

Rebuilding Core and Pelvic Floor Strength (6-12 Weeks)

Once your doctor gives you the okay, it's time to focus on restoring core strength:

- **Heel Slides:**

- Reconnects core muscles and strengthens lower abs.



How to: Lie on your back with one knee bent, gently slide the other heel away, then back.

- **Bridges:**

- Activates your glutes and core.



▪ **How to:** Lie on your back, knees bent, and lift your hips off the floor. Hold for a few seconds, then lower.