

# PELVIC FLOOR EXERCISES



## **BRACE SUPINE MARCHING**

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DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: CONDITIONING

GOAL: CORE STRENGTH

### **PROCEDURE**

1. Lie on your back with your knees bent.
2. Engage your deep abdominal muscles while slowly raising one foot a few inches off the surface.
3. Hold for 1 second then set it back down.
4. Repeat with other leg as if in a marching motion.
5. As you perform this exercise, use your abdominal muscles to keep your trunk steady.
6. Repeat 10 times.
7. Complete 1 set once a day.



There's no shame in being  
*human*