

The
**BUSY
MUM'S**
5-MINUTE
FALLBACK

Your Safety Net for Hard Days.



PAUSE. BREATHE. RESET.

THE BUSY MUM'S 5-MINUTE FALLBACK



Bonus 3: The Busy Mom's 5-Minute Fallback

For the days a full 15 minutes just isn't happening — sick child, no sleep, travel, visitors who won't leave. This isn't a lesser version. It's the version that keeps you consistent when life doesn't cooperate.

When to use this

Use the 5-minute fallback any day you genuinely cannot manage the full routine from Chapter 5 — not as a regular replacement for it, but as your safety net so a hard day never turns into a skipped day.

The 5-Minute Routine

1. **Draw-ins — 1 minute.** Ten slow draw-ins, holding each for three seconds. This is non-negotiable, even on the busiest day — it's the foundation everything else is built on.
2. **Whatever stage you're in — 2 minutes.** If you're in Weeks 1-2: heel slides, as many controlled reps as you can fit in two minutes. If you're in Weeks 3-4: seated marches or gentle bridges, same timing. If you're in Weeks 5-6: standing marches, same timing.
3. **One mindful lift — 1 minute.** Practice the draw-in-before-lifting cue from Bonus 1, three or four times, using whatever you'd normally be lifting anyway — your baby, a basin, a bag.
4. **Gap check — 1 minute.** A quick version of the self-check from Chapter 4, just to stay connected to how things are progressing, even on a day you didn't do much.

The rule that matters more than the workout

Five honest minutes done consistently will always beat fifteen perfect minutes done once a week. If today is a five-minute day, that's a full day. Don't let guilt about the missing ten minutes turn into skipping the five you actually have.

Some weeks will be full-routine weeks. Some will be five-minute weeks. Both count. What doesn't count is the day you decide "it's not worth doing if I can't do it properly" — because that's the thinking that leads to abandoning the whole program in week three instead of finishing it in week six.

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