PELVIC FLOOR EXERCISES

STANDING MARCHING/SINGLE LEG

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: STRETCH/RANGE OF MOTION/BALANCE
GOAL: FLEXIBILITY/BUILD CORE STRENGTH/ENHANCE RANGE OF MOTION

PROCEDURE
1. While standing, engage your deep abdominal muscles.
2. Lift one knee up.
3. Hold for 2 seconds.
4. While keeping your abdominal muscles braced, set your foot down.
5. Repeat 10 times.
6. Switch sides and perform the same exercise with the opposite leg.
7. Complete 1 set once a day.