

# The Pelvic Floor Fitness Fix Guide

14 Exercises Women Over 40  
Should Rethink  
(and Smarter Moves to Try)



Isa Herrera MSPT, CSCS

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# BIO

Isa Herrera stands as a leading authority in the world of integrative pelvic floor therapies.

A licensed physical therapist with over 18 years of hands-on clinical experience, she has treated more than 15,000 women at her prestigious NYC healing center, Renew PT.

Isa didn't just adapt to the world of pelvic health; she revolutionized it.

She was at the forefront of blending Maya Massage, Cold Laser Therapy, Sound Healing, and Andean Energy Techniques with evidence-based physical therapy well before integrative pelvic healing entered mainstream conversations.

An expert in her field, Isa has authored five essential books on pelvic floor dysfunction and pain. She is a respected voice in the academic community, lecturing nationally and setting new standards in women's health.

Her influence doesn't stop at the podium. Through her online academy, [www.PelvicPainRelief.com](http://www.PelvicPainRelief.com), she offers meticulously designed self-help courses that bring her extensive expertise to a global audience.

Personal experience has deepened Isa's professional commitment. After enduring pelvic floor dysfunction following the birth of her daughter, Isa knows the challenges intimately.



Her holistic supplement line, [Rootganic Total Fem](#), is a game-changer. Offering science-backed solutions to women worldwide, Isa further solidifies her position as a comprehensive authority in the field.

Isa's life's mission is to help 1 million women conquer pelvic floor dysfunction.

# TABLE OF CONTENTS

## INTRODUCTION

01

HIGH IMPACT EXERCISES

10

EXERCISES THAT REQUIRE  
STRAINING OR BEARING

06

HIGH INTENSITY INTERVAL  
TRAINING (HIIT)

02

HEAVY WEIGHLIFTING

11

BURPEESS

07

EXERCISES THAT TARGET  
THE RECTUS ABDOMINUS

03

BREATH-HOLDING  
EXERCISES

12

BOX JUMPS

08

HEAVY KETTLEBALL  
SWINGS

04

EXERCISES THAT CREATE  
TRIGGER POINTS

13

TRAMPOLINE OR  
REBOUNDER EXERCISES

09

DOUBLE LEG LIFTS

05

EXERCISES THAT REQUIRE  
A LOT OF BENDING +  
TWISTING

14

AVOID EXERCISES THAT  
MAKE THE PELVIC FLOOR  
FASCIA TIGHT

## CONCLUSION

# INTRODUCTION

If you're one of the millions of women experiencing pelvic floor dysfunction, you know how frustrating it can be. Symptoms like leaking, pelvic organ prolapse, and pelvic pain can make it difficult to enjoy daily life, let alone exercise.

But did you know that some exercises can exacerbate these symptoms and cause even more damage to your pelvic floor?

Unfortunately, the fitness industry doesn't prioritize your pelvic floor health, and continues to promote exercises that can harm your body.

That's why I'm here to help.

As a former top trainer in New York City, I've seen firsthand the harmful and ugly things the fitness industry does to women.

This eBook will discuss the top 14 exercises women with pelvic floor dysfunction should avoid, based on extensive research and experience working with clients with pelvic floor issues.

But before we dive into those exercises, let's take a moment to appreciate our amazing bodies and understand that pelvic floor dysfunction is nothing to be ashamed of.

In fact, it's essential to note that women with pelvic floor dysfunction shouldn't avoid exercise altogether.

Exercise is crucial for maintaining a healthy body; a strong body can help heal pelvic floor issues faster.

Now, back to the exercises. I know it may be difficult to avoid some of your favorite workouts but trust me, it's worth reducing your symptoms and feeling better.

And don't worry; I'm not just leaving you with a list of exercises to avoid. **The Fit Strong Balance program is engineered specifically for women's bodies, especially for those with pelvic floor issues.** It's the only workout exercise program on the market that's both effective and pelvic floor-safe.

[Click here to learn more about the Fit Strong Balance Program.](#)

By avoiding the exercises listed in the eBook and focusing on pelvic floor-safe workouts, you can maintain a strong body while improving your pelvic floor health.

With the right guidance and support, you can find enjoyable and safe workouts for your body.

So don't give up on exercise, but take the time to learn about the right exercises for your body. And with my eBook and **Fit Strong Balance program**, you'll have all the information and support you need to take control of your health and achieve your fitness goals.

[Join The Fit Strong Balance Program Now!](#)

So grab a cup of tea, get comfortable, and get ready to learn about pelvic floor dysfunction and how to exercise in a way that's both enjoyable and safe for your body.

**Let's do this!**

01

# High-Impact Exercises



High-impact exercises such as running, jumping, and plyometrics can strain the pelvic floor greatly. This can lead to leaking, pelvic organ prolapse, and pelvic pain.

**Isa's Tip:** Women with pelvic floor dysfunction should avoid these types of exercises and opt for low-impact alternatives such as swimming, cycling, and walking.

02

# Heavy Weightlifting



Heavy weight lifting can also put a lot of strain on the pelvic floor. Women with pelvic floor dysfunction should avoid heavy lifting exercises, such as deadlifts, squats, and overhead presses.

**Isa's Tip:** Instead, women should opt for lighter weights and exercises that target the glutes and lower body without putting excessive pressure on the pelvic floor.

03

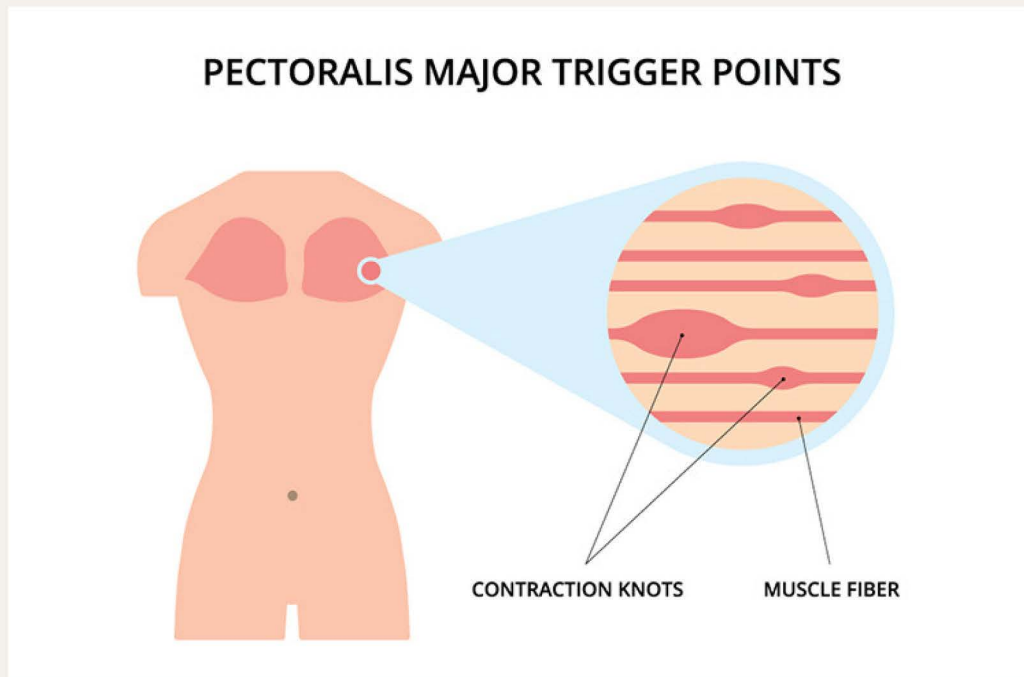
# Breath-Holding Exercise



Breath-holding exercises such as planks, sit-ups, and crunches can put a lot of pressure on the pelvic floor. This can cause damage to the pelvic floor muscles and exacerbate symptoms.

**Isa's Tip:** Women with pelvic floor dysfunction should avoid these exercises and opt for alternatives such as pelvic tilts, bridges, and side planks.

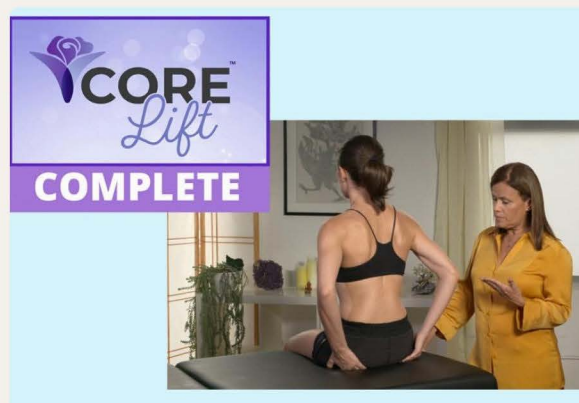
# Exercises That Create Trigger Points



Exercises that create trigger points, such as deep squats, lunges, leg presses, and chess presses can exacerbate symptoms of pelvic floor dysfunction.

**Isa's Tip:** Women with pelvic floor dysfunction should avoid these exercises and opt for alternatives such as clamshells, lateral band walks, and standing leg lifts. Plus women should focus on removing trigger points from their chest muscles to improve posture. Look no further than my V-Core Lift Program to discover how to treat trigger points.

[Click here for more information on V-Core Lift Program](#)



# Exercises That Require a Lot of Bending and Twisting



Exercises that require a lot of bending and twisting, such as yoga poses like the forward fold and seated twist, can put pressure on the pelvic floor.

**Isa's Tip:** Women with pelvic floor dysfunction should avoid these exercises and opt for alternatives such as gentle yoga poses like child's pose and cat-cow. For pelvic floor-safe yoga that has no twisting and focuses on keeping the pelvic floor safe from harm.

[Click her for more information on my PRESS Yoga Program](#)



# High-Intensity Interval Training (HIIT)



High-Intensity Interval Training (HIIT) can be a great way to get a workout in quickly, but it can also strain the pelvic floor. Women with pelvic floor dysfunction should avoid HIIT workouts and opt for low-intensity steady-state cardio instead.

**Isa's Tip:** I would recommend more low-impact cardio forms and exercises targeting all the muscles connected to the pelvic floor. Those can be found in my Fit Strong Balance program.

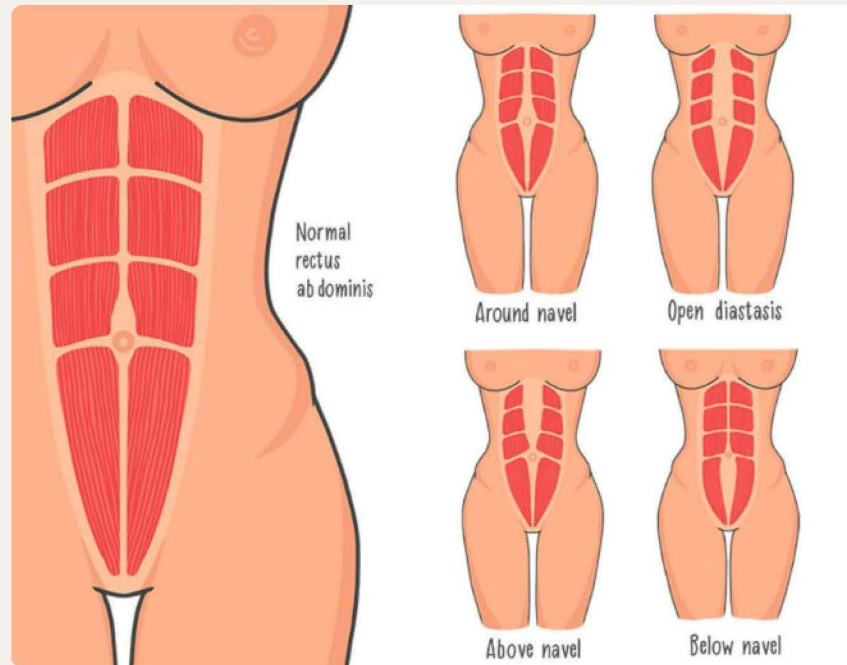
[Click here for more information on the Fit, Strong, Balance Program](#)



**Pelvic-Floor-Safe Fitness**

**Fit Strong Balance Program**

# Exercises That Target the Rectus Abdominus



Exercises that target the Rectus Abdominus such as regular crunches and sit-ups can increase abdominal pressure and create trigger points in the pelvic floor.

**Isa's Tip:** Women with pelvic floor dysfunction should avoid these exercises and opt for alternatives such as planks, side planks, bird dogs and transverse abdominal exercises.

If you have Diastasis Recti Abdominal Separation, you must correct it. Diastasis Recti Abdominal Separation is a condition that affects many women, particularly during and after pregnancy.

This condition, characterized by the separation of the abdominal muscles can lead to serious health issues such as leaking, pelvic organ prolapse, lower back pain, poor posture, and compromised core stability.

If left unaddressed, it may also result in long-term discomfort and an increased risk of developing hernias and pelvic floor dysfunction.

**The Fit, Strong, Balance program** offers a comprehensive solution for women seeking to correct Diastasis Recti and reclaim their strength, stability and confidence. Our expertly designed program focuses on targeted exercises and stretches that help heal the separated muscles and restore overall core strength and balance. Don't let Diastasis Recti hold you back; invest in your health and well-being today by joining the Fit Strong Balance program and enjoying a strong body and a pain-leak free empowered life.

**[Click here for more information.](#)**

08

# Heavy Kettleball Swings



Heavy kettlebell swings can put a lot of strain on the pelvic floor and exacerbate symptoms of pelvic floor dysfunction.

**Isa's Tip:** Women with pelvic floor dysfunction should avoid heavy kettlebell swings and opt for lighter weights.

09

# Double Leg Lifts



Double leg lifts can put a lot of pressure on the pelvic floor and exacerbate symptoms of pelvic floor dysfunction.

**Isa's Tip:** Women with pelvic floor dysfunction should avoid double leg lifts and opt for alternatives such as single leg lifts or glute bridges.

# Exercises that Require Straining and Bearing



Exercises that require straining and bearing down, such as squats with heavy weights or holding the breath during exercise, can put a lot of pressure on the pelvic floor.

**Isa's Tip:** Women with pelvic floor dysfunction should avoid these exercises and opt for alternatives such as pelvic floor safe modifications or low-impact exercises.

11

# Burpees



Burpees involve a combination of jumping, squatting, and plank positions, which can strain the pelvic floor.

**Isa's Tip:** Women with pelvic floor dysfunction can opt for modified burpees that avoid jumping, such as step-back lunges or standing jump squats. They can also do exercises that target the same muscle groups without putting excessive pressure on the pelvic floor, such as modified push-ups, bodyweight squats, and planks.

12

# Box Jumps



Box jumps involve jumping onto a raised platform, which can cause a sudden jolt to the pelvic floor.

**Isa's Tip:** Women with pelvic floor dysfunction can opt for lower-impact exercises that still target the same muscle groups, such as step-ups onto a low platform or bench, or squats with resistance bands. They can also do exercises that target the same muscle groups without putting excessive pressure on the pelvic floor, such as lunges, squats, and calf raises.

# Trampoline and Rebounder Exercises



Trampoline exercises such as jumping jacks or bouncing can cause excessive pressure on the pelvic floor.

**Isa's Tip:** Women with pelvic floor dysfunction can opt for lower-impact exercises, such as walking or marching in place, or low-impact aerobics, such as step aerobics or dance aerobics.

They can also do exercises that target the same muscle groups without putting excessive pressure on the pelvic floor, such as leg lifts, standing leg curls, and seated leg extensions.

It is recommended to consult with a pelvic floor physical therapist or healthcare provider for personalized exercise recommendations.

Specific exercises can cause tightness in the pelvic floor fascia in women's bodies, leading to discomfort and even pain. Exercises like heavy weightlifting, intense core workouts, and high-impact activities like running can put excessive pressure on the pelvic floor, causing the fascia to tighten and leading to issues like incontinence and pelvic pain.

Avoid these exercises if you have pelvic floor dysfunction, as they can exacerbate symptoms and worsen the condition.

# Avoid Exercises That Make the Pelvic Floor Fascia Tight

**Isa's Tip:** Women with pelvic floor dysfunction should focus on gentle exercises on the pelvic floor, such as yoga, Pilates, and swimming. While avoiding movements that cause tightness in the pelvic floor fascia is essential, it's also important to focus on activities that create flexibility in the fascia.

My Total Fem Collagen is an excellent supplement that can help support the health of the pelvic floor fascia. Total Fem Collagen supplement contains key ingredients such as 5 collagen peptides, Tryptofan, and L Theanine which work together to support healthy skin, hair and nails and promotes the fascia's flexibility.

Combined with exercises like those in the Fit Strong Balance Program, Total Fem Collagen can help keep the pelvic floor fascia healthy and flexible, reducing the risk of pelvic floor dysfunction and improving overall pelvic floor health.

[Click here to learn more information on Total Fem Collagen, Pro-women, Pro-mood, Pro-pelvic floor.](#)



# CONCLUSION

If you're a woman who struggles with pelvic floor dysfunction...

Do you find it challenging to work out without experiencing leaks, pelvic organ prolapse, pelvic pain or lower back pain?

Look no further than the **Fit, Strong, Balance Program** – the perfect at-home strength training program for women with pelvic floor conditions.

Exercise is essential for your physical and mental health, but it can be intimidating to start working out when you are worried about potential setbacks in your pelvic floor progress.

With **Fit, Strong, Balance**, you can work out in the comfort and privacy of your own home without the fear of embarrassing leaks or injury.

Fit, Strong, Balance is designed by a certified pelvic floor therapist to increase muscle mass, strengthen your pelvic floor, and help you work out without hurting your progress.

The program requires no equipment and only a small space to work out, making it perfect for busy women who struggle to find the time for exercise.

Don't let your pelvic floor condition hold you back from living a vibrant and active life. Invest in your health and wellness with the Fit, Strong, Balance Program.

With consistency and dedication, you will see results and achieve a body that looks and feels years younger. Say goodbye to leaks, pressure, and pain while working out, and say hello to a strong and vibrant you.

**[Click here to learn about Fit, Strong, Balance and take the first step towards a healthier, happier you.](#)**

# Unlock Your Ultimate Feminine Wellness Potential with Isa's Revolutionary Total Fem Supplements & Life-Changing Programs

Isa Herrera, MSPT, CSCS, is a pelvic floor physical therapist and pioneer in the field of pelvic floor dysfunction. She is committed to designing supplements and pelvic floor healing programs that uplift your health and rebuild your inner strength.

Isa's supplements and programs are your ultimate destination for women's wellness from head to toe, including your pelvic floor. Take the first step to elevate your health and pelvic floor today and reclaim your vitality.

Say goodbye to untested supplements, hidden ingredients, and misleading marketing and programs that don't deliver the healing goods they promise.

Our supplements are science-backed, non-GMO, organically grown, and transparently labeled solutions, so you know exactly what's going into your beautiful body.

Our pelvic healing programs are based on Isa's clinical protocols, which have helped heal over 20,000 women.

Discover the life-changing benefits of Isa's supplements and programs for yourself!

Don't miss out on this opportunity to transform your health and reclaim your feminine wellness.

**Check below for more details and start your journey to a stronger, more confident you today!**

**No More Leaking When you Laugh or Sneeze**



Lifetime Access Program

## **V-CORE LIFT KEGEL COMPLETE PROGRAM**

***Now's your chance to stop the leaks and get a strong-tone pelvic floor***

This is THE program if you prefer to work in the privacy of your own home and make MASSIVE improvements to your lady parts and bladder. This program is guaranteed to help you build stronger, more toned muscles down there...which means you get to say goodbye to leaks when you laugh and weak Os, too. **Click here to check it out now.**

Are you tired of feeling constant burning "down there"?

- ✓ Estrogen & Hormone free
- ✓ Boost libido
- ✓ Rejuvenates dry \*V\* Tissues
- ✓ pH balanced to support \*V\* Microbiome
- ✓ Increases internal hydration
- ✓ Supports skin elasticity



Find out more at [www.rootganic.com](http://www.rootganic.com)

## TOTAL FEM RE-JUVENATOR INTERNAL VAGINAL SERUM- 100% NON-HORMONAL

*The **ULTIMATE** menopause hack for vaginal dryness*

My Total Fem Re-Juvenator is applied internally. And once your tissues begin to absorb its magic, hold on for a wild ride — because this is infused with natural ingredients that will make your desire take off like a rocketship, leave you feeling juicy down there, and even take the edge off your other menopause symptoms. **Click here to give it a try. But don't say I didn't warn you!**

Want to stop itching "down there"?

- ✓ Balance vaginal pH
- ✓ Improving Intimacy
- ✓ Has antibacterial powers
- ✓ Heals vaginal dryness and pain
- ✓ Increasing moisture in your most delicate areas



## DOWN THERE OIL EXTERNAL VAGINAL SERUM

*Get Relief From Vulvar Dryness, Burning, And Itching*

Talk about a game-changer. This little oil packs a one-two punch down there. It helps keep everything feeling silky-smooth. And it helps everything smell its best — thanks to the power of rose oil. **Click here to check it out now.**

Sleep Through The Night Again

- ✓ USDA Organic
- ✓ Anti inflammatory
- ✓ Helps prevent UTI
- ✓ Less bathroom trips
- ✓ Get rid of the pantyliners
- ✓ Promotes urinary tract health
- ✓ Supports healthy circulation



## TOTAL FEM ULTIMATE BLADDER HEALTH

*The first step to a strong bladder, UTI prevention and sleepless night - **USDA Organic***

My Ultimate Bladder Health supplement is designed to give your bladder the daily support it needs to stay strong, leak-free, and UTI-free. The best part? It's filled with all-natural ingredients that work together to nourish your body instead of work against it, like antibiotics can do. **Click here to check it out now.**

## Are You Fed Up With Feeling Bloating, Gassy, Or Constipated?

- ✓ Reduce risk of yeast infection
- ✓ Better vaginal taste
- ✓ Improves vaginal scent
- ✓ Balances pH



Find out more at [www.rootganic.com](http://www.rootganic.com)

## TOTAL FEM BIOME GUARD PROBIOTIC

### De-bloat and heal your gut

Now's your chance to scoop up a bottle of the all-new Total Fem Biome Guard Probiotic at a discount — we only have a limited number of bottles left! This unique formula is spore-based, includes prebiotics, survives the trip to your large intestine, and — it's the highest-quality probiotic out there. With probiotics, it's important that you continually take them to see the best benefit...and that's why I've set up a subscribe and save option for you! [Click here to learn more.](#)

## Do your nails keep braking?

- 1 Help your hair become fuller, healthier, and far less brittle
- 2 Skin hydrating, lifting, and firming
- 3 Keeps your joints and tendons flexible and strong
- 4 Helps prevent arthritis & osteoporosis
- 5 Enhance the production of dopamine and serotonin



[www.rootganic.com](http://www.rootganic.com)

## TOTAL FEM COLLAGEN

### Tap into the Fountain of Youth! Stay young from the inside & Get Glowing Skin

Collagen is the ultimate anti-aging tool. It's literally the fountain of youth for your skin. And I'm not just talking about the skin on your face, either. Collagen helps your pelvic floor stay more supple and your lady parts fuller. Collagen powder gives you a boost from head to toe — and it's so easy to add to your diet. Just put a scoop in your morning coffee and you'll never even know it's there! [Click here to check it out now.](#)

## Are you tired of your mood swings?

- ✓ Sleep better
- ✓ Have more energy
- ✓ Reduces hot flashes and night sweats
- ✓ Reduces belly fat
- ✓ Reduces Mood swings
- ✓ Reduces Pelvic Atrophy Syndrome



Find out more at [www.rootganic.com](http://www.rootganic.com)

## TOTAL FEM HORMONE SUPPORT-PLANT BASE AND NON-HORMONAL

### End the hormonal crashes and get balanced again

When your estrogen and progesterone start to wane as you near menopause, you've got to make sure you're giving your body everything it needs to make up for the difference. My Total Fem Hormone Support is that difference. With herbs that have been used for millenia to work with your body during "the change" this formula gives you the power to re-write your menopause story. [Click here to check it out now](#)

## Did you forget your car Keys?

- ✓ Sharper memory and recall
- ✓ Calmer and more peaceful mind
- ✓ Increased creativity and inspiration
- ✓ Improved mental clarity and focus

Find out more at [www.rootganic.com](http://www.rootganic.com)



## TOTAL FEM BEAUTIFUL BRAIN

### Optimize & Protect Brain and Say Good-Bye to Brain Fog

When you want to protect what you've got — and not lose any more of your precious brain power...it's time to try Beautiful Brain. This all-natural formula combines the most potent nootropics with a proprietary blend of essential oils to calm the mind and support focus like nothing else can. A must for all women who want great memory, focus and healthy brains. [Click here to check it out now](#)

## Do you feel tired all the time?

- ✓ No more draining your daily vitality
- ✓ No more fragile bones
- ✓ Boost immune system
- ✓ No more muscle soreness
- ✓ Helps Pelvic Organ Prolapse
- ✓ Supports skin elasticity



Find out more at [www.rootganic.com](http://www.rootganic.com)



## TOTAL FEM VITAMIN D PROTECT

### Optimize Hormones, Pelvis, Breasts, and Brain

Vitamin D is essential for healthy bones as you age...and it's also important for your pelvic floor health and your hormones and your brain. Basically, it's a wonder nutrient — that most of us just aren't getting enough of. Plus, with the increasing strength of the sun's rays, it's just not safe to get your vitamin D from standing outside without sunscreen on anymore. Luckily, I have the perfect solution for you. [Click here to learn more.](#)

## Do you feel tired of feeling sore?

- ✓ Supports Healthy Inflammation Level
- ✓ Tightener skin
- ✓ Antioxidant
- ✓ Makes your skin feel amazing, hydrated, and soft
- ✓ Tame menopausal mayhem
- ✓ Reduces the "emotional" symptoms associated with PMS



Find out more at [www.rootganic.com](http://www.rootganic.com)



## B-HEALTHY BREAST DEFENSE SERUM

### Protect Your Girls and Increase Your Sensuality and Self-Love

Welcome to your new self-care addiction. My B-Healthy Breast Defense Oil is a luxury...but it's also a great way to boost oxytocin, get in some calming aromatherapy, and perform that all-important self-check for cancer. All it takes is a couple of moments post-shower, and you'll feel insanely hydrated, relaxed, and happy — especially knowing that you've done something that's just for you. [Click here to learn more.](#)

## Tension Relief Wherever You Go

- ✔ Supports the nervous system
- ✔ Clinically Backed Ingredients
- ✔ Promotes brain health
- ✔ Long-term relief and migraine prevention
- ✔ Avoids negative side effects of medications



Find out more at [www.rootganic.com](http://www.rootganic.com)

## M-RELIEF DUAL ACTION KIT

Conquer Migraines Inside and Out for Total Relief and Renewed Energy

**Discover your new migraine-fighting secret weapon.** The M-Relief Dual Action Kit is a game-changer...offering both internal support and external healing. It's your daily dose of migraine support paired with on-the-spot comfort. Just a capsule a day and a quick roll-on application, and you'll feel incredibly balanced, focused, and empowered — knowing you've taken control of your migraines. **Click here to learn more.**

## TOTAL FEM CALM & CLARITY

**Find inner peace, better sleep, and heal more quickly**

**Discover Total Calm & Clarity with Our 3:1 Rare Herbal Formula**

- ✔ Ease Stress
- ✔ Reduce Anxiety
- ✔ Relieve Pelvic Tension
- ✔ Improved mental clarity and focus
- ✔ Calmer and more peaceful mind



Find out more at [www.rootganic.com](http://www.rootganic.com)

You know you need to relax and stop stressing about, well, everything. But then when your head hits the pillow at night — you can't sleep. Anxious thoughts are racing through your head. And you wake up feeling like a zombie the next day. While you can't unsubscribe from stress, you can give your body what it needs to chill out and get real restful sleep. Because here's the thing...when you're stressed, it affects your entire body. Your heart, your brain, and your pelvic floor. You can't ignore this forever. **Check out the ultimate chill pill by clicking here.**

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