



Pilates Instructor Offers Four Moves to Strengthen Pelvic Floor

Description

Kegel exercises help to strengthen the pelvic floor. However, they are not very exciting. Pilates can also help.

Jill Drummond is a Pilates teacher. She says Pilates exercises use breath and movement. This helps to strengthen the pelvic floor too. A strong pelvic floor supports the spine and organs. It also helps our body move well.

Drummond points out four special Pilates exercises that can help. You should do 15 to 20 of each exercise. Repeat the set two or three times for a good workout.

First is the Bridge. Lie on your back with your knees bent. Press your heels into the floor and lift your hips. This exercise strengthens the glutes, which are the muscles in your bottom.

Next is the Double-leg stretch. Lie on your back and hug your knees. Lift your shoulders and stretch your legs in front of you. This helps your core muscles work better.

Plank variations are the third exercise. Hold your body straight and engage your muscles. This supports pelvic floor strength.

The last exercise is the Squat. Stand with your feet apart. Bend your knees and lower your body. This helps your pelvic floor over time.

Comprehension Questions

Multiple Choice

1. What do Kegel exercises help to strengthen?

- Option: Abdominal muscles
- Option: Pelvic floor
- Option: Leg muscles
- Option: Back muscles

2. Who is a Pilates teacher mentioned in the text?

- Option: Jill Smith
- Option: Rachel Green



Option: Jill Drummond

Option: Chris Martin

3. How many repetitions of each exercise does Drummond recommend?

Option: 5 to 10

Option: 10 to 15

Option: 15 to 20

Option: 20 to 25

4. What strengthens the glutes in the first exercise?

Option: Squat

Option: Bridge

Option: Plank variations

Option: Double-leg stretch

5. What does the Double-leg stretch help improve?

Option: Flexibility

Option: Core muscles

Option: Arm strength

Option: Balance

6. What is the last Pilates exercise mentioned?

Option: Bridge

Option: Plank variations

Option: Double-leg stretch

Option: Squat

True-False

7. Kegel exercises are more exciting than Pilates.

8. The Bridge exercise helps to strengthen the glutes.

9. Pilates exercises do not use breath.

10. The Plank variations support pelvic floor strength.

11. You should do each exercise only once for a good workout.



12. A strong pelvic floor supports the spine and organs.

Gap-Fill

13. Kegel exercises help to strengthen the _____ floor.

14. Jill Drummond is a _____ teacher.

15. The first exercise mentioned is the _____ exercise.

16. You should hold your body straight during _____ variations.

17. The last exercise to be performed is the _____ exercise.

18. You should do _____ to 20 of each exercise.

Answer

Multiple Choice: 1. Pelvic floor 2. Jill Drummond 3. 15 to 20 4. Bridge 5. Core muscles 6. Squat

True-False: 7. False 8. True 9. False 10. True 11. False 12. True

Gap-Fill: 13. pelvic 14. Pilates 15. Bridge 16. Plank 17. Squat 18. 15

CATEGORY

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