



PELVIC FLOOR ISOLATION EXERCISES

EXERCISE	POSITION	WHEN / HOW OFTEN
<p>Endurance Holds</p> <ul style="list-style-type: none"> ● Breathe IN (load) ● Breathe OUT + tighten and lift pelvic floor ● HOLD for 3 gentle breaths ● Let go ● Repeat 	<p>Lying</p> <p>Sitting</p> <p>Standing</p>	<p>REPEAT: as many as possible to a point of fatigue – 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 and come back to the exercise later.</p> <p>..... reps</p> <p>..... sets</p>
<p>Quick Lifts</p> <ul style="list-style-type: none"> ● Breathe IN (load) ● Breathe OUT + PULL pelvic floor up (this is a maximal, fast contraction) ● Let go immediately ● Repeat 	<p>Lying</p> <p>Sitting</p> <p>Standing</p>	<p>REPEAT: as many as possible to a point of fatigue – 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 and come back to the exercise later.</p> <p>..... reps</p> <p>..... sets</p>

