

# 30 Day Pelvic Floor Challenge



Hypopressive breathing technique:

- 1) Take a big breath in expanding the rib cage out first, then fill the lungs.
- 2) Hold your breath and imagine a string being pulled from the inside of your belly button up to the back of your shoulder blades.
- 3) Contract the pelvic floor simultaneously (kegel).
- 4) Continue to hold breath with belly sucked in.
- 5) Perform exercises from this position.

The challenge: do circuit everyday for 30 days (can be before workout or at home on own).

Exercises	Week 1	Week 2	Week 3	Week 4
Lay with knees bent, feet flat on the floor	5 breaths in holding breath for 10 seconds each rep	5 breaths in hold breath for 12 seconds each rep	5 breaths in hold breath for 15 seconds each rep	5 breaths in hold breath for 20 seconds each rep
Lying alternating toe taps (holding breath)	10 total	12 total	14 total	16 total
Deadbugs (holding breath)	10 total	12 total	14 total	16 total
In tabletop position (on all fours)	5 breaths in holding breath for 10 seconds each rep	5 breaths in hold breath for 12 seconds each rep	5 breaths in hold breath for 15 seconds each rep	5 breaths in hold breath for 20 seconds each rep
Vacuum Twists from stand (holding breath)	2 sets: 10 reps/twists	2 sets: 15 reps/twists	3 sets: 20 reps/twists	3 sets: 24 reps/twists

# Accountability Calendar

Check off each day you completed the circuit

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28