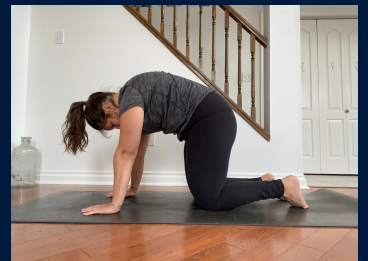


5 MOVES TO RECONNECT WITH YOUR CORE + PELVIC FLOOR POSTPARTUM

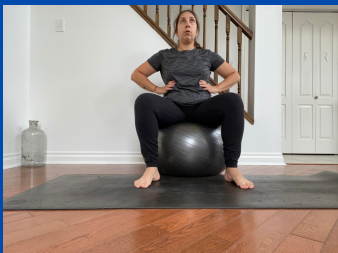
CAT COW



Start on all fours on the floor with a neutral spine. As you inhale, arch your back and look up to the sky. As you exhale, do a slight pelvic floor contraction, round your back and look down to the floor.



DIAPHRAGMATIC BREATHING



Sit on a stability ball if you have one available, otherwise find a comfortable seated position on the floor. Place your hands on your ribcage, and as you inhale, relax your entire body. Feel your belly fill with air and visualize breathing wide into your hands as if to spread them apart. As you exhale, send the air through your mouth, do a slight pelvic floor contraction and visualize your hands coming together on your ribs (without actually moving them).

PRONE BREATHING

Start by lying flat on your stomach. As you inhale, relax your body and feel your belly press into the floor. As you exhale, do a slight pelvic floor contraction and feel your belly rise away from the floor (while still touching it).



GLUTE BRIDGE WITH PROP



Start by lying down with your back on the floor, feet on the floor, knees bent and pointing toward the sky. Place a prop (block, ball, pillow, etc.) between your knees. On the inhale, squeeze your knees into the prop. As you exhale, do a slight pelvic floor contraction, press your feet into the ground, and lift your glutes up off the floor.

KNEELING SQUAT WITH PROP

Start by kneeling on the floor. Place a prop between your hands with your arms extended out in front of you. As you inhale, squeeze your hands into the prop. As you exhale, do a slight pelvic floor contraction and descend by bringing your glutes to your calves, then ascend to return to a kneeling position.

