

PELVIC FLOOR EXERCISES



PELVIC TILT WITH CRUNCH

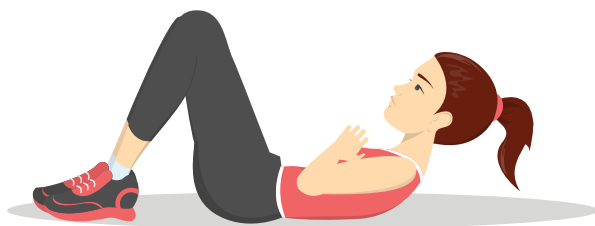
DIFFICULTY: MODERATE

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. While lying on your back, press the small of your lower back into the surface. Cross your arms at your chest.
2. Engage your deep abdominal muscles and carefully lift your head off the surface.
3. Hold the tension in abdominal area for 3 seconds.
4. Gently rest your head back on the surface.
5. Repeat 10 times.
6. Complete 2 sets per day.



There's no shame in being
human