

Pelvic Core Checklist



Week 1 Lessons

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Introduction

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Welcome / Tight Pelvic Floor Video

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Lesson #1

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The "Container"

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TrA and PF Activation

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Liquid Intake

Daily Exercises

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Day 1

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Day 5

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Day 2

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Day 6

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Day 3

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Day 7

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Day 4

Pelvic Core Checklist



Week 2 Lessons

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Session #2

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Diastasis

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Caffeine Intake

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Urge Incontinence

Daily Exercises

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Day 1

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Day 5

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Day 2

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Day 6

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Day 3

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Day 7

☐

Day 4

Pelvic Core Checklist



Week 3 Lessons

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Session #3

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Bathroom Position

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Pelvic Organ Prolapse

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Finding Time

Daily Exercises

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Day 1

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Day 5

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Day 2

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Day 6

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Day 3

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Day 7

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Day 4

Pelvic Core Checklist



Week 4 Lessons

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Session #4

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Sucking In vs. Abdominal Bracing

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Training with a Diastasis

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Final Check-In

Daily Exercises

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Day 1

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Day 5

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Day 2

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Day 6

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Day 3

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Day 7

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Day 4