

# PELVIC FLOOR EXERCISES



## STRAIGHT LEG RAISE

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DIFFICULTY: EASY TO MODERATE

TYPE: CONDITIONING

GOAL: CORE STRENGTH

### PROCEDURE

1. While lying on your back, raise your leg with a straight knee.
2. Keep your opposite knee bent with your foot planted on the ground.
3. Hold for 1 second then return your leg to the starting position.
4. Perform the same exercise as above with your opposite leg.
5. Repeat 10 times.
6. Complete 1 set once a day.



There's no shame in being  
*human*

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