

5 Pelvic Floor

STRENGTHENING EXERCISES

by:

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Strengthening your pelvic floor doesn't have to be daunting, challenging or time-consuming, especially with these easy exercises from Pilates on Demand. Check out blog.mamasoup.ca for more information on "The Core Breath" to get started.

heel slides

3X10
total



Step 1:

Lie on back with knees bent feet flat on the mat. Engage your pelvic floor and core using the "core breath."

Step 2:

On your exhale, slowly slide one heel down to end of the mat. Inhale and return leg to starting position. Alternate sides.

glute bridge

3X10
total



Step 1:

Lie on back with knees bent, legs hips distance apart and feet flat on the mat. Engage pelvic floor and core using the "core breath."

Step 2:

On your exhale, slowly lift your hips off the mat. Inhale to lower hips down.

clam shells

3X20
per side



Step 1:

Lie on your side, knees bent, heels together and in-line with your hips, shoulders and head. Engage pelvic floor and core using the "core breath."

Step 2:

On your exhale, slowly lift your top knee, opening your knees but keeping your heels together. Inhale to lower knee back down. Do 20 reps and then alternate sides between sets.

bird dog

3X10
total



Step 1:

On your hands and knees, knees under hips, and hands under shoulders. Engage your pelvic floor and core using the "core breath."

Step 2:

On your exhale, slowly lift your opposite arm in leg keeping your hips level. Inhale to lower arms and legs and switch sides.

cat & cow

3X10
total



Step 1:

On your hands and knees, engage your pelvic floor and core using the "core breath," exhaling to slowly round your spine towards the ceiling.



Step 2:

On your inhale, drop your belly towards the mat, arching your back and looking forwards, relaxing your pelvic floor.