

# PELVIC FLOOR EXERCISES



## BRIDGE WITH ADDUCTION

DIFFICULTY: MODERATE - REQUIRES BALANCE AND EXERCISE BALL OR PILLOW

TYPE: CONDITIONING

GOAL: CORE STRENGTH

### PROCEDURE

1. Lie on your back with your knees bent and an exercise ball or pillow held between your knees.
2. Engage your deep abdominal and pelvic floor muscles.
3. Lift your hips up so your buttocks are off the floor, keeping the ball/pillow between your knees and your muscles engaged.
4. Hold this position for 3 seconds, making sure to maintain a straight line from shoulder to knee.
5. Return to the starting position and release your deep abdominal and pelvic floor muscles.
6. Repeat 10 times.
7. Complete 2 set 4 times a week.



There's no shame in being  
*human*