

PELVIC FLOOR EXERCISES



SEATED OBLIQUE ROTATION

DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Begin in a seated position with both feet flat on the floor.
2. Engage your deep abdominal muscles while sitting up tall.
3. As you exhale, bring your right foot off the floor and tap your right knee to your left elbow.
4. You should feel your abdominal and oblique muscles working to complete the twisting motion.
5. Hold for 1 second.
6. Repeat 10 times.
7. Complete 2 sets 2 times a day.



There's no shame in being
human