



Beginner Level - Lying down

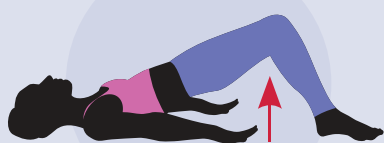
This is for women at a beginner level who have never done pelvic floor exercises before or find them difficult to do in a sitting position. You can fill in this chart once you have found your starting level, using the first line as an example.

The aim is to try to increase your squeeze and lift for longer each time and build up the number of repeats(rep). Make sure you are not holding your breath or tightening your buttocks.

		MON		TUES		WED		THURS		FRI		SAT		SUN	
Session		Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep
Example	Slow	3 sec	3	3	4	3	4	4	4	4	4	4	4	5	5
	Fast		4		4		4		5		5		5		5
1	Slow														
	Fast														
2	Slow														
	Fast														
3	Slow														
	Fast														



Pelvic floor and core exercises



Bridge

- 1 Breathe in and as you **exhale, squeeze** your pelvic floor and raise your hips
- 2 Breathe in to lower your hips and release your pelvic floor
- 3 Repeat x 5
- 4 Make sure to let your pelvic floor fully release between squeezes



Twist

- 1 Breathe in and as you **exhale, squeeze** your pelvic floor and lower your knees to one side
- 2 Breathe in and as you **exhale, lift** your pelvic floor and bring your knees back to the middle and release your pelvic floor
- 3 Repeat x 5 each side
- 4 Make sure to let your pelvic floor fully **release** between squeezes



When you can hold for 5 seconds and repeat 5 times, and do 5 fast contractions, try to do your exercises in a sitting position as you may be ready to progress to the intermediate level.