



## Intermediate Level - Sitting

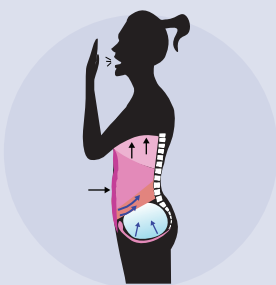
Sit supported on an upright chair, or lean forward with a straight back with your elbows resting on your knees. The forward lean position makes it harder to squeeze the buttocks and may give you more sensation of your pelvic floor.

Keep breathing throughout the exercises so you don't suck up the pelvic floor using your breath and tummy muscles. Keep your face relaxed too, no one should know you are doing them. The aim is to try to increase your squeeze and lift for longer each time and build up the number of repeats(rep).

		MON		TUES		WED		THURS		FRI		SAT		SUN	
Session		Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep	Hold	Rep
Example	Slow	5 sec	5	5	5	5	5	6	6	7	6	7	6	7	6
	Fast		5		5		6		6		6		6		6
1	Slow														
	Fast														
2	Slow														
	Fast														
3	Slow														
	Fast														



### Add the 'Knack' to your programme.



#### Coughing Standing

This is a technique aimed at stop the leaking when you cough or sneeze.

- 1 Quickly **squeeze and lift** your pelvic floor, tighten your lower tummy and hold firmly while you **add a cough**
- 2 Whether sitting or standing, **don't lean over** when you cough as it makes it harder to hold the squeeze
- 3 Aim to hold for 3 coughs



#### Light Arm Weights

- 1 Sit up right, breathe in
- 2 As you **breathe out**, squeeze and **lift** your pelvic floor and lower tummy while you lift your arm weights (up to 1.5 Kg in each hand).
- 3 **Breathe in** and lower the weights and **release** the pelvic floor  
Repeat x 10



When you can hold for 7-8 seconds and repeat 7- 8 times, and do 8 fast contractions, try to do your exercises while standing as you may be ready to progress to the advanced level.