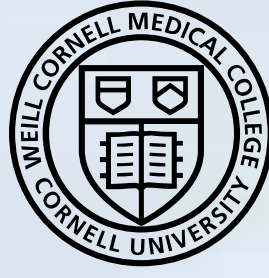


Evidence-based exercise therapy for core and pelvic floor

HSS



npr



**Recommended by OBGYNs and
pelvic floor therapists**

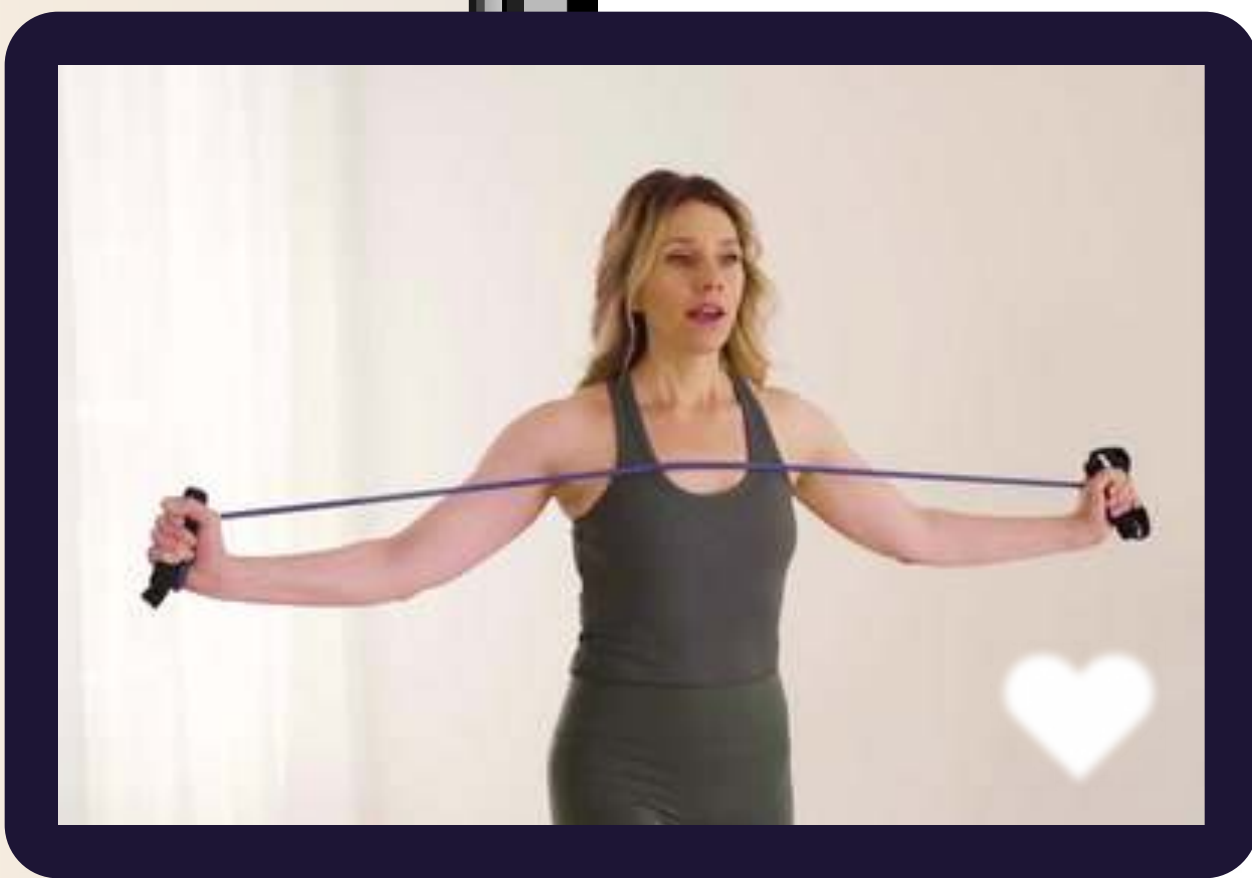
A personalized exercise plan to address your core and pelvic floor needs at any life stage

EVERY MOTHER

RECLAIM CLASSIC

Our original, evidence-based exercise program to resolve diastasis recti, improve core strength, and enhance total body fitness.

1 | 2 | 3 | 4 | 5 | 6



Core Compressions



YOUR PATH



GUIDED PATHS



FOUNDATION



CORE



WORKOUTS



VILLAGE

Pregnancy

Postpartum

Diastasis recti

Incontinence

Pelvic pain

+ more

Featured In



USA TODAY

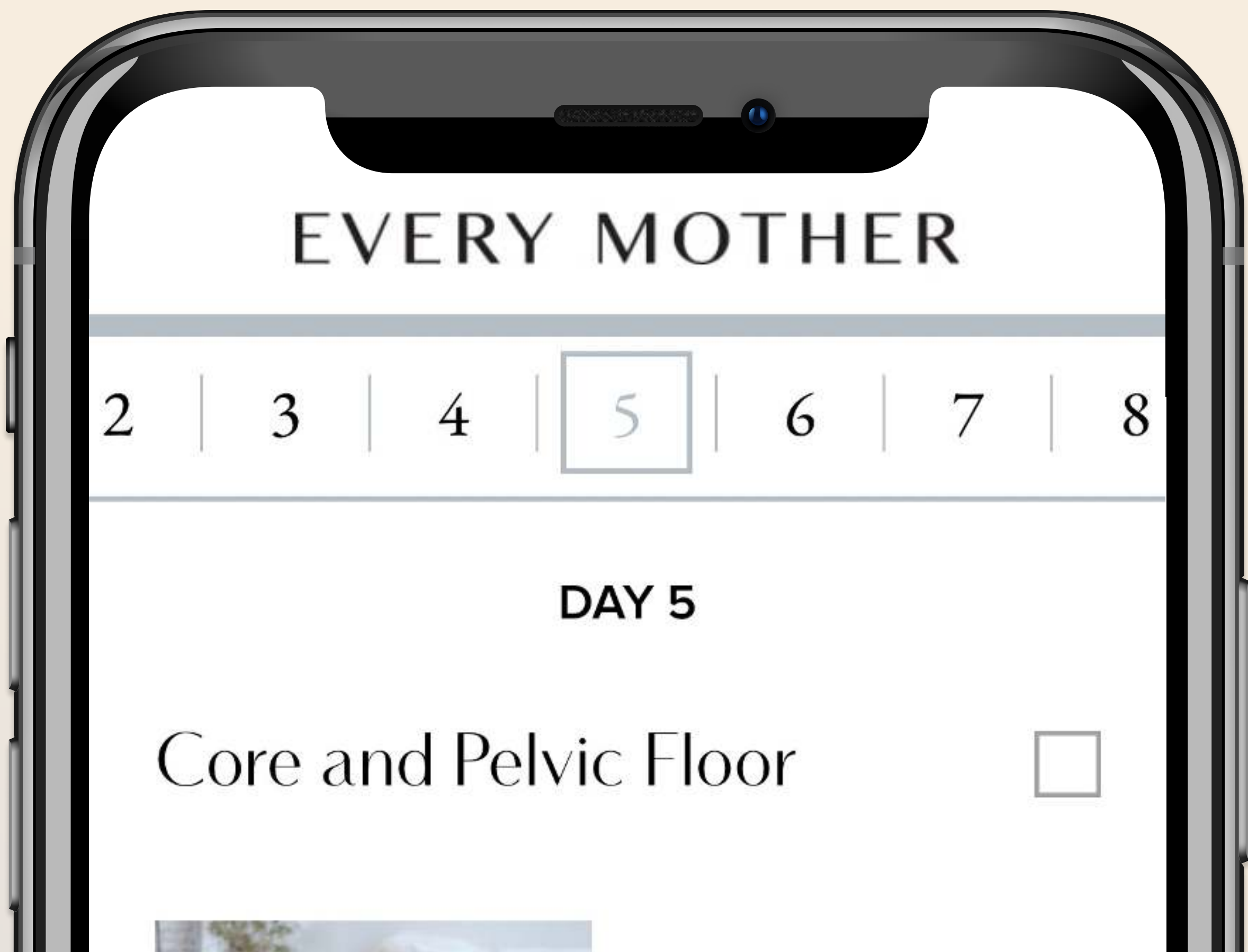
Women'sHealth



**Achieve
results in as
little as 10
minutes a
day**



Daily therapeutic exercises



Evidence-based expert content

EVERY MOTHER



SCAR MASSAGE



AM I BRACING MY ABS



SNEEZE AND COUGH SAFELY



YOUR
PATH



GUIDED
PATHS



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CORE



WORKOUTS



VILLAGE

100+ full-body workouts

Strength

Cardio

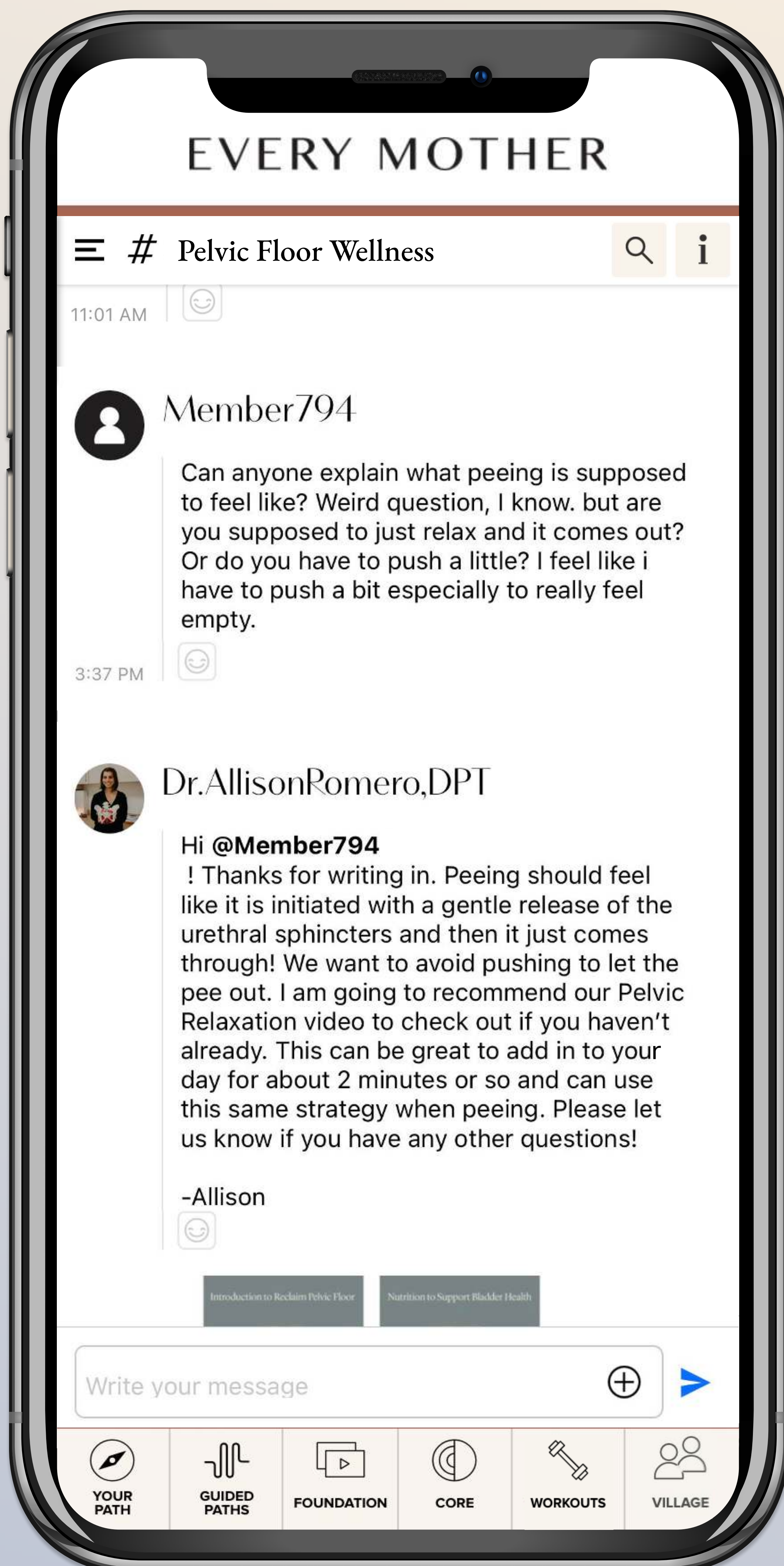
Yoga

HIIT

Abs



Connect with our in-house pelvic floor PTs for guidance



Join a growing community of mothers worldwide

EVERY MOTHER

prepare

Open Channel

This channel is focused on our pregnancy stage, but everyone is welcome to ask q... [more]

villagealbum

Open Channel

Show us your action shot or anything else that motiva

workoutwednes

Open Channel

This is where we come to accountability and some

reclaim

Open Channel

This channel is focused on everyone is welcome to as

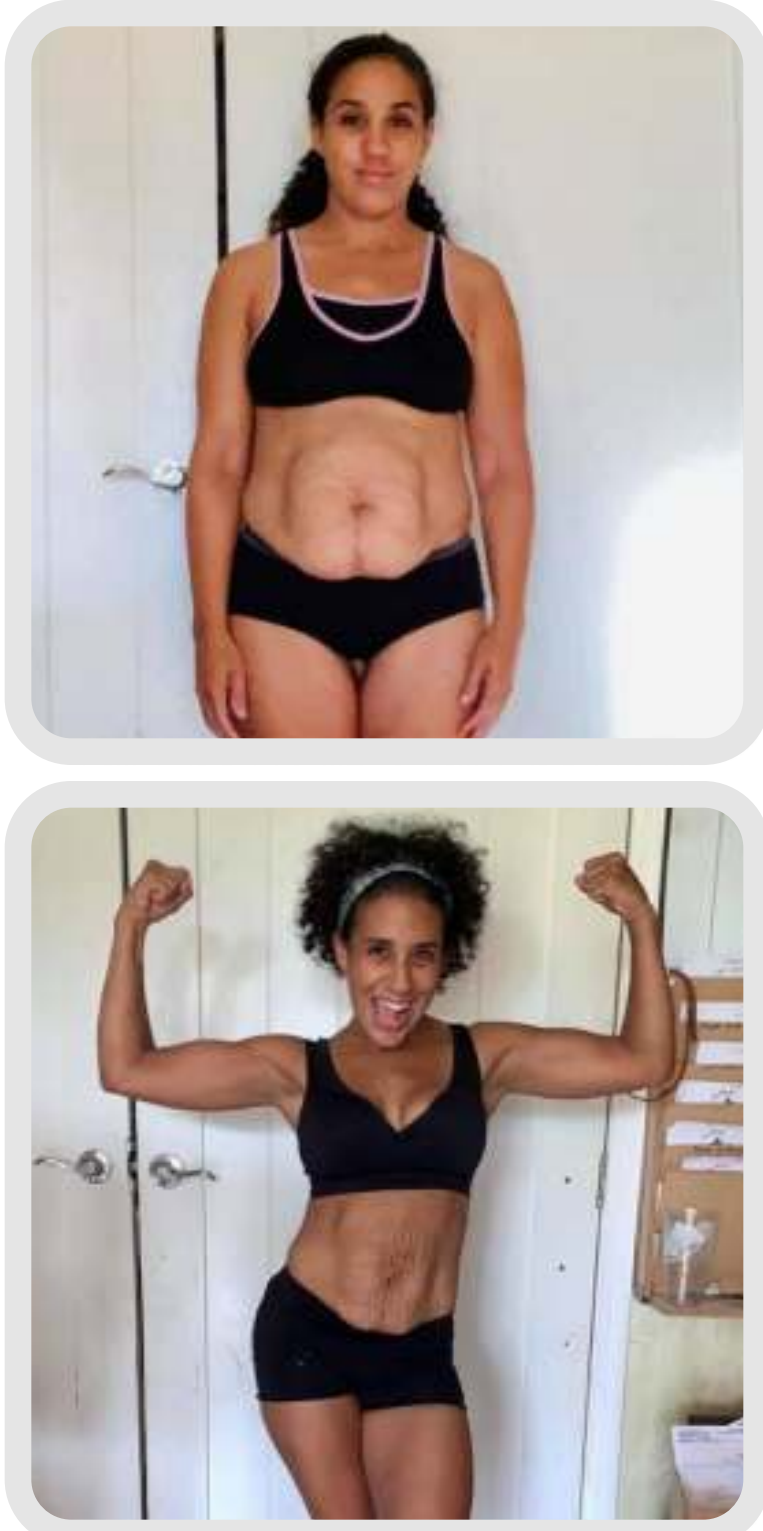
surpass


Open Channel

This channel is focused on our Surpass stage, but everyone is welcome to ask que... [more]

villagealbum

EM Member



9:54 PM |  2



YOUR PATH



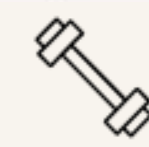
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CORE



WORKOUTS



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