

Week 5, Day 1

FUNDAMENTALS

1

Kegels (seated) - endurance

2 x 15 sets reps 10 x 2 sec. hold time sec. rest time



Lift up the pelvic floor muscles and hold this squeeze for the suggested amount of time. Slowly release this muscle contraction. Take a few seconds to relax before repeating.

2

Kegels (seated) - strength

2 x 12 sets reps 1 x 2 sec. hold time sec. rest time



Lift up the pelvic floor muscles and hold this squeeze for the suggested amount of time. Slowly release this muscle contraction. Take a few seconds to relax before repeating.

CIRCUIT

Complete each of the 3 exercises in sequence and then rest. Complete 2 rounds.

Heel Drops, L3

15 reps/side

Lie on your back w/ your knees bent. Lift your head & shoulders off the ground. Bring your feet up so that your calves are parallel w/ the ground. Slowly lower 1 foot down just touching the ground without letting the weight transfer. Bring that foot back up to the starting position. Continue with the other side.



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Heel Slides, L2

15 reps/side

Lie on your back w/ your knees bent & feet flat on the ground. Lift your head & shoulders off the ground. Slide one foot away from you, allowing your leg to straighten. Slowly return to the starting position.



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Alternating Heel Drops

15 reps/side

Lie on your back w/ your knees bent. Lift your head & shoulders off the ground. Bring your feet up so that your calves are parallel w/ the ground. Slowly lower 1 foot down, just touching the ground without letting the weight transfer. As you bring that foot back up to the starting position, simultaneously lower the opposite foot to the ground.



Max. Hold: Plank (1x)

Hold a plank position for as long as you can, 1 time

