PELVIC FLOOR EXERCISES

WEIGHT SHIFT - LATERAL
DIFFICULTY: EASY - ALL FITNESS LEVELS - REQUIRES BALANCE
TYPE: CONDITIONING
GOAL: CORE STRENGTH

PROCEDURE
1. Begin in a standing position with your knees partially bent. Use a chair, counter, wall or other stable support if needed for balance and safety.
2. Slowly shift your body weight to one side, performing a Kegel exercise as you do; this should help you sense how Kegel exercises work on the weight-bearing limb.
3. Hold for 2 seconds and release your Kegel.
4. Perform the same exercise as above, shifting your weight to the opposite site.
5. Repeat 10 times.
6. Complete 1 set 4 times a week.