PELVIC FLOOR EXERCISES

STRAIGHT LEG RAISE

DIFFICULTY: EASY TO MODERATE
TYPE: CONDITIONING
GOAL: CORE STRENGTH

PROCEDURE
1. While lying on your back, raise your leg with a straight knee.
2. Keep your opposite knee bent with your foot planted on the ground.
3. Hold for 1 second then return your leg to the starting position.
4. Perform the same exercise as above with your opposite leg.
5. Repeat 10 times.
6. Complete 1 set once a day.