding, changing, or rocking them to sleep, they require constant attention. Take your eyes off of them and try to do something for yourself? No way; youâ€™ll only get thisâ€¦



Hold me, dammit!

If you donâ€™t have a baby thatâ€™s demanding of attention, well, maybe youâ€™re just boring; or Iâ€™m jealous. Either way, if youâ€™re like me and need to be active every day or you feel like slush, you need to get creative. Creative parenting is a must to keep your baby and yourself healthy.

So, if youâ€™ve already been through [Peek-a-Boo Push Ups](#) and [Burpees with Baby](#), why not try working your core? I have 3 moves you can do to strengthen your abs and keep (most) babies entertained. You can even make it educational too!

The first move is the [plank](#). If you want to make it more challenging, add press ups, but be careful with your baby under you!

[youtube http://www.youtube.com/watch?v=47_yIIHEodA?rel=0&w=420&h=315]

The second and third moves are crunches and ab twists, respectively, and I combined their demos on one video. Of course, baby safety always comes first, so make sure you are in a safe area and physically capable of holding your baby securely.

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

I apologize for having to look at my face more than Averyâ€™s, but I only had a stack of childrenâ€™s books acting as camera man. At least she makes some cute coos for all to hear!

And now I want to show you all three together as a routine.

[youtube http://www.youtube.com/watch?v=M4bxm_i9Mq8?rel=0&w=420&h=315]

Try doing 3 to 5 rounds of:

- 60 second planks or 10 plank press ups over baby (count time or reps)
- 20 crunches holding baby
- 10 baby ab twists per side

Most babies, depending on age, won't understand what the hell you're doing, but they will still be entertained. As I mentioned in the videos, count your reps out loud to add an educational component to your playtime workout. Anything you can do to stimulate your baby's brain is a plus!

Hope you and your baby can enjoy this together. Let me know how you liked it if you do!

Does your baby cry the second you set them down or are they just fine not being held?

Update: I added this post to the #FitFamilyFriday link-up. Check it out by clicking the button below and share your own story on living a healthy life or read how others are doing so. You might find something you'd like to try!

[#FitFamilyFriday](#)

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