

Notes :

1 Double leg bridging- level 1



During this exercise remember to gently contract your pelvic floor muscles (50%) as you elevate your bottom. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each lift.

Lie on your back with your knees bent, feet hip width apart and thighs parallel. Tilt your pelvis so you flatten your back into the mat and begin to lift your bottom up in the air- try and peel your spine off the mat one segment at a time. Do this until you are a straight diagonal line from your knees to your shoulders . Hold for 3-5 seconds. Slowly lower back down uncurling one segment at a time. Repeat exercise

2 Glute bridge w/ knee ext.- level 2



During this exercise remember to gently contract your pelvic floor muscles (50%) as you elevate your bottom. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each lift

Complete the level 1 exercise but when you reach the top of the bridge position try to straighten 1 leg out at the knee. Be sure to focus on keeping your pelvis level and thighs in alignment throughout the exercise. Hold for 3-5 seconds and then return the foot to the floor and slowly lower yourself down.

Repeat exercise. Alternate leg lifted.

3 Single leg glute bridge- level 3



During this exercise remember to gently contract your pelvic floor muscles (50%) as you elevate your bottom. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each lift

Start in lying with knees bent , then extend one leg out straight. Lift yourself up into the bridge position using 1 leg only peeling one segment of the spine at a time. Hold 3-5 seconds and slowly lower down.

If this is too tricky try putting your second foot down to help you lower back to the floor slowly

Repeat exercise. Alternate leg lifted.

4 Squat- level 1



Stand with both feet hip width apart and facing forward.

Squat down, sticking your bottom out behind you and keeping the knees aligned and back flat.

Contract your pelvic floor muscles and then straighten your legs to push up slowly to standing and repeat

If this is tricky try leaning back against the wall to start and progress back to free-standing once this exercise becomes easier.

5 Squat with resistance band- level 2



Stand with your feet facing forward at hips width.

Tie a yellow theraband just above your knee's. The band should be taut.

Lower your body to a squat position by pushing your hips backward, bending your knees while keeping your back neutral. Squeeze your buttocks to resist the pull of the band inwards and keep your knee caps aligned with the center of your feet (second toes). Do not let the band pull your knees inwards.

Contract your pelvic floor muscles and then straighten your legs to push up slowly to standing and repeat .

6 Single leg squat- level 3



Stand on one leg with your foot facing forward.

Lower your body by bending the knee, keeping the knee cap aligned with the second toe. Make sure your pelvis stays level and keep your knee stable (avoid any lateral movements) during the exercise.

Contract your pelvic floor muscles and then straighten your leg to push up slowly to standing and repeat

7 Hip abduction- Level 1



Remember to gently contract your pelvic floor muscles (50%) as you elevate your leg. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each lift

Lay on your side with the bottom knee bent to keep you stable then straighten your top leg so it is in line with your body. Lift your top leg up into the air slowly, keeping the foot parallel to the ground and the thigh aligned with the body,

Hold for 3-5 seconds and return back down

Repeat exercise, alternate side lying after 90 seconds.

8 Hip abduction with resistance band- Level 2



Remember to gently contract your pelvic floor muscles (50%) as you elevate your leg. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each lift

Begin in side lying as in basic exercise

Try to same exercise but tie a yellow theraband around your knee's to resist the movement

Hold for 3-5 seconds and slowly lower to the starting position

Repeat exercise, alternate side lying after 90 seconds.

9 Monster walk- Level 3



Remember to gently contract your pelvic floor muscles (50%) as you elevate your leg. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each

In standing place small looped TheraBand around your feet. Gently pull your feet to be hip width apart (the band should be under a good amount of tension).

Take a step forward and out diagonally with one leg, then repeat with the other leg, always maintaining tension on the band. Take steps backward to starting position maintaining tension on the band throughout.

Repeat exercise forwards and backwards

10 step up and down- Level 1



Remember to gently contract your pelvic floor muscles (50%) before you start your step ups. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each step up

Step up onto the step one foot at a time.

Once both feet are on the step raise up onto your toes,

Lower to flat feet and then step down.

Repeat exercise- alternate leading foot

11 Step up to knee drive- Level 2



Remember to gently contract your pelvic floor muscles (50%) before you start your step ups. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each step up

Place one foot on top of the step.
Step onto that leg and bring the opposite foot up to high knee (without touching the step).
Hold the position steady and then place the foot back on the floor.

Repeat for 90 seconds on one leg.

Switch the feet and repeat.

12 Step-up on step- rapid - Level 3



Remember to gently contract your pelvic floor muscles (50%) before you start your step ups. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each step up

Step up and down onto the step repeatedly at a fast pace.

13 Quadruped arm raise- Level 1



Remember to gently contract your pelvic floor muscles (50%) before you start lifting your arm. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each movement

Start on all fours with your hands under your shoulders and knees under your hips.
You should be flat across your back (like a table top). Try to keep your body / back position still as you raise one arm out in front of you (superman)

Pulse this arm 3 times then return to all 4's and swap arms.

Repeat

14 Quadruped hip extension- Level 2



Remember to gently contract your pelvic floor muscles (50%) before you start lifting your leg. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each movement

Start on all fours with your hands under your shoulders and knees under your hips.

Extend one leg out behind you - sliding it along the mat and then lifting it off the floor into the air once it is straight. Try to keep your body / back position still as you raise one leg

Aim to hold for 3-5 seconds. Swap legs. Repeat exercise.

15 Bird dog- Level 3



Remember to gently contract your pelvic floor muscles (50%) before you start lifting your arm or leg. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each movement

Try to combine level 1 and 2 so you raise your arm and your opposite leg at the same time.
Remember your aim is to keep your back still / level.

Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.

Repeat exercise

16 Forward lunge- level 1



Stand with both feet hip width apart.

Lunge forward, making sure you land with the heel and your knee stays over the foot, with your knee cap in line with the 2nd toe. Move straight down, creating a 90 degree angle at both knees and at the hip.

Remember to contract your pelvic floor muscles when lifting up from your lunge position. Push through the heel and return to the standing position.

Repeat with the other leg.

17 Forward lunge- level 2



Hold the TheraBand with one or both hands

As you lunge forward (as in level 1) contract your pelvic floor muscles and use the opposite hand to pull down on the TheraBand - bringing your hand towards your lunging knee.

Push through the heel and return to the standing position.

Repeat and, swap sides after 90 seconds.

18 Forward leap- level 1



Remember to contract your pelvic floor muscles as you rock forwards.

Stand as though you are taking a large stride.

Rock forwards to bring your weight onto your front foot and try to balance up onto your toes - your back foot stays in contact with the floor for balance.

Then rock back to bring your weight onto your back foot.

Repeat and alternate leading leg after 90 seconds

19 Forward leap - level 2



Remember to contract your pelvic floor muscles strongly as you stride rock forwards / leap. You will need to do this for each rock / leap movement.

Stand with one foot in front of the other as though you are taking a large stride.

Leap / rock forward onto your front foot allow the back foot to come off of the floor.

Now leap back onto your back foot.

Repeat for 90 seconds then swap sides.

20 Forward leap- level 3



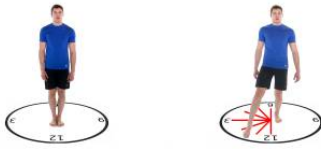
Remember to contract your pelvic floor muscles strongly as you stride rock forwards / leap. You will need to do this for each rock / leap movement

Forward bounds / leaps-

Take four leaps forward (2 on each foot- left -right - left - right).

Now repeat going backwards

21 Single Leg Stand clock



Remember to gently contract your pelvic floor muscles (50%) before you start lifting your leg. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each movement.

Stand on one leg and lightly tap the floor on an imaginary clock around you, trying to hit each number. Bend your support knee slightly to help you keep your balance.

Swap standing leg at 90 seconds

22 Single leg stance



Remember to gently contract your pelvic floor muscles (50%) before you start lifting your leg. If possible you can keep the pelvic floor muscles contracted for up to 60 seconds or if required you can relax the muscles between each movement.

Stand and lift one leg. Try to balance for 30 seconds or as long as you can. Hold onto wall lightly for support if needed. Try to challenge your balance by not holding on all the time.

Progressions:

- Roll ball around using your tip toes on the free foot
- Try closing your eyes

23 Single leg Squat - Running man in standing (arms)



Remember to gently contract your pelvic floor muscles (50%) before you start lifting your leg.

Starting position: Single leg standing with arms in a running position.
Action: Move the arms back and forth in a running motion through the exercise in time with your leg movements. Bring one knee up towards your chest then bend the knee you are standing on to lower into a single leg squat whilst you extend the lifting leg out behind you to tap your toes behind you on the floor.

Repeat up to ten times on one leg and then repeat on the opposite leg.

24 Walking lunges, biceps curl



Spread your feet at hip width, take a step forward, and try to get to a 90-degree flexion at the knee and hip. Keep your torso and hip stable, and the foot aligned with the knee and the hip. As you lunge, flex the elbows to lift the weights up.

Remember to contract your pelvic floor muscles when lifting up from your lunge position.

Bring the trailing leg in front to make another step, walk forwards for 4 and back for 4.