

We are going to start with two low, deep breaths so that your pelvic floor starts in a relaxed position. Breathe into your lower tummy, letting it swell. And sigh the breath out. As you take a second low breath, feel the pelvic floor let go too. Are you ready?

Tighten around the back passage and lift up towards the front. Keep lifting as long as you can. And let it go for five seconds.

Squeeze. And as you squeeze, check your buttocks are relaxed. And bring the squeeze further forward. And let go. Breathe.

Squeeze and lift. Check your still breathing. If you're finding it difficult, squeeze a little more slowly. And let it all go.

As you squeeze, bring the squeeze forward to support the bladder and help lift it higher. And let the muscle go, and breathe.

Keep going with your squeezing. You're halfway there, and you're doing very well. And let the muscle let go, and breathe.

As you squeeze again, make sure your face is relaxed. Remember, no one should know you are doing these exercises. And squeeze again. If you feel the muscle is getting tired, make a note of how many you did.

And squeeze again. And keep squeezing and lifting. You're doing a great job. You're nearly there. Keep going with the squeezing.

And let the muscle go. And take a deep breath. So squeeze and lift. Bring that squeeze upwards and forwards. Keep squeezing. Keep breathing. Keep your buttocks relaxed and your face relaxed. And let go. You're on to the last one.

So squeeze and lift up towards the front. Keep squeezing. Keep squeezing. Keep breathing. You're nearly there. You're nearly done. Well done. And let go, and breathe.