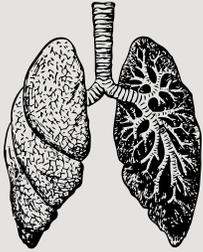


The pelvic floor + core



BREATHWORK (treat like an exercise)

Inhale through nose - diaphragm descends down and the ribs expand in a 360 motion, which then lengthens (relaxes) the abdominals and pelvic floor

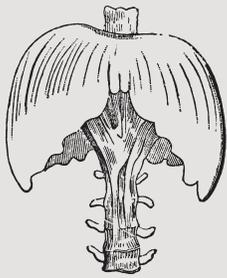
Exhale through pursed lips (or S sound) - diaphragm ascends and the pelvic floor and abdominals naturally follow by drawing up and in (like a diamond contracting corners in)

LIFTING

Same process as stated above but core is slightly braced as we inhale through the eccentric (easy) part of the lift and exhale on the concentric (effort) part of the lift **“EXHALE ON THE EFFORT”**

Exhale *before* starting the effort - remember *“blow before you go”* to ensure intra-abdominal pressure is distributed in all directions

The breath “intensity” is subjective to the weight being used/lifted (ex. you wouldn’t brace with the same force that you use when lifting a heavy dumbbell as you would picking up an empty cardboard box)



POSTURE

The pelvic floor muscles have a natural rhythm with the breathing pattern (as explained in the breathwork section)

Pelvic floor muscles also play an important part in posture, so awareness (observing with no judgement) of postural alignment is key to ensure that the breath flows easily and for better activation of the deep core muscle system

“Hips over ribs” is a great reference for this alignment - remember no butt clenching, no knee locking and relax the shoulders

LOTS OF GRACE, BABE

*Take your time learning and integrating these new patterns, there is no need to force

*Listen to your body! If something doesn’t feel right, stop and ask questions

*The goal is not perfection because every body is different - the goal is awareness and grace, babe!

