

FAQ's

What happens after I sign up?

After you sign up for The Bespoke Core Guide you will receive an email with your login information. From there you will be able to access the membership portal that contains all of your digital downloads, and resources!

When can I start this program postpartum?

A lot of factors go into when you can start a fitness program postpartum including how you and baby are sleeping, how you and baby are eating, how your delivery went, how you are feeling overall, etc. Provided that everything is going well, your bleeding has stopped, and your body is carving movement you can start this program at 4-6 weeks postpartum.

Can I still do this program if I have not yet had a baby or I am further out postpartum?

Absolutely! No matter what chapter you are in this program was designed to give you an amazing foundation!

How long do the workouts take?

These workouts should take you about 20-30 minutes. You get 4 workouts per week but feel free to go at your own pace.

What equipment will I need?

In the program I use a medium resistance band, medium loop band, yoga mat, light dumbbells and medium dumbbells. You can easily substitute weights for household objects. All of the equipment you will need is linked up in the program!

What if I have more questions or need more support?

Don't be shy! email me any time at hello@karacoffin.com!