Mindluster Platform

About the course Pelvic floor stretches workout at home

Pelvic floor stretches workout course, in this course we will learn about the Pelvic Floor Stretches Workout, focusing on improving flexibility, strength, and relaxation in the pelvic floor muscles. These exercises help alleviate tension, enhance blood flow, and support better posture, benefiting those recovering from childbirth or dealing with pelvic floor issues like incontinence or discomfort. Weâ€™ll explore gentle stretches such as childâ€™s pose, butterfly stretch, and deep breathing techniques to encourage relaxation. The course provides modifications for various fitness levels, helping participants gradually build strength and restore balance. Whether for postpartum recovery or overall pelvic health, this course offers practical routines to promote long-term well-being.

Medical Category's Courses

Course Lesson(18)

Lesson 1 : **Pelvic Floor Stretches Manual Pelvic Floor Release Reverse Pelvic Floor Exercises**

Lesson 2 : **9 SYMPTOMS of Tight Pelvic Floor Hypertonic Pelvic Floor Dysfunction**

Lesson 3 : **8 Minute Postpartum Pelvic Floor Exercises To Do Daily Postnatal Pelvic Floor Recovery**

Lesson 4 :
6 Mistakes Causing Diastasis Recti During Pregnancy HOW TO PREVENT DIASTASIS RECTI

Lesson 5 : **Postpartum Ab Workout Postpartum Pelvic Floor Exercises**

Lesson 6 : **Full Body STRETCH Postpartum Pelvic Floor Exercises Feels Amazing For Breastfeeding**

Lesson 7 : **Daily Postpartum Ab Workout 28 Day Challenge LEVEL 2**

Lesson 8 : **2 Common Kegel MISTAKES Causing Leaking or Hypertonic Pelvic Floor**

Lesson 9 : **Don t Do KEGELS Until You Watch THIS shorts**

Lesson 10 : **Postpartum Pilates For Pelvic Floor Core STOP LEAKING**

Lesson 11 : **10 Minute Daily Postpartum Ab Workout Intermediate**

Lesson 12 : **Best Pregnancy Pelvic Floor Exercises Easy Delivery Fast Recovery**

Lesson 13 : **Flatten Upper Abdominal Bulging Upper Diastasis Recti Bulge**

Lesson 14 :
10 Min Daily Exercises To Flatten An Upper Diastasis Rect Bulge Diastasis Recti Exercises

Lesson 15 : **Best Diastasis Recti Exercises To Heal Your Gap Quickly**

Lesson 16 : **1 TOOL To Heal Your Diastasis Recti FAST Not Expensive**

Lesson 17 : **Heal Your Core FASTER After Pregnancy With This HACK**

Lesson 18 : **Postpartum Core Pelvic Floor Exercises 10 Minute Postpartum AB Workout**

Related courses

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