PELVIC FLOOR EXERCISES

BIRD DOG – OPTION 1 – ARMS ONLY

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

PROCEDURE
1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly reach one arm out while maintaining stability and keeping your muscles engaged.
4. Hold for 3 seconds and then return to the starting position.
5. Repeat with the opposite arm.
6. Repeat 10 times.
7. Complete 1 set 4 times a week.