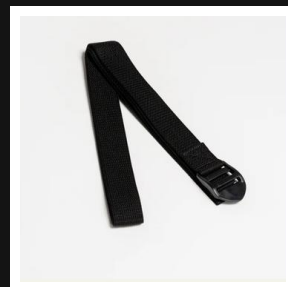
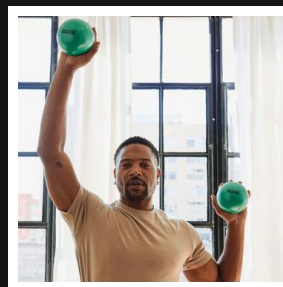
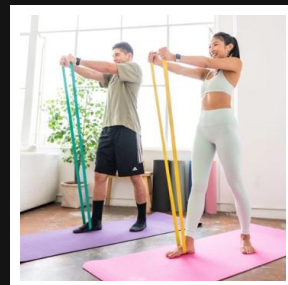
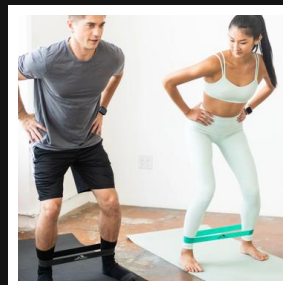


MONTH 7 · PELVIC FLOOR & CORE

30 days. Breathe. Lift. Core connected.

Month 7 links your breath, pelvic floor and deep core, then takes that connection from lying down to standing. 20 all-new exercises.



Resistance Loops ×4

● LIGHT ● MED ● HEAVY ● X-HEAVY

Elite Resistance Band — Light

25-50 LBS

Weight Balls ×2

5 LBS EACH

Yoga Strap

8 FEET

YOUR WEEKLY SCHEDULE · 15 MINUTES A DAY

Mon

Hips + Lower Back
+ Pelvic floor

Tue

Glutes + Hips
+ Pelvic floor

Wed

Lower Back + Glutes
+ Pelvic floor

Thu

Hips + Glutes
+ Pelvic floor

Fri

Lower Back + Hips
+ Pelvic floor

LOOP

Resistance loop

ELITE BAND

25-50 lb band

WEIGHT BALL

5 lb ball

YOGA STRAP

8 ft strap

NO EQUIPMENT

Bodyweight

Before you begin: Use a sturdy, non-rolling chair and desk, a mat or carpet for floor moves, and keep a clear space around you. Stop if you feel sharp pain, dizziness, or numbness. If you are pregnant, recovering from injury, or have a health condition, check with your healthcare provider before starting a new exercise routine. **Pelvic floor and lower back:** move only in a pain-free range. If you have back pain that travels down a leg, numbness, pelvic pain, leaking, or heaviness, or are pregnant or postpartum, see your healthcare provider or a pelvic floor physical therapist for a personal plan. Never practice by stopping your urine flow.

Hips Mobility & strength

Loop Quadruped Hip Circle **3 × 6 each way**

LOOP ● Green · Above knees · Hands & knees

On hands and knees with the loop above your knees, lift one knee slightly and draw big, slow circles with it. Reverse direction, then switch legs.

Keep your back flat and still.

Side-Lying Double Leg Lift **3 × 10 each**

NO EQUIPMENT Side-lying on a mat

Lie on your side with legs straight and stacked, head resting on your arm. Squeeze your legs together and lift both a few inches off the floor, then lower slowly.

Small lift; feel your side and inner thighs.

Ball Wall Hip Press **3 × hold 15 s each**

WEIGHT BALL Ball between knee and wall · Standing

Stand sideways next to a wall. Lift the knee closest to the wall to hip height and pin a ball between your knee and the wall. Press into the ball and hold while balancing on the other leg.

Your standing hip does the work.

Loop Standing Straight-Leg Raise **3 × 10 each**

LOOP ● Green / ● Red · Around ankles · Hold desk

Hold your desk with the loop around both ankles. Keeping one leg straight, lift it forward to about 45° against the band, then lower with control.

Stand tall; don't lean back.

Lower Back Support & stability

Seated Pelvic Rock **3 × 10**

NO EQUIPMENT Seated at chair edge

Sit at the front edge of your chair with feet flat. Slowly roll your pelvis forward to arch your lower back, then roll back to round it.

Easy to do on any call.

Desk Plank Hold **3 × hold 20-30 s**

NO EQUIPMENT Hands on desk · Incline plank

Place your hands on a sturdy desk and walk your feet back into an incline plank. Hold with your body in one straight line, breathing steadily.

Squeeze glutes so your hips don't sag.

Short Side Plank Hold **3 × hold 15-20 s each**

NO EQUIPMENT Forearm & knees · On a mat

Lie on your side with knees bent. Lift your hips onto your forearm and knees so your body forms a straight line from head to knees, and hold.

Elbow directly under shoulder.

Standing Back Bend **5 slow reps**

NO EQUIPMENT Hands on lower back · Standing

Stand with feet hip-width and hands on your lower back. Gently lean back a few inches, looking slightly up, then return to tall standing.

Gentle; stop if it's painful.

Pelvic Floor Breath & control

Pelvic Floor Elevator **5 slow reps**

NO EQUIPMENT Seated or standing

Lift your pelvic floor in three stages, like an elevator rising to the first, second and third floor. Then lower it floor by floor until fully relaxed.

Each floor is a little more effort.

Standing Pelvic Floor Lift **10 × hold 5 s**

NO EQUIPMENT Standing tall

Stand tall with feet hip-width. Exhale and lift your pelvic floor, hold for 5 seconds while breathing normally, then fully relax.

Standing is harder than lying, so start gently.

Quadruped Pelvic Floor Lift **10 × hold 5 s**

NO EQUIPMENT Hands & knees · On a mat

On hands and knees with a neutral back, exhale and lift your pelvic floor and lower belly together. Hold for 5 seconds while breathing, then release.

Let your belly hang on the release.

Loop Bent-Knee Fallout **3 × 8 each**

LOOP ● Green · Above knees · Lying on a mat

Lie on your back with knees bent and the loop above your knees. Exhale, lift your pelvic floor, and let one knee fall out to the side against the band. Inhale as it returns.

Pelvis stays level and still.

Glutes & Legs Power for your hips

Ball Sumo Squat **3 × 12**

WEIGHT BALL One ball at chest · Wide stance

Stand with feet wide and toes turned out, holding a ball at your chest. Sit straight down between your heels, then press back up.

Knees track over your toes.

Kneel-to-Stand **3 × 6 each**

WEIGHT BALL One ball at chest · On a mat

Start kneeling with a ball at your chest. Step one foot forward, press up to standing, then step back down to kneeling. Alternate the leading leg.

Use the desk for support if needed.

Loop Lateral Toe Tap **3 × 20 total**

LOOP ● Red · Around ankles · Quarter squat

With the loop around your ankles, sink into a quarter squat. Tap one foot out to the side and back, then the other, at a quick but controlled pace.

Stay low the whole set.

Loop Squat Hold Pulse **3 × 20 pulses**

LOOP ● Red / ● Blue · Above knees · Quarter squat

With the loop above your knees, sit into a quarter squat. Hold that height and pulse your knees out against the band in small movements.

Chest up; weight in your heels.

Mobility & Release Unwind hips & back

Frog Stretch

Hold 30-45 s

NO EQUIPMENT

Hands & knees • On a mat

On hands and knees, slide your knees wide apart with ankles in line with knees. Gently rock your hips back until you feel a stretch in your inner thighs.

Use a cushion under your knees.

Windshield Wiper Stretch

10 each side

NO EQUIPMENT

Lying on a mat, feet wide

Lie on your back with knees bent and feet wider than your hips. Let both knees fall slowly to one side, then the other.

Shoulders stay relaxed on the floor.

Prone Hip Rotation Drop

10 slow reps

NO EQUIPMENT

Face-down on a mat

Lie face-down with knees bent to 90°. Let both feet fall slowly out to the sides, then bring them back in and cross them gently.

Hips stay down on the floor.

Thread the Needle

Hold 20 s each

NO EQUIPMENT

Hands & knees • On a mat

On hands and knees, slide one arm under your body along the floor until your shoulder and temple rest down. Hold, then switch sides.

Keep your hips over your knees.

Every 15-minute session

TIME	BLOCK	WHAT TO DO
0:00-3:00	Breath & pelvic floor	This month's 4 Pelvic Floor exercises — every day.
3:00-12:00	Strength circuit	The 8 exercises from today's two zones. Rest 60 seconds between rounds.
12:00-15:00	Mobility & Release	Two or more stretches from this month.

Your 30-day progression

WEEK	ROUNDS	LOOP LEVEL	FOCUS
1	1 round, full reps	● Green	Pelvic floor work lying down; lift on every exhale.
2	2 rounds, full reps	● Green → ● Red	Move pelvic floor work to seated.
3	2 rounds, full reps	● Red	Move to standing; 10-second holds.
4	3 rounds, full reps	● Red → ● Blue	Lift your pelvic floor on the effort of every strength rep.
Days 29-30	Check-in	—	Easy session; notice what has changed.

Choose the loop that lets you finish every rep with good form and makes the last reps feel challenging. Never sacrifice form for resistance.