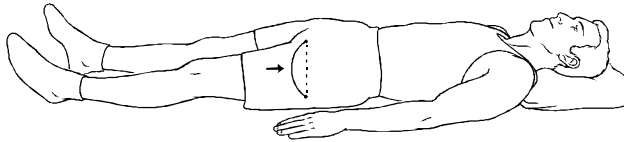
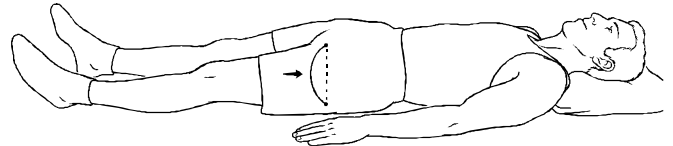


PELVIC FLOOR ISOLATION - 16 Slow Contraction:  
Gravity Eliminated (Supine)



Lie flat. Slowly squeeze pelvic floor for 10 seconds.  
Rest for 5 seconds. Repeat 10 times.  
Do 3 times a day.

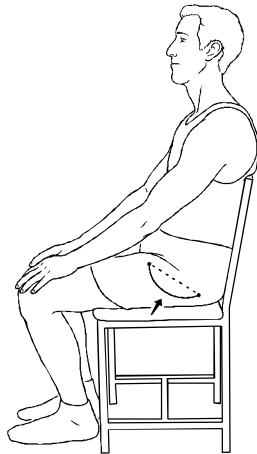
PELVIC FLOOR ISOLATION - 2 Quick Contraction:  
Gravity Eliminated (Supine)



Lie flat. Quickly squeeze then fully relax pelvic floor.  
Perform 1 sets of 10. Do 3 times a day.  
\*\*Practice at least 1 set exhaling quickly like blowing out a candle.

PELVIC FLOOR ISOLATION - 24  
Slow Contraction: Gravity Resisted  
(Sitting)

Sitting, slowly  
squeeze pelvic floor  
for 10 seconds.  
Rest for 5  
seconds.



Do 3 times a day.

PELVIC FLOOR ISOLATION - 10 Quick Contraction:  
Gravity Resisted (Sitting)

Sitting, quickly  
squeeze then fully  
relax pelvic floor.

Perform 1  
sets of 10.  
Do 3 times a day.  
\*\*Practice 1 set with a  
quick exhale like  
blowing out a candle.

