PELVIC FLOOR EXERCISES

SEATED MARCHING WITH ELASTIC BAND

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

PROCEDURE
1. Sit upright in a firm chair with an elastic band wrapped around your lower thighs.
2. Engage your deep abdominal muscles and raise one knee upwards towards your chin.
3. Hold for 2 seconds.
4. Set your knee back down and alternate with the other knee.
5. Repeat 10 times.
6. Complete 1 set once a day.