

# PELVIC FLOOR EXERCISES



## DYING BUG

DIFFICULTY: MODERATE

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

### PROCEDURE

1. Begin lying on your back with your arms and knees raised as shown in the illustration.
2. Move your left leg in a downward motion, straightening it out towards the ground.
3. At the same time, lower your right arm back past your head.
4. Keep your abdominal muscles contracted while doing this exercise. Note that the larger the movements you make, the more challenging the exercise becomes.
5. Return your leg and arm to the starting position.
6. Perform the same exercise as above using your opposite arm and leg.
7. Repeat 10 times.
8. Complete 2 sets per day.



There's no shame in being  
*human*

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