

2 EXCLUSIVE BELLYBACK™ BONUS GUIDES X-RAPH



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Extra Tools. Extra Support.
Extra Results.



BONUS #1

THE 7-MINUTE BELLYBACK™ MORNING RESET

A simple morning routine
to help you reconnect
with your post-baby body



BONUS #2

THE POST-BABY BELLY CHEAT SHEET

Your quick-reference guide
to flatten your belly faster and
avoid common mistakes



Practical. Simple. Actionable.



Designed for Post-Baby Women



Real Support for Real Results



X-RAPH

BONUS 1:

THE 7-MINUTE BELLYBACK™ MORNING RESET

A simple morning routine to help you reconnect with your post-baby body

Some mornings, you wake up and the first thing you notice is your belly.

You look down.

And there it is.

Still rounded. Still soft. Still looking more like a pregnancy belly than the body you expected to have after giving birth.

Before you start your day, give yourself 7 quiet minutes.

This routine is not about punishing your body. It is about gently getting your body moving and building a simple habit you can actually stick with.

Your 7-Minute Reset

Minute 1 — Slow Breathing

Sit or stand comfortably.

Place one hand on your belly. Take slow breaths in through your nose and breathe out gently.

Do not force your stomach inward.

Just breathe slowly and pay attention to how your body feels.

Minute 2 — Gentle Walking

Walk around your room, compound, or outside your house at an easy pace.

The goal is simple: get your body moving.

Minute 3 — Shoulder & Upper-Body Movement

Roll your shoulders slowly.

Then gently move your arms up and down.

Keep your movements comfortable. You are waking your body up, not trying to win a fitness competition before breakfast.

Minute 4 — Gentle Core Connection

Stand comfortably and focus on your breathing.

As you breathe out, gently engage your abdominal muscles without holding your breath or forcing your stomach flat.

Relax.

Repeat slowly.

If anything causes pain, stop.

Minute 5 — Gentle Stretch

Reach your arms upward if comfortable.

Then gently stretch from side to side.

Keep the movements slow and controlled.

Minute 6 — Another Easy Walk

Walk again for one minute.

This time, pay attention to your posture.

Relax your shoulders.

Keep your breathing steady.

Minute 7 — Your BELLYBACK™ Promise

Stand still for a moment.

Take one deep breath.

Then remind yourself:

“I don't have to change everything today. I just have to stay consistent.”

That's it.

Seven minutes.

No complicated equipment.

No expensive gym membership.

No starving yourself.

The goal is to make this routine so simple that you can actually repeat it.

Your 7-Day Challenge

For the next seven mornings:

Day 1 — Done

Day 2 — Done

Day 3 — Done

Day 4 — Done

Day 5 — Done

Day 6 — Done

Day 7 — Done

Don't worry about being perfect.

Your biggest win is showing up.

And remember: after childbirth, every woman's body is different. If you have significant pain, unusual swelling, heavy bleeding, a new or worsening bulge, or concerns about your recovery, speak with a qualified healthcare professional rather than trying to exercise through it.

BONUS 2:

THE POST-BABY BELLY CHEAT SHEET

What to pay attention to when your belly still looks pregnant

Keep this page somewhere easy to find.

Screenshot it.

Print it.

Or save it on your phone.

Because when you're tired and busy with a baby, you don't need another complicated plan.

You need something simple.

5 Things To Stop Doing

1. Stop expecting your old body to return overnight.

Your body went through pregnancy and childbirth.

Give it time.

2. Stop judging your progress from one mirror check.

Your belly can look different throughout the day because of food, digestion, posture, and other normal changes.

Look for patterns over time.

3. Stop jumping from one extreme diet to another.

Eating very little may sound like the fastest answer.

It usually isn't a good foundation for sustainable recovery.

4. Stop copying random exercises from social media.

An exercise that worked for another woman may not be right for you, especially during postpartum recovery.

5. Stop treating your belly like your enemy.

This one matters.

Your body carried your baby.

The goal is not punishment.

The goal is better habits, better awareness, and steady progress.

Your Daily BELLYBACK™ Check

Each day, ask yourself:

Did I move my body today?

Did I drink enough fluids?

Did I eat regular, nourishing meals?

Did I get some rest when I could?

Did I follow my BELLYBACK™ routine?

Did I avoid comparing my body to someone else's?

You don't need six perfect ticks every day.

You need consistency over time.

One Important Reminder

A belly that remains prominent after childbirth can have different causes, and not every postpartum belly is simply “belly fat.”

If your abdomen is painful, you notice a persistent or painful bulge, you have significant pelvic-floor symptoms, or something about your recovery feels wrong, get checked by a qualified healthcare professional.

And if your belly doesn't change as quickly as you hoped?

Don't panic.

You are not failing.

You are learning what your body needs.

That's exactly what THE BELLYBACK™ METHOD is designed to help you do.