

HOT MOMMY HAPPY BABY

Have the baby. Create the bond. Get the body.



by Robin Farr

A FUN & EASY fitness solution for fabulous mothers who want it all!

“Baby Up, Baby Down” Calf Raises

Body Focus: LEGS

Start: Hold the railing on the bottom of your stairs or place your hand flat against a wall. If you are including baby in this exercise, hold her securely against your body with your dominant arm. Hold the stair railing or wall with your other hand. Balance your weight on the balls of your feet, allowing your heels to hang off the bottom step.



RUDOLOPHO SAYS: Complete 10 reps for each movement on both right and left sides. Aim for 3 sets, 4 times per week.



HOT MOMMY TIP: If you would like an extra challenge with this workout, try changing up the positioning of your feet while you do your calf raise. The position of your feet works the corresponding muscles. If you position them inward, it works the inner muscles, and vice versa for the outward position.

Play Time: Slowly rise up on your toes. Hold this for several seconds, and then slowly lower yourself down. Complete 10 on both your right and left sides. When complete, lower your heels for ten reps. Complete ten reps on both right and left sides.



THE SCOOP: Fabulous calves go a long way. First of all, when you are walking in heels and have a nice, toned shape to your calves, trust me, men find it absolutely irresistible! Second, just as a great push up bra adds shape to your bust, a nice shape to your calves significantly enhances body contour.



BABY TALK: This activity also reinforces early language development emphasizing the words “up” and “down” during the corresponding movements, you are again working on baby’s early language development and bonding with baby too!

Do you like to have fun and are you a girly girl?

Is finding more time for bonding with your baby important to you?

Does reprogramming the way you think about exercise and nutrition sound interesting?

Is finding time, money or energy to go to the gym a struggle for you?

Does the promise of looking hot, feeling great, being healthy, and having a smiling baby sound good?

If you answered yes to any of these questions, then this workout is for you!

The Hot Mommy Happy Baby Workout is loaded with the keys to becoming a Hot Mommy! You will learn fun and innovative ways to keep the right attitude, to reprogram the way your brain thinks about food and exercise, and to have fun while working out. And best of all, this time saving workout will also enable you to create loving interactions and a strong bond with your child along the way.

So take a peek! Dare to be HOT! You will like what you see!



Robin and her son Isaac