



## Leaking Challenge

Hey lady!

Are you like me, and you may or may not have experienced peeing your pants since you've birthed a child? I mean I laughed, I peed myself. I coughed, oops, there is a little more pee. I jumped, and hello, more urine just came out.

The first time this happened to me, I was like, why did NO ONE tell me about this?

It would be great to go home from the hospital with incontinence pads-JUST IN CASE- you are like me and peed your pants a few times postpartum because your bladder was not able to make it to the bathroom on time.

IF you are or have experienced peeing your pants, you may want to TRY to improve a few things in your life:

1. Posture: Girl, posture changes everything. When you stand and sit, stack your ribs over your pelvis instead of sitting/ standing with poor posture. This allows your pelvic floor to communicate with your diaphragm to correctly fire your pelvic floor when needed.
2. Breath Work: Holding your breath will get you nowhere but cleaning up pee off the ground. It is important to "blow out" when you are lifting or picking up anything. "Blow as you go" is what I say.
3. Practice the next few exercises and let me know how they are going for you!

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Set 1

Complete 3-4 Rounds

Exercise	Reps	Prop	Notes
1. Butterfly stretch with breathing	1 minute	Pillows under knees	Close your eyes and breathe -lengthening and opening pelvic floor and adductors
2. Blueberries (visualize picking up a blueberry with your vagina)	5-10 reps (also every hour during the day-set an alarm)	On your back (when initially learning how to) Sitting/ Sitting leaning forward	Pick up with exhale, put down a blueberry with inhale.
3. Wall Sit	15 seconds Goal-60 seconds if you can	Wall and you	Sitting close to 90 degrees on the wall. Breathe
4. Side Plank	10-30 seconds/ left and right	-stay straight	Exhale and tighten hip bone to hip bone

\*REST as needed

Set 2

Complete 3-4 Rounds

Exercise	Reps	Prop	Notes
1. Squats to chair-inhale on the way down and exhale on the way up	8-12 reps	Chair	Inhale and relax pelvic floor, exhale and pick up blueberry on the way up
2. TrA (hip bone to hip bone) with Marching	10 reps each side	Laying on your back with knees bent. Pick foot up off ground. Neutral Pelvis.	Pulling hip bone to hip bone and lift foot off the ground. Alternate sides.
3. Side Plank Bridge	10 reps each side	Bodyweight	Side plank and lower hips to ground and back up
4. Bridge	10 reps (hold 2 seconds)	On your back Squeeze your butt and connect hip bone to hip bone	Lying on your back with knees bent. Exhale, hip bone to hip bone/ blueberries and squeeze ball for a breath and release)

\*REST as needed

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