



Victoria's Secret

Imagine a string attached to the inner side of your hip bone (femoral head), passing through the pelvis above the pubic bone, then attaching to the inner side of the other hip. Think of the string pulling your hips together to activate your pelvic floor muscles. Hold this contraction for 10 seconds then release. Avoid activating your glutes. Remember that engaging the pelvic floor muscles helps to elicit the transversus abdominis. Contraction of this co-firing (transversus abdominis & pelvic floor muscles) further stabilizes the lumbar spine and pelvis.

Victoria's Secret Tree

"Tadasana" can be found online in the "Exercise Database."

1. Stand in "Tadassana" with your "Pelvic Floor" engaged. Maintain all the elements of "Tadasana" and "Victoria Secret" for the rest of the exercise.
2. Shift your weight into your right leg. Exhale, bend, and lift your left knee up to take the left foot off the floor. Find your balance. Switch legs, pressing your left foot into the floor to lift your right foot up and find your balance. Repeat alternating sides a few times.
3. Continue marching adding one arm lifting up, alternating arms with legs a few times. Next, try both arms overhead a few times.
4. Finally, with both arms overhead, open your lifted knee, and be sure to keep both hips pointing forward. Press the sole of the foot and standing leg's thigh into each other. Balance in this "Tree" pose, then repeat a few times on each side.