

# PELVIC FLOOR EXERCISES



## **BIRD DOG - OPTION 1 - ARMS ONLY**

DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: CONDITIONING

GOAL: CORE STRENGTH

### **PROCEDURE**

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly reach one arm out while maintaining stability and keeping your muscles engaged.
4. Hold for 3 seconds and then return to the starting position.
5. Repeat with the opposite arm.
6. Repeat 10 times.
7. Complete 1 set 4 times a week.



There's no shame in being  
*human*