




Pelvic Floor Exercise Planner



Reps	Exercise	Sets
10	Squats	3
10	Hip Bridges	3
10	Hip Roll on Exercise Ball	3
10	Clamshells	4
10	Reverse Clamshells	4

Reminders

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- Aim for 100 Kegel squeezes each day.
 - Take breaks if needed, but remember to try to finish the set later.
 - Improvement of incontinence symptoms can take up to 6 weeks.
 - See a pelvic floor therapist for extra guidance.
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