

PELVIC FLOOR STRENGTHENING EXERCISES



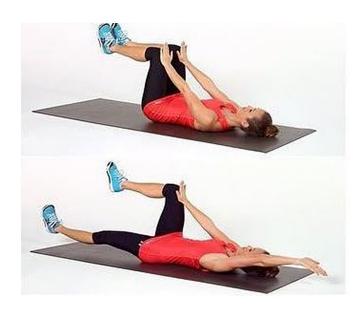




Assisted heel Drops



Bridge







Bird Dog