

PELVIC FLOOR EXERCISES



TRANSVERSE ABDOMINUS

DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: CONDITIONING

GOAL: CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees bent and feet flat on the surface.
2. Contract your lower abdominal muscles as if you were lifting your foot off the surface about 1 inch high.
3. Hold for 2 seconds.
4. Lower your leg your leg while keeping your lower abdominal muscles engaged.
5. Perform the same exercise as above with your other leg, like you're doing a low level march.
6. Repeat 10 times.
7. Complete 1 set once a day.



There's no shame in being
human