

Pelvic Core Checklist



Week 1 Lessons

Introduction

Welcome / Tight Pelvic Floor Video

Lesson #1

The "Container"

TrA and PF Activation

Water Content

Daily Exercises

Wednesday

Sunday

Thursday

Monday

Friday

Tuesday

Saturday

Pelvic Core Checklist



Week 2 Lessons

Session #2

Diastasis

Caffeine Intake

Urge Incontinence

Daily Exercises

Wednesday

Sunday

Thursday

Monday

Friday

Tuesday

Saturday

Pelvic Core Checklist



Week 3 Lessons

Session #3

Bathroom Position

Pelvic Organ Prolapse

Finding Time

Daily Exercises

Wednesday

Sunday

Thursday

Monday

Friday

Tuesday

Saturday

Pelvic Core Checklist



Week 4 Lessons

Session #4

Sucking In vs. Abdominal Bracing

Training with a Diastasis

Final Week Check-In

Daily Exercises

Wednesday

Sunday

Thursday

Monday

Friday

Tuesday

Saturday