

# Pelvic Floor Circuit

Below you will find a breakdown of exercises to activate and strengthen the deep core/pelvic floor muscles

## Exercises- Repeat Circuit x 3

## Image

### Lying Pelvic Tilts

x10

- \*Knees bent at hip width apart
- \*Pelvis in neutral
- \*No flaring of the bottom rib, shoulders relaxed
- \*Inhale and relax pelvic floor & abdominals
- \*Exhale and activate and lift pelvic floor, brace the lower abdominals and flatten the lower back gently into the mat



### Lying Ball Squeeze

x10

- \*Ensure pelvis is neutral (no arching away from OR pushing the lower back into the mat)
- \*Place a pilates ball or thick cushion between the knees
- \*Inhale and relax pelvic floor & abdominals
- \*Exhale as you activate and lift pelvic floor, brace the lower abdominals and squeeze the inner thighs (squeeze ball)
- \*Inhale and relax, then repeat



### Lying Leg March

x10

- \*Knees bent at hip width apart, pelvis in neutral
- \*Inhale to prepare, then exhale and slowly bring one bent knee up to pause above the hip
- \*Return slowly to the start position and then repeat on the opposite leg
- \*Aim to ensure the pelvis remains in neutral, do not flatten or arch the lower back or flare the ribs



### Half Side Plank

20 s

- \*Begin with one elbow resting under the shoulder
- \*Lift up out of the shoulder joint
- \*Bend the knee of bottom leg to 90 behind the body
- \*Inhale to prepare, then as you exhale, engage pelvic floor and lower abdominals and slowly lift your pelvis off the floor
- \*Lengthen the body, resting on your hip and forearm
- \*Hold for up 10-20 secs and then repeat on the other side

