

PELVIC FLOOR EXERCISES



POSTERIOR PELVIC TILT

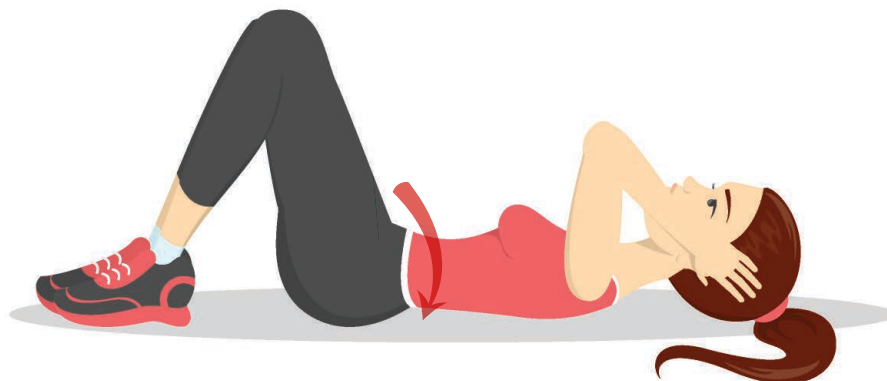
DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: CONDITIONING

GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees comfortably bent and your feet on the floor.
2. Gently flatten the small of your lower back against the surface while contracting your deep abdominals, as if you are pulling your belly button towards your ribs.
3. Hold the tension in your abdominal muscles for 5 seconds while you breathe normally.
4. Release and repeat 10 times.
5. Complete 2 sets once a day.



There's no shame in being
human