





## Pelvic floor position progressions

The position you do your pelvic floor exercises in can either make them more challenging, or less challenging.

Start with the easy options, and progress up as you move through the program.

You will be guided as to the best positions to do your pelvic floor exercises by your practitioner.

<p><b>Easy</b></p> <p>No gravity Relaxed positions</p> <p><i>These exercises are good for pelvic floor relaxation/letting go.</i></p>	<p><b>Crook lying</b></p>  <p><b>Sidelying</b></p>  <p><b>Childs pose</b></p>  <p><b>Butterfly stretch</b></p> 
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**Moderate**

Slight increase in challenge, working against gravity.

**4 point kneeling**



**Seated with slight forward lean \***



**Standing**



**Moderate + activation**

Adding some more hip activation and increasing challenge.

**4 point kneeling with ball squeeze**



**Bridge with ball squeeze**



**Wall squat**



**Difficult**

Standing to work against gravity, adding in hip strength.

**Free squat**



**Squat with ball squeeze**



Single leg glute and core activation.

**Single leg bridge**



\* Seated forward lean is a great position to help activate the front passage