

PELVIC FLOOR EXERCISES



BRIDGE WITH TOES UP

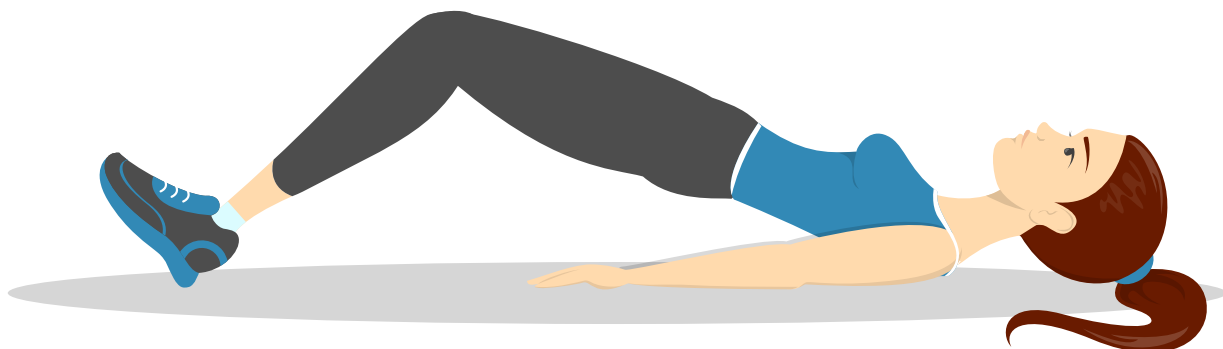
DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees bent. Keep your heels on the ground with your toes off the surface.
2. Engage your deep abdominal muscles and simultaneously contract your vaginal or rectal pelvic floor muscles as if you're pulling in a marble.
3. With your muscles engaged, lift your buttocks off the surface while keeping everything stable inside and out, shoulders to knees.
4. Repeat 10 times.
5. Complete 2 sets 4 times a week.



There's no shame in being
human