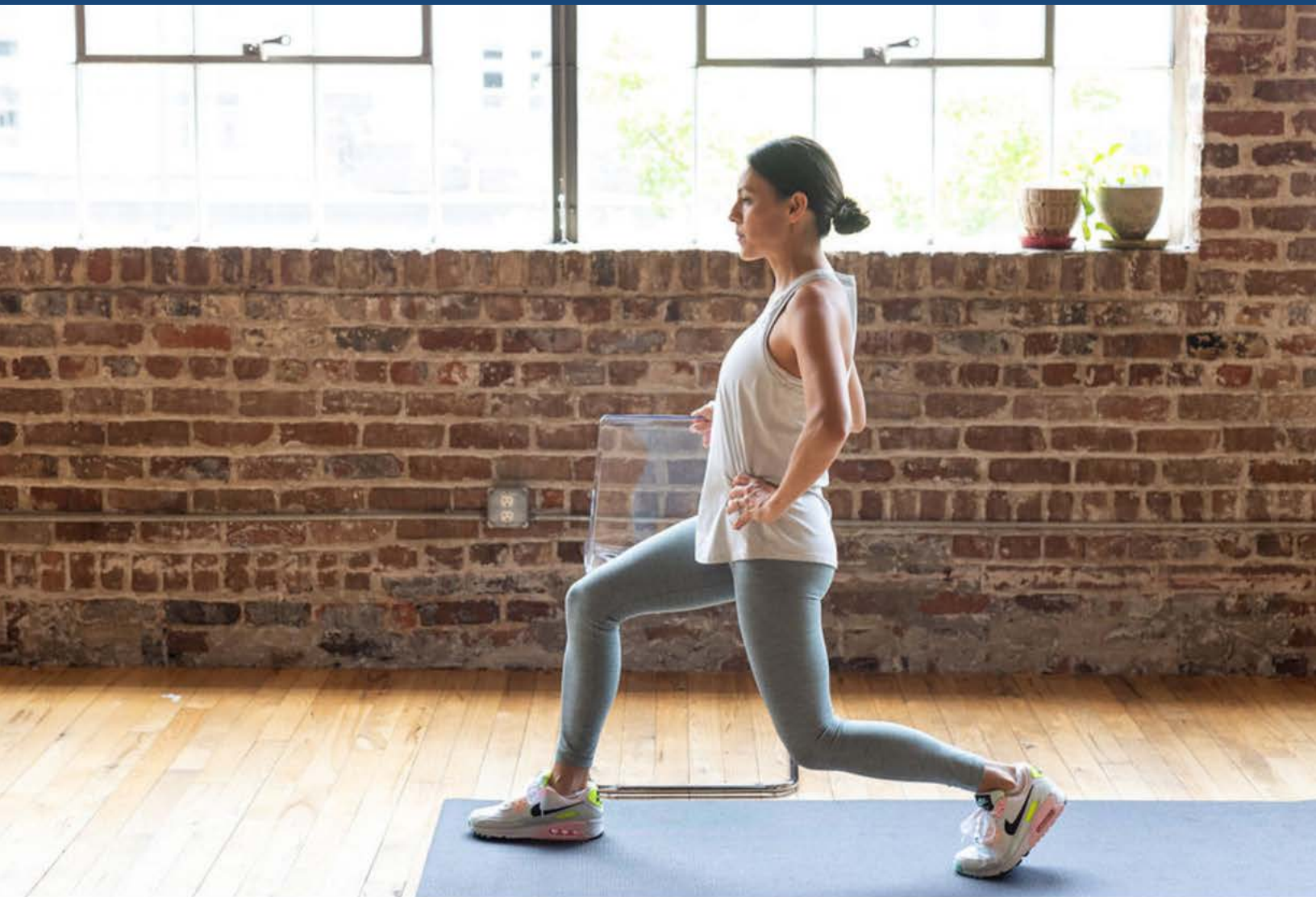


# 6 Exercises to Strengthen Your Pelvic Floor and Core

And Why Kegels Aren't the Only Ones





## What's up with your downstairs?

If you're experiencing urine or poop leakage, abdominal separation (diastasis recti), and/or if you feel like your organs are just not sitting right inside your vagina, you're not alone.

These are all common symptoms of **pelvic floor dysfunction**, and at least 1 in 3 people experience them. But just because these concerns are *common*, doesn't mean they're *normal*. And just because you're experiencing them *now*, doesn't mean you're stuck with them *forever*.

**You can get your life back by strengthening your core and pelvic floor.**

**Get strong now to stay strong later.**

Exercising your pelvic floor and core doesn't just help *correct* problems. **Being proactive can actually help prevent them!** So if you want to avoid urine leakage, prolapse, and more, these tips are for you, too!

LET'S  
START  
WITH  
KEGELS.



**Kegel exercises** (named for Dr. Arnold Kegel) are the go-to recommendation for all manner of pelvic floor dysfunction. And it's true they can be helpful... *if they're done correctly.*



**Use the correct muscles.** Kegels involve the same muscles used to stop and start urine and hold in gas. So if you're not sure what a Kegel feels like, head to the bathroom and practice a couple of times. (**Note: Don't make a habit of Kegeling while peeing!** Doing so can prevent your bladder from fully emptying, which increases your risk of developing a urinary tract infection.)

**Contract only your pelvic floor muscles.** When you Kegel, your inner thigh, abdominal, and butt muscles should stay relaxed, and you should breathe normally.

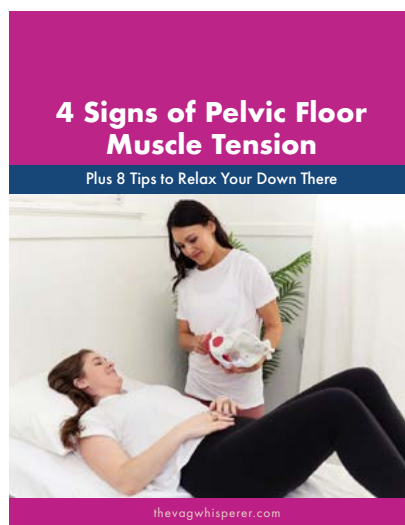
**Try different positions.** At first, you might find it easiest to do Kegels when you're lying on your back. As you get more practice, try different positions: sitting in a chair or on an exercise ball, lying on your side or stomach, or standing upright.

**Change up the contraction length.** At first, try short contractions: squeeze for a count of 3, relax for a count of 3. Practice that until you can easily do 10, 3-second contractions in a row. Then, gradually increase up to 5-second and then 10-second contractions until you can do 10, 10-second contractions in a row.

**Don't go overboard.** There's no need to do 1760 Kegels while you're standing in line at Target. In fact, too many Kegels can create pelvic floor *tension* and a whole slew of other "fun" problems! So, cap your goal at 10-15 contractions, 2 or 3 times a day.

## Are Kegels right for you?

If you're experiencing painful sex, vaginal burning or irritation, difficulty getting your pee to start, and/or chronic constipation, you may need to *relax* your pelvic floor, not strengthen it.



[LEARN MORE FROM THIS FREE GUIDE.](#)

## Try these 5 other exercises to strengthen your core and pelvic floor.

Kegels are certainly the most popular pelvic floor exercise. But these next moves are just as helpful—and have benefits beyond just peeing and pooping.

### Transverse Abdominis Contractions

The transverse abdominis wraps around your midsection between your ribs and your pelvis (like a corset), and it engages with your pelvic floor. Strengthening this muscle helps correct diastasis recti, adds stability to your core, and helps prevent hernias and low back pain.



1. Lie flat on your back with knees bent and feet resting on the floor.
2. Inhale, and on the exhale, engage your pelvic floor (aka do a kegel) and draw your lower abdominals in by imagining gently drawing your hip bones together. This is very subtle but engages your deep core and pelvic floor muscles.
3. Hold for 5 seconds and repeat.

## Bridges

By performing bridges, you exercise your pelvic floor from a different direction—through your glutes (butt). In addition to relieving typical symptoms of pelvic floor dysfunction, bridges make it easier for you to squat, bend over, and get up from chairs.



1. Lie flat on your back with knees bent and feet resting on the floor. Bring your feet closer to your bottom before starting.
2. Inhale to prepare.
3. Exhale as you drive through your heels to raise your hips off the floor.
4. In the top position, squeeze your buttocks and gently draw in your lower abdomen and pelvic floor.
5. Inhale back down and repeat.

Once you've mastered bridges, get creative by adding a theraband around your knees, holding a ball between your thighs, or elevating your feet onto a step.

## Inner Thigh Ball Squeeze

Activating your adductor muscles (inner thighs) turns on your pelvic floor. (Now you know why crossing your legs when you cough or sneeze helps prevent those little leaks!)

Ball squeezes can be performed in any position: lying down, sitting, or standing. If you're experiencing pelvic organ prolapse, stick to lying down and add a pillow under your hips.



1. Lie flat on your back with knees bent and feet resting on the floor. Place a yoga block, soccer ball, or soft pillow between your knees.
2. Inhale to prepare.
3. Exhale as you squeeze the block between your knees and gently draw in your lower abdomen and pelvic floor.
4. Inhale to repeat.



# Lunges

You might think exercising your pelvic floor and core requires lying down or sitting. But you can actually get in some great workouts in an upright position—like with lunges.

Practicing lunges activates your core, hip flexors, and glutes, which makes it easier to sit down and stand up from the floor and bend over to pick things up.



1. Stand with your left leg forward in a split squat stance, feet positioned hips-width apart like you're standing on railroad tracks.
2. Inhale to prepare.
3. Exhale as you engage your pelvic floor and drop your back knee toward the ground and then return to standing.
4. Inhale and repeat on each side.

## Squats

As with lunges, practicing squats is an opportunity to work your pelvic floor from an upright position. Squatting activates your core and glutes, which helps with bending over, getting out of chairs, picking up heavy objects, and carrying boxes, groceries... and babies.



1. Stand with your feet positioned slightly wider than hips-width apart.
2. Inhale to prepare.
3. Exhale as you engage your pelvic floor and drop your bottom back as if you're sitting in a chair, and then return to standing.
4. Inhale and repeat.



## Get step-by-step guidance for strengthening your core and pelvic floor.

Whether you're wanting to avoid pelvic floor problems or overcome them, I'm here for you!

My Pelvic Floor Strengthening Series will help you end urinary leakage, correct pelvic organ prolapse, improve diastasis recti, and relieve pelvic floor symptoms related to pelvic floor weakness or aging. And all it takes is a 10-minute workout, 3 times a week.

The Pelvic Floor Strengthening Series is only available inside the V-Hive, an online membership platform with on-demand workouts for your pelvic floor and core.

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