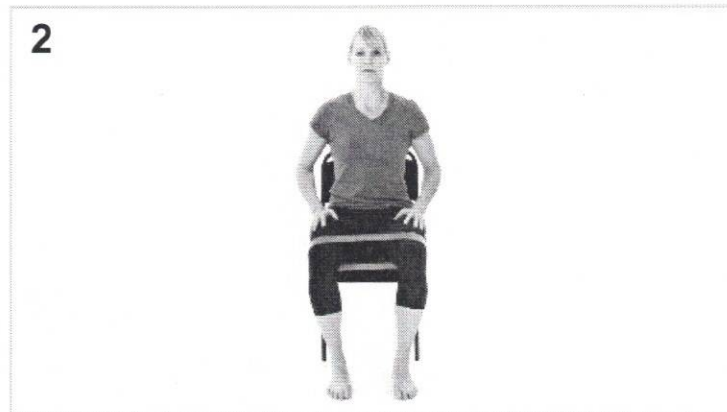
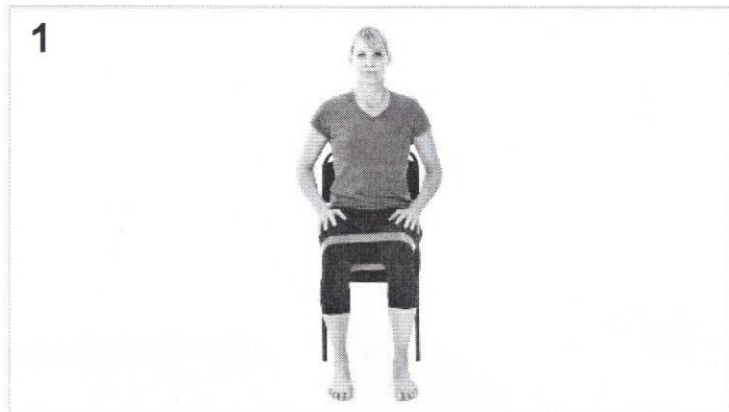


Seated Pelvic Floor Contraction with Hip Abduction and Resistance Loop

REPS: 10	SETS: 1	HOLD: 5	DAILY: 1-2
WEEKLY: 7			



Setup

Begin sitting upright with a resistance band around your thighs.

Movement

Exhale, contract your pelvic floor muscles and move your knees apart. Slowly return to starting position, and repeat.

Tip

Make sure to avoid holding your breath or pushing out your abdomen during the exercise.