

Discreetly Fit Quick Reference

About the Method

Pelvic Lift

- this practice protects the blood vessels by easing their pressure
- performed from lying down or kneeling

Centre of Movement

- where you place your focus and attention
- the goal is not an isolated movement

What does the correct pelvic floor movement feel like?®

You may feel all or any of the following:

- the closure of passages noticeable increase
- the pelvic floor lifts up
- an internal lifting sensation
- stomach at your bikini line gently tensions

There are no visible signs of your pelvic floor muscle work on your body

Keep your body generally relaxed, especially

- the buttocks
- inner thighs and
- abdominals wall

Added practice (if needed)

- only light contractions
- 6-8 repetitions
- few times per day