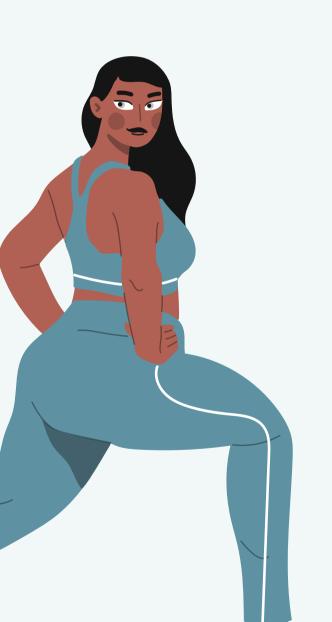
## Pelvic Floor Exercise Checklist



Squats

Hip Bridges

Hip Roll On Exercise Ball

Clam Shells

Reverse Clam Shells