PELVIC FLOOR EXERCISES

WALL PUSH UPS

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

PROCEDURE

1. Begin standing facing a wall slightly closer than arm’s length away. Place your arms in front of you with your elbows straight so your hands just reach the wall.
2. Engage your deep abdominal and pelvic floor muscles.
3. Bracing yourself with your arms, move towards the wall.
4. Before you reach the wall, push back to return to the starting position.
5. Release your deep abdominal and pelvic floor muscles.
6. As you go through this motion, make sure your feet remain planted and your hands are on the wall the entire time.
7. Repeat 10 times.
8. Complete 2 set 2 times a week.