

PELVIC FLOOR EXERCISES



BRIDGE WITH ARMS CROSSED AND TOES UP

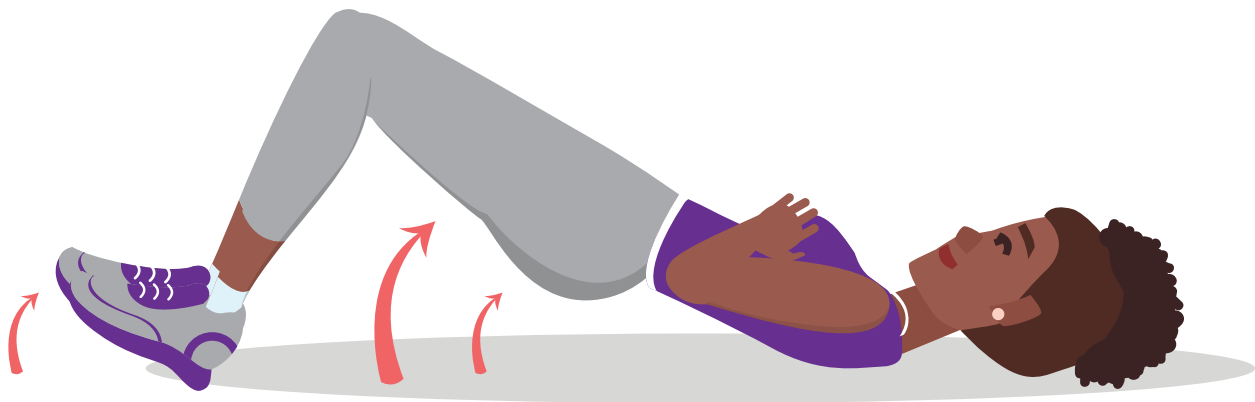
DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees bent. Cross your arms across your upper chest. Lift your toes off the surface.
2. Engage your deep abdominal muscles. At the same time, contract your pelvic floor muscles (vaginal or rectal) as if pulling a marble inside.
3. While keeping your muscles engaged and stable from shoulder to knees, lift your buttocks off the surface.
4. Hold 5 seconds.
5. Repeat 10 times.
6. Complete 2 sets per day.



There's no shame in being
human