

# PELVIC FLOOR EXERCISES



## OBLIQUE REACHES

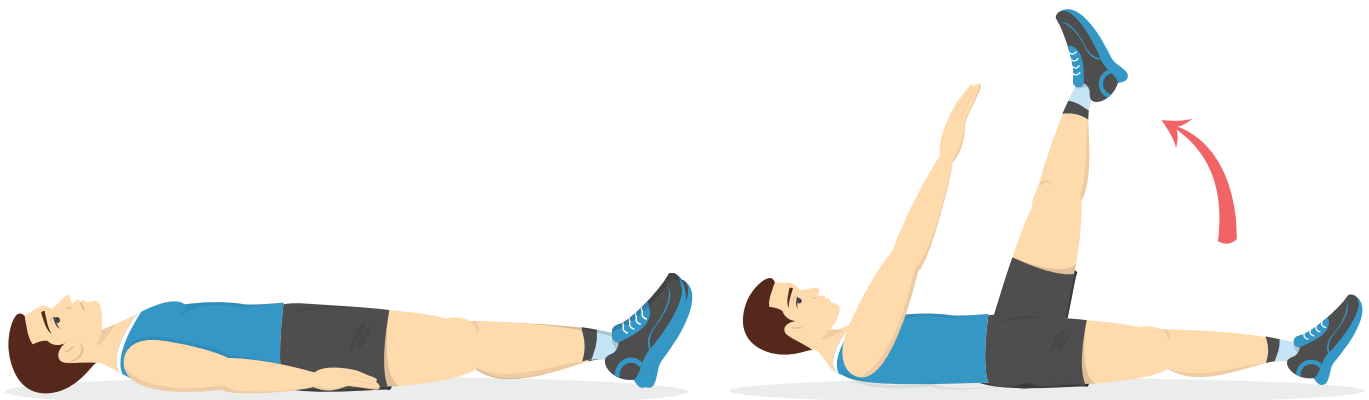
DIFFICULTY: MODERATE

TYPE: CONDITIONING

GOAL: BUILDING CORE STRENGTH

### PROCEDURE

1. From a lying position, raise your left leg while simultaneously crunching your abdominal muscles and reaching towards your raised foot with your right arm. If difficult, modify the exercise by using a bent knee.
2. Hold for 3 seconds.
3. Lower your arm and leg back to the starting position and repeat with the same leg and arm 10 times.
4. Perform the same exercise as above using your right leg and left arm.
5. Complete 2 sets per day.



There's no shame in being  
*human*

NATIONAL ASSOCIATION FOR CONTINENCE | [NAFC.ORG](https://nafc.org) | 1-800-BLADDER

© 2020 National Association For Continence, All Rights Reserved.  
Unauthorized Use Is An Infringement Of Copyrights, Trademarks, Or Proprietary Rights.