



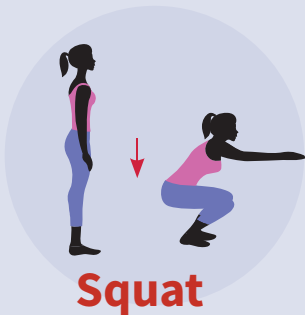
## Advanced Level - Standing

Stand upright, with good posture, weight evenly distributed on both feet and only a gentle curve in your lower back. You are aiming to hold for 10 seconds with 10 repeats(rep) followed by 10 fast contractions. Add in 3 coughs using the 'knack' technique.

		MON		TUES		WED		THURS		FRI		SAT		SUN	
Session		Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep
Example	Slow	8 sec	8	8	9	8	9	8	8	9	9	9	10	10	10
	Fast		8		8		9		9		9		10		10
1	Slow														
	Fast														
2	Slow														
	Fast														
3	Slow														
	Fast														



### Add your pelvic floor squeeze when doing squats and lunges.



- 1** Breathe in as you go into the **squat**
- 2** As you **exhale, squeeze** your pelvic floor and come back up to standing
- 3** Repeat x 5, build up to 10
- 4** Make sure to let your pelvic floor fully **release between squeezes**
- 5** Repeat with the lunge
- 6** Repeat x 5, build up to 10