

## Abdominal separation exercises

1. Lie on your back with knees bent and feet flat on the floor. Place your hands on your abdomen with your fingertips pointing down toward your pubic bone. Exhale as you slowly lift your head (and shoulders, if you can) while pressing down and in with your fingers - that will urge the rectus abdominus muscles back together.
2. Take a long towel and wrap it around your torso with the ends in front. As you perform a crunch (as above), pull the ends of the towel towards each other in front of your belly button, which will also urge the muscle back together.
3. Lie on your back with knees bent and feet flat on the floor. As you exhale, slowly extend one leg along the floor, feeling your abdomen contract below your belly button. Inhale as you return to the starting position. Repeat with the other leg.

Do 8 repetitions for each exercise and 3 sets.

## Pelvic Floor exercises

1. Lie on your back with knees bent and feet flat on the floor. Imagining your pelvic floor as a series of floors in a sky scraper from 1 to 10. Engage your pelvic floor to the “8<sup>th</sup> floor” and hold for 10 seconds. Release then repeat this for ten more repetitions.
2. Lie on your back with knees bent and feet flat on the floor. Engage your pelvic floor to the “8th” level, then hold for as long as you can. Imagine pulling your tummy in as you try to put on a really tight pair of jeans. Always engage your pelvic floor first!! V V important.

Complete this process 10 times

3. The previous two exercises can be done either standing or sitting.
4. Lie on your back with knees bent and feet flat on the floor. As you exhale, slowly engage your pelvic floor to a “2”, then draw your tummy in and up. Hold this position breathing deeply into your rib cage. Aim to keep the abdominals drawing “Down”. See how long you can keep this connection. Aim to improve longevity of contraction.