PELVIC FLOOR EXERCISES

EXERCISE BALL MARCHING

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: CONDITIONING/BALANCE
GOAL: BUILD CORE STRENGTH

PROCEDURE
1. Sit upright on an exercise ball.
2. Engage your deep abdominal muscles and slowly raise one foot off the floor.
3. Hold for 2 seconds.
4. Return and lift the opposite foot.
5. While performing this exercise, maintain a stable and erect spine. The goal is to move your legs only and keep your trunk steady.
6. Repeat 10 times.
7. Complete 1 set once a day.