

## buggyfit week at Gorfion




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### Monday, 02. September 2024

9.30 - 10.45      Back workout 75 min.  
17.30 - 18.00      Pelvic floor workshop

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### Tuesday, 03. September 2024

9.30 - 10.45      Pelvic floor workout 75 min.

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### Wednesday, 04. September 2024

9.30 - 10.45      Leg and bottom workout 75 min.  
17.30 - 18.00      Rectus diastasis workshop

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### Thursday, 05. September 2024

9.30 - 10.45      Abdominal workout 75 min.

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### Friday, 06. September 2024

9.30-10.45      Core workout 75 min.

**Meeting point at the reception**

**The courses take place outdoors in good weather**

**Subject to change**

**Back workout:** for an upright posture and a healthy back that can withstand your everyday life as a mum and/or dad.

**Pelvic floor workshop:** Is pelvic floor training really just "plucking blades of grass?" Is "wetting your pants" really normal? Tips and tricks for pelvic floor training within your everyday life and your usual training.

**Pelvic floor workout:** Workout with special attention to the pelvic floor. Strengthen and relax your pelvic floor through conscious and unconscious activation within special full-body exercises.

**Leg and bottom workout:** an extra portion of beautiful, firm legs and a toned bum for mum and/or dad.

**Rectus diastasis workshop:** What is rectus diastasis? What should I be aware of and how can I train appropriately?

**Abdominal workout:** an effective power programme that strengthens your rectus diastasis abdominis and shapes a great figure.

**Core workout:** at the end of the fitness week, in which we bring together everything we have learnt and we can leave completely satisfied.