

PELVIC FLOOR INTEGRATION EXERCISES

Balloon Blowing	Sitting	
 Breathe in + take balloon to 		Reps
mouth	Standing	Sets
Blow OUT into balloon while		
PULLING pelvic floor up (this is a		x pw
MAXIMAL contraction)		·
		You need to FEEL every
		lift and let go. If you can't
		feel the muscles lifting
		and relaxing, your pelvic
		floor has fatigued so
		STOP.
Ball Bounces	Standing	
Breathe IN (load)		Reps
Breathe OUT		Sets
Connect toes to ground		
Pull up pelvic floor		X DW
 Full up period hoof Throw / bounce ball 		x pw
		Very people EEEL every
		You need to FEEL every
• SOFT PF lift ("clouds" or level 1)		lift and let go. If you can't
= SOFT ball bounces		feel the muscles lifting
MEDIUM PF lift ("soft ball" or		and relaxing, your pelvic
level 2/3) = MEDIUM bounces		floor has fatigued so
• HARD PF lift ("hard ball" or level		STOP.
4) = HARD bounces		

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