

Read each section carefully. This will help you determine which class best fits your capabilities and needs.

When in doubt, give us a call or email us. (805)-869-1718, [adrianao@ptvida.com](mailto:adrianao@ptvida.com)

| Level                                                  | Who It Suits / Your Current Activity                                                                   | Example Exercises You Can Already Do                                                                                   | What You'll Gain in This Level                                                                                                          | Notes & Considerations                                                                                               |
|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>Level 1 — Re-Connect &amp; Re-Build</b>             | Just returning to exercise post-baby or moving mostly by walking / light activity                      | Gentle walking, basic core breathing work, light mobility movements                                                    | Learn pelvic floor awareness, foundational neuromuscular control, safe reintroduction of movement with pelvic support                   | This is your “starting line” — choose this level if you feel uncertain, weak, or are want to begin with the basics   |
| <b>Level 2 — Stabilize &amp; Strengthen</b>            | You hit the gym 1–3x per week or do light strength + moderate cardio                                   | Bodyweight squats, lunges, glute bridges, jogging / elliptical / cycling, light resistance band work                   | Strengthen pelvic floor under mild load, integrate pelvic control in common movements (squats, lunges), build confidence moving upright | Good for those who feel stable with the basics but want to add specialized strength and safety into regular workouts |
| <b>Level 3 — Power, Performance + Pelvic Integrity</b> | You consistently work out, lift weights, do HIIT or moderate-to-high cardio, or advanced movement work | Squats with weight, deadlifts, kettlebell swings, jumps / plyometrics, running / interval training, advanced core work | Train pelvic floor under higher loads and dynamic movements, integrate pelvic health into performance, resilience under stress          | For people who want pelvic strength to support <b>high-demand movement</b> , not just “pelvic health” in isolation   |