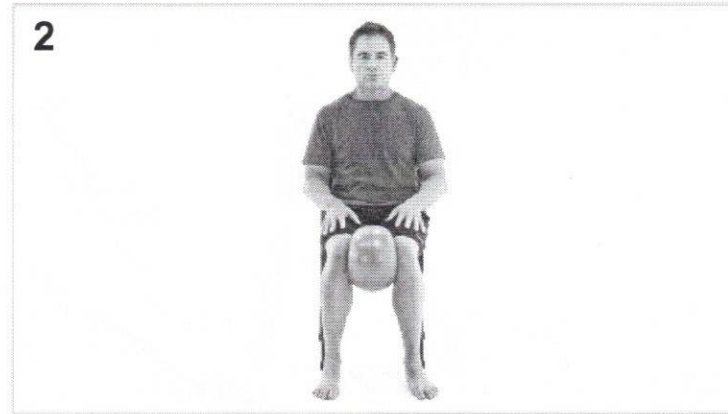
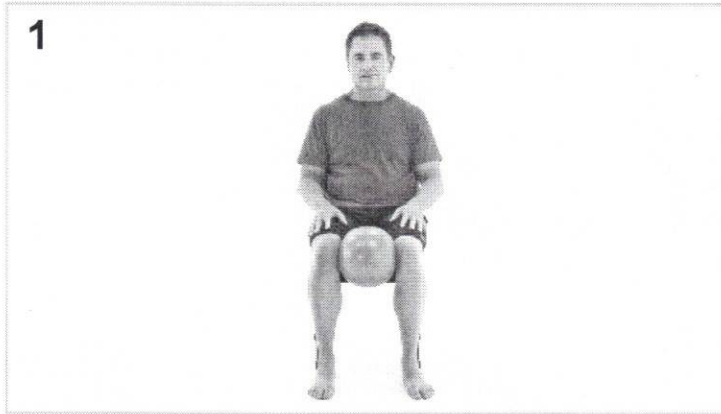


Seated Isometric Hip Adduction with Pelvic Floor Contraction

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



Setup

Begin sitting upright with ball between your knees.

Movement

Exhale, contract your pelvic floor muscles, and squeeze the ball with your knees. Relax and repeat.

Tip

Make sure to not hold your breath or push out your stomach during the exercise.