



Pilates Instructs on Four Moves to Strengthen Pelvic Floor

Description

Kegel exercises, which involve tightening and relaxing the pelvic muscles, are well-known for strengthening the pelvic floor. However, they may not be the most enjoyable option. Fortunately, Pilates also effectively targets this area. Jill Drummond, a Pilates instructor and vice president of fitness at BODYBAR Pilates, explains that Pilates combines breath control, deep core engagement, and purposeful movements, making it a great alternative.

Drummond points out that strengthening the pelvic floor has numerous benefits. It is a vital part of your core, supporting your spine, pelvis, and internal organs, while also enhancing movement and stability. She has identified four Pilates exercises particularly useful for building pelvic floor strength.

Each exercise should be done for 15 to 20 repetitions, repeated two to three times for maximum effect. The first exercise is the "Bridge." Start by lying on your back, bending your knees with your heels on the floor. Press your heels down to lift your hips, activating your glutes and inner thighs, and hold for a few breaths before lowering. Adding a resistance band can increase difficulty.

Next is the "Double-leg stretch." Lie on your back, bring knees to your chest, and lift your shoulders. Extend your legs at a 45-degree angle while sweeping your arms behind your head, then return to the starting position. This exercise engages your deep core.

Drummond also recommends "Plank variations" which improve pelvic stability through movements like sideways jumps and single-leg pulses. Lastly, the "Squat" engages the pelvic floor through natural pressure changes as you lower and raise your body.

Incorporating these exercises into a regular routine can lead to enhanced pelvic floor strength over time.

Comprehension Questions

Multiple Choice

1. What is the primary focus of Kegel exercises?

- Option: Strengthening the core
- Option: Improving flexibility
- Option: Strengthening the pelvic floor
- Option: Enhancing cardiovascular fitness



2. Who is Jill Drummond?

- Option: A doctor
- Option: A Pilates instructor
- Option: A physical therapist
- Option: A yoga teacher

3. How many Pilates exercises did Drummond identify for pelvic floor strength?

- Option: Two
- Option: Three
- Option: Four
- Option: Five

4. What exercise involves lying on your back and lifting your hips?

- Option: Plank
- Option: Bridge
- Option: Squat
- Option: Double-leg stretch

5. What does the 'Double-leg stretch' exercise primarily engage?

- Option: Pelvic muscles
- Option: Deep core
- Option: Legs
- Option: Arms

6. Which exercise improves pelvic stability through sideways jumps?

- Option: Bridge
- Option: Squat
- Option: Double-leg stretch
- Option: Plank variations

True-False

7. Kegel exercises are described as an enjoyable option.

8. Pilates combines breath control with purposeful movements.

9. The 'Squat' exercise does not engage the pelvic floor.



10. Drummond suggests doing each exercise for 15 to 20 repetitions.
11. Adding a resistance band makes the Bridge exercise easier.
12. Strengthening the pelvic floor supports the spine and pelvis.

Gap-Fill

13. Kegel exercises aim to strengthen the pelvic _____.
14. Jill Drummond is the vice president of fitness at _____ Pilates.
15. The first Pilates exercise mentioned is the _____.
16. The 'Double-leg stretch' involves extending your legs at a _____ angle.
17. In Pilates, purposeful movements are combined with _____ control.
18. Strengthening the pelvic floor enhances movement and _____ stability.

Answer

Multiple Choice: 1. Strengthening the pelvic floor 2. A Pilates instructor 3. Four 4. Bridge 5. Deep core 6. Plank variations

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

Gap-Fill: 13. floor 14. BODYBAR 15. Bridge 16. 45-degree 17. breath 18. core

CATEGORY

1. Health - LEVEL5

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