

Abdominal Wraps + Pelvic Floor Engagement



Lay on your back and place your hands on your lower abdomen, above your hip bones.

Take a deep belly inhale, using your diaphragm. Feel your pelvic floor muscles lengthen and relax with your inhale.

Exhale and engage your abdominals to create a muscular corset, wrapping the deepest layer abdominals around your trunk. Feel your core tighten and your pelvic floor muscles move up and in. Imagine your lower abdominal muscle drawing your hip bones in towards your midline (note: your hip bones will not actually draw closer – use visual imagery to picture this!).

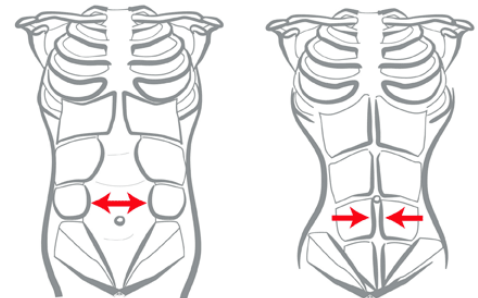
Inhale, relax and take a belly breath.

This will be your baseline for the exercise. Next, we will draw in the pelvic floor muscles with your exhale and abdominal engagement.

Inhale, take a deep belly breath.

Exhale, wrap your abdominals and squeeze your pelvic floor muscles (kegel) and feel a lift of the pelvic floor as you engage deeper throughout your exhale.

Inhale, reset, relax and feel a lengthening of the pelvic floor muscles as you perform a diaphragmatic/belly breath.



Your sequence should be:

- 1) Inhale, deep belly breath
- 2) Exhale, wrap abdominals and engage pelvic floor, feel the lift of your pelvic floor muscles as you engage deeper
- 3) Repeat

To increase the challenge, try in hands and knees, seated, or standing positions!

Repeat for 2 sets of 10 repetitions. Twice per day.