

PELVIC FLOOR EXERCISES



DUMBBELL PULL OVER

DIFFICULTY: DIFFICULT

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees bent.
2. Draw your deep abdominals in towards your spine.
3. With light hand weights or cans of soup in your hands, slowly lift both weights above your head while keeping a slight bend in your elbows.
4. Hold 3 seconds.
5. Return the weights to the starting position, keeping your shoulders on the surface and your abdominals tightened while doing so.
6. Repeat 10 times.
7. Complete 2 sets per day.



There's no shame in being
human

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