



LEVEL: EASY (ALL FITNESS LEVELS)

SEATED MARCHING WITH ALTERNATING ARMS AND LEGS (10 REPS, 4X/WEEK)

LINK: <https://youtu.be/WQiBvmj4IZA>

BENEFITS: Engaging the deep core muscles can increase pelvic floor strength and endurance. Each time the leg lifts, the pelvic floor must stabilize itself!

STANDING MARCHING (20 REPS-10 PER LEG, 1X/DAY)

LINK: <https://youtu.be/sHiXz5fGXGk>

BENEFITS: This exercise simulates the movement of walking. With these marches, you will strengthen balance and improve pelvic floor muscles' stability.

PELVIC FLOOR STRENGTHENING EXERCISES

LEVEL: MODERATE

STRAIGHT LEG RAISE (10 REPS, 1X/DAY)

LINK: <https://youtu.be/KOV6hIT5M9w>

BENEFITS: By engaging the abdominal and pelvic floor muscles, it promotes coordination & stabilization of the pelvic floor each time the leg is raised.

OBLIQUE REACHES (10 REPS, 4X/WEEK)

LINK: <https://youtu.be/R14pVU2wuRY>

BENEFITS: By activating the deep core muscles, performing this exercise controlled improves muscle tone & supports the bladder needed for pelvic stability.



LEVEL: DIFFICULT

BIRD DOG QUADRUPEDALTERNATE ARM & LEG (10 REPS, 4X/WEEK)

LINK: <https://youtu.be/qleZKES3Xh0>

BENEFITS: Lifting opposite arms and legs challenges balance and coordination, while supporting the back and hips to help with posture and bladder control.

LATERAL LUNGE (10 REPS, 4X/WEEK)

LINK: <https://youtu.be/Z7iaLeTTGj4>

BENEFITS: Stepping and bending to the side challenges balance and hip strength, while contracting the pelvic floor to strengthen hips, legs, and core all while improving balance, flexibility, and pelvic floor control.