PELVIC FLOOR EXERCISES

TRANSVERSE ABDOMINUS - BRACING WHILE SITTING

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

PROCEDURE
1. Sit upright in a firm chair.
2. Press your fingertips into your relaxed abdomen on each side of your navel.
3. Inhale and hold for 5 seconds.
4. As you exhale, tighten and brace your abdominal wall so you feel the muscles tense under your fingertips.
5. Repeat 10 times.
6. Complete 1 set once a day.