

Session #1 Exercises

1. Start with Diaphragmatic Breathing (belly breathing) - lay on back with knees bent, hands-on abdomen. Slowly take a deep breath in, allowing the abdomen to rise, then slowly exhale (abdomen should gently return to starting position). X5-10 reps
2. Diaphragmatic Breathing with involuntary activation of Transverse Abdominis (TrA)
 - a. Continue with breathing as in #1 but on the exhale, you're going to exhale as if you are pushing air through a straw (making small "o" with your mouth) x5 reps
3. Voluntary TrA contraction - place hands on the lower abdomen, just inside hip bones. Continue with #2, but on the exhale, you want to gently draw in the lower abdomen, or think about trying to gently pull the hip bone together - only at 25% force. This should be gentle to isolate the TrA - you may also put one hand over the belly button to make sure that rectus abdominis is not kicking in! X5-10 reps
4. Voluntary Pelvic Floor (PF) contraction - Do #2, but as you exhale, you are going to gently squeeze and lift the PF - make sure to not compensate with glutes!!! May place a hand on glutes to avoid compensation. X5-10 reps
5. Combine #3 and 4 together - after you've practiced #3 and 4 separately for at least 3 days. X10 reps

**If you feel like you've got a good handle on these during the first week, you may make it more challenging by increasing your hold to 3 seconds each rep.

Repeat DAILY!