

PELVIC FLOOR EXERCISES



SINGLE LEG STANCE – REACH FORWARD

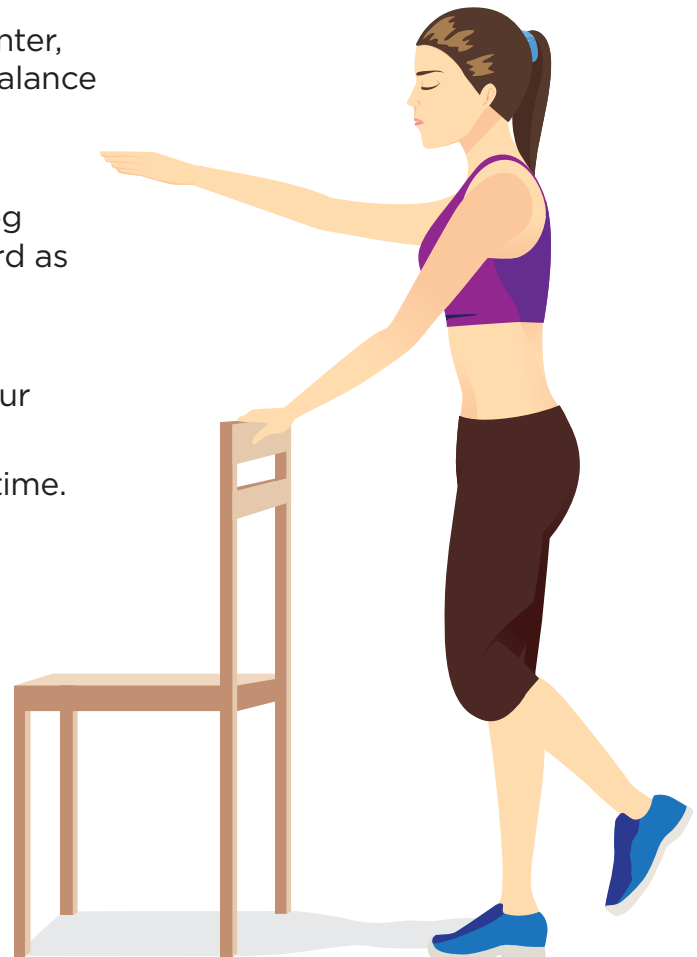
DIFFICULTY: MODERATE – REQUIRES BALANCE

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. Begin standing on one leg. Use a chair, counter, wall or other stable support if needed for balance and safety.
2. Engage your pelvic floor muscles.
3. Reach forward with the arm opposite the leg you're standing on. Extend your arm forward as far as you can without losing your balance.
4. Hold for 2 seconds.
5. Return to the starting position, releasing your pelvic floor muscles as you do.
6. Repeat 10 times, using the same arm each time.
7. Change your stance so you are now standing on the opposite leg.
8. Repeat the same exercise as above 10 times using the opposite arm.
9. Complete 1 set 4 times a week.
10. Exercise options: This exercise can be performed slowly, with a slow pelvic floor muscle contraction; quickly, with a quick contraction; or a combination of both slow and quick contractions.



There's no shame in being
human