PELVIC FLOOR EXERCISES

OBLIQUE REACHES

DIFFICULTY: MODERATE
TYPE: CONDITIONING
GOAL: BUILDING CORE STRENGTH

PROCEDURE
1. From a lying position, raise your left leg while simultaneously crunching your abdominal muscles and reaching towards your raised foot with your right arm. If difficult, modify the exercise by using a bent knee.
2. Hold for 3 seconds.
3. Lower your arm and leg back to the starting position and repeat with the same leg and arm 10 times.
4. Perform the same exercise as above using your right leg and left arm.
5. Complete 2 sets per day.