

# PELVIC FLOOR EXERCISES



## PLIÉ SQUAT

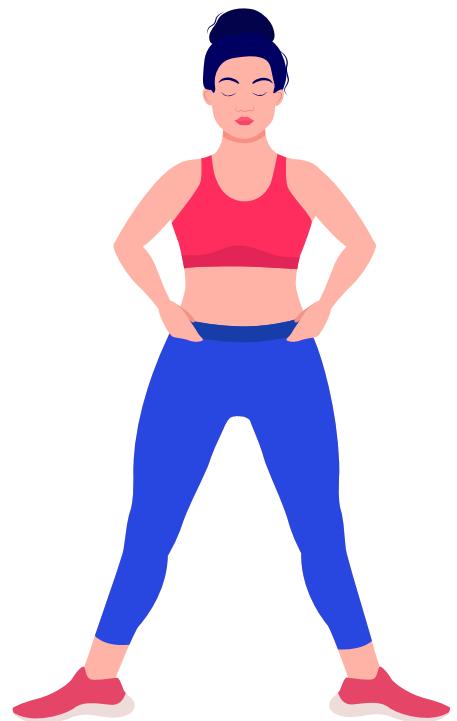
DIFFICULTY: EASY - ALL FITNESS LEVELS - REQUIRES BALANCE

TYPE: CONDITIONING

GOAL: CORE STRENGTH

### PROCEDURE

1. Begin standing with your legs apart, slightly wider than your hips. Keep your weight on your heels. Use a chair, counter, wall or other stable support if needed for balance and safety.
2. Squat, lowering yourself down as if you were sitting on a bench.
3. As you do, contract your pelvic floor muscles.
4. Return to the starting position and release your pelvic floor muscles.
5. Repeat 10 times.
6. Complete 2 set 2 times a week.



There's no shame in being  
*human*