

1. Warm-Up (5 min)

Focus: Activate the core and increase blood flow.

1. Diaphragmatic Breathing – 10 reps

- Lie on your back or sit comfortably.
- Inhale deeply through your nose, expanding your belly.
- Exhale slowly through your mouth while gently pulling the belly button inward.
- Focus on lifting and contracting the pelvic floor on the exhale.

2. Pelvic Tilts – 10 reps

- Lie on your back with knees bent, feet flat.
- Tilt your pelvis upward, pressing your lower back into the mat, then release.

3. Cat-Cow Stretch – 10 reps

- On hands and knees, inhale as you arch your back (cow pose).
- Exhale, round your spine, tuck your chin (cat pose).

2. Strengthening Exercises

Activation Phase

1. Kegels – 12 slow reps

- Sit or lie down. Contract the pelvic floor muscles (as if stopping urine flow).
- Hold for 5-10 seconds, then release.

2. Bridge with Pelvic Floor Engagement – 12 reps

- Lie on your back, knees bent, feet hip-width apart.
- Inhale, then exhale as you lift your hips, engaging the pelvic floor.
- Lower with control.

Strength & Endurance

3. Bird Dog – 10 reps per side

- On hands and knees, extend opposite arm and leg.
- Hold for 3 seconds, return to start.

4. Dead Bug – 10 reps per side

- Lie on your back, arms up, knees at 90 degrees.
- Extend opposite arm and leg while keeping core engaged.

5. Side-Lying Clamshells – 12 reps

- Lie on one side, knees bent, feet together.
- Open and close knees, keeping feet touching.

6. Squat with Pelvic Floor Engagement – 12 reps

- Stand with feet hip-width apart.
- Inhale as you lower, exhale as you rise while activating pelvic floor muscles.

7. Bird Dog – 10 reps per side

- On hands and knees, extend opposite arm and leg.
- Hold for 3 seconds, return to start.

Functional Core Integration

8. Standing March with Core Engagement – 10 reps per leg

- Stand tall, lift one knee at a time while engaging core and pelvic floor.

3. Cool Down & Relaxation (5 min)

1. Happy Baby Stretch - hold for 30-60 seconds.

- Lie on your back, grab the outsides of your feet, and gently pull knees toward the floor.
- Breathe deeply

2. Child's Pose with Deep Breathing - Hold for 1-2 minutes.

- Sit back onto your heels, arms extended forward.
- Breathe deeply, focusing on relaxing the pelvic floor.