

PELVIC FLOOR EXERCISES



BIRD DOG – OPTION 2 – QUADRUPED HIP EXTENSION

DIFFICULTY: MODERATE

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 slide one leg behind you until fully extended, keeping your toe on the surface throughout the motion.
4. Inhale, engaging your glute muscles, and lift your heel up until your leg is extended straight behind you. Hold for 3 seconds.
5. Exhale, lower your toe back to the surface and return to the starting position.
6. Repeat with the opposite leg.
7. Repeat 10 times.
8. Complete 1 set 4 times a week.



There's no shame in being
human