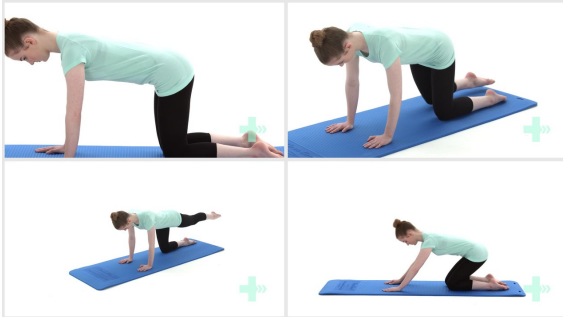


ACT

2 Sets / 10 Reps / 1 s hold



### 1. Alternate hip extension in 4 point kneeling - with pelvic floor activation

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Make sure your back is flat.

Gently squeeze your pelvic floor and stomach muscles.

Without moving your back, slowly lift one leg out behind you.

Bring the leg back down.

Repeat with the other leg.

Keep your back still throughout the movement.

2 Sets / 10 Reps / 1 s hold



### 2. Pelvic tilt and lift

Lie on your back with your legs bent and place a small towel between your knees. Keep your feet hip width apart.

Take a deep breath in, allowing your tummy to inflate.

Breathe out, gather your tummy and your pelvic floor.

Repeat, breathing in, relaxing your tummy.

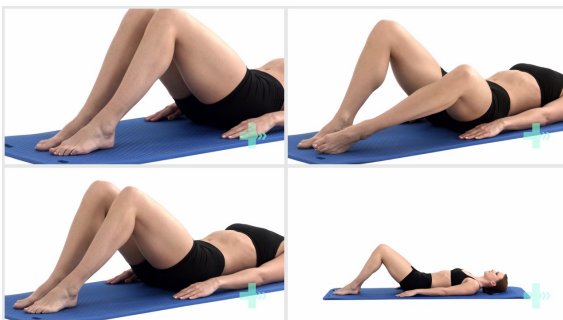
As you breathe out, gather your tummy, your pelvic floor and add the pelvic tilt by pushing your heels down, tilting your pelvis upwards so it just off the mat to a height of 1 to 2 inches.

Breathe in and lower your pelvis back down, making sure you roll down one vertebra at a time, relax your pelvis.

Repeat this movement.

Remove the towel, bring your legs down, one by one, starting with the right, and the left and return to the starting position.

2 Sets / 10 Reps



### 3. Bent knee fall out in supine - Version 1 (Pelvic floor)

Lie on your back with your knees bent and your feet flat on the floor.

Keep your legs hip width apart and tighten the core stability muscles by lifting your pelvic floor and drawing your abdominal muscles into your spine.

Image you are trying to pull the two bones at the front of your pelvis together.

Holding this tension, drop one knee out to the side.

Do not allow the other knee to move, or your hips to rotate with the movement.

Control this position as you bring the knee back up to the starting position.



#### 4. Core stability in crook with opposite UL and LL extension slides

Lie on your back with your knees bent and feet flat on the floor. Ensure you maintain a hips distance between your feet and knees. Tighten your pelvic floor and abdominal muscles, ensuring you keep a small arch in your lower back. Keeping the tension in your core stability muscles, lift one arm forwards and up towards the ceiling. Simultaneously slide your opposite foot along the floor until your leg is straight. Continue the movement, raising your arm overhead. Your lower and upper back should stay in the same position throughout this movement. Once you have moved as far as you can go, control the movement as you simultaneously bring your arm back down and bend your leg back in. Relax your core stability muscles before you repeat the sequence again.

2 Sets / 3 Reps / 20 s hold



#### 5. Pelvic floor in wall assisted squat position

Stand up straight, leaning against a wall. Soften your knees several inches until you are in a comfortable squat position. Your feet should be flat on the floor and your legs wider than hip width. Focus on steady breathing throughout this exercise. To activate your pelvic floor, imagine you are trying to firmly stop yourself from passing wind and passing urine.