PELVIC FLOOR EXERCISES

LOOPED ELASTIC BAND HIP FLEXION EXTENSION/SUPINE MARCHING

DIFFICULTY: MODERATE TO DIFFICULT
TYPE: STRETCH/CONDITIONING
GOAL: BUILD CORE STRENGTH

PROCEDURE
1. Lie on your back with an elastic band looped around your feet as shown.
2. Bend one knee and hip towards your chest as you pull against the resistance of the elastic band.
3. Hold for 1 second.
4. Lower your knee to the original position.
5. Perform the same exercise as above with the other leg.
6. Repeat 10 times.
7. Complete 1 set once a day.