Twitter Thread by Unik Hub

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@UnikHub

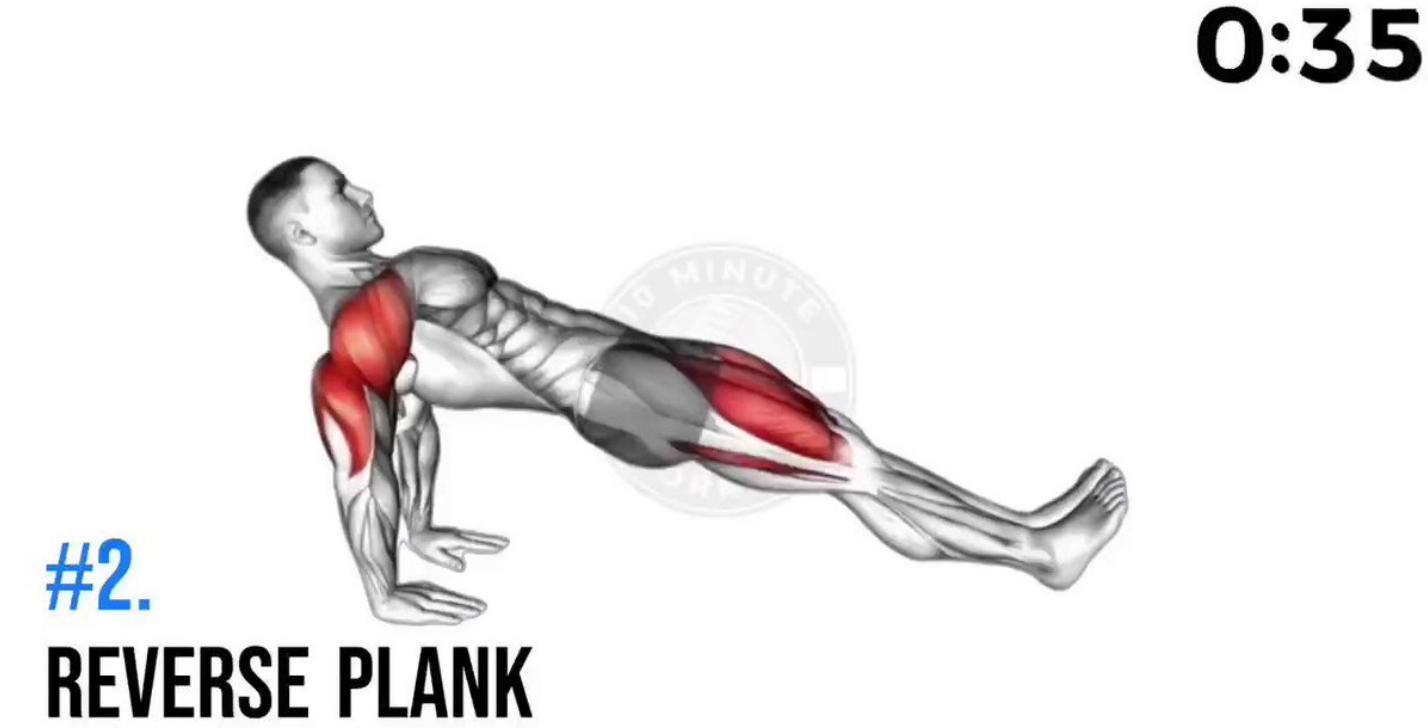
Best Exercises To Strengthen Pelvic Floor Muscles

These exercise help to support and strengthen the organs in the pelvic region, which also play a role in sexual function.

1. Butter fly yoga flaps



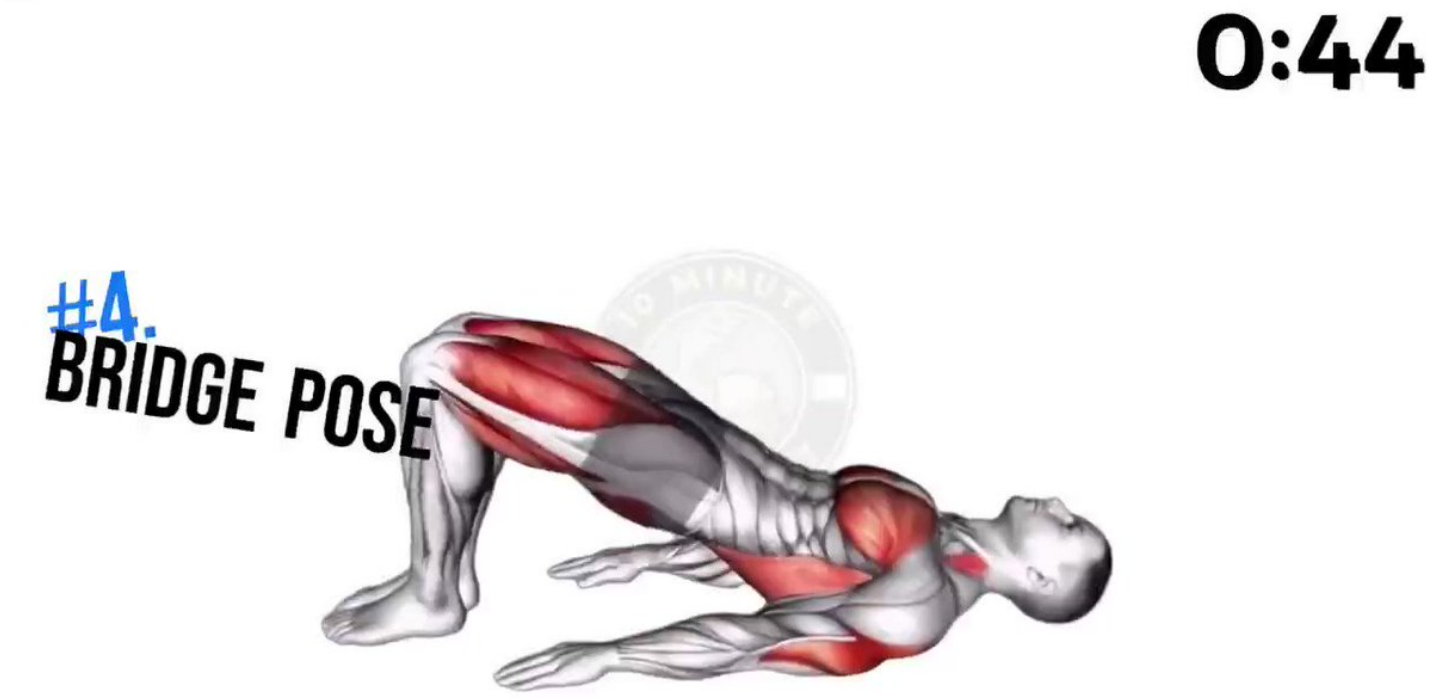
2. Reverse plank



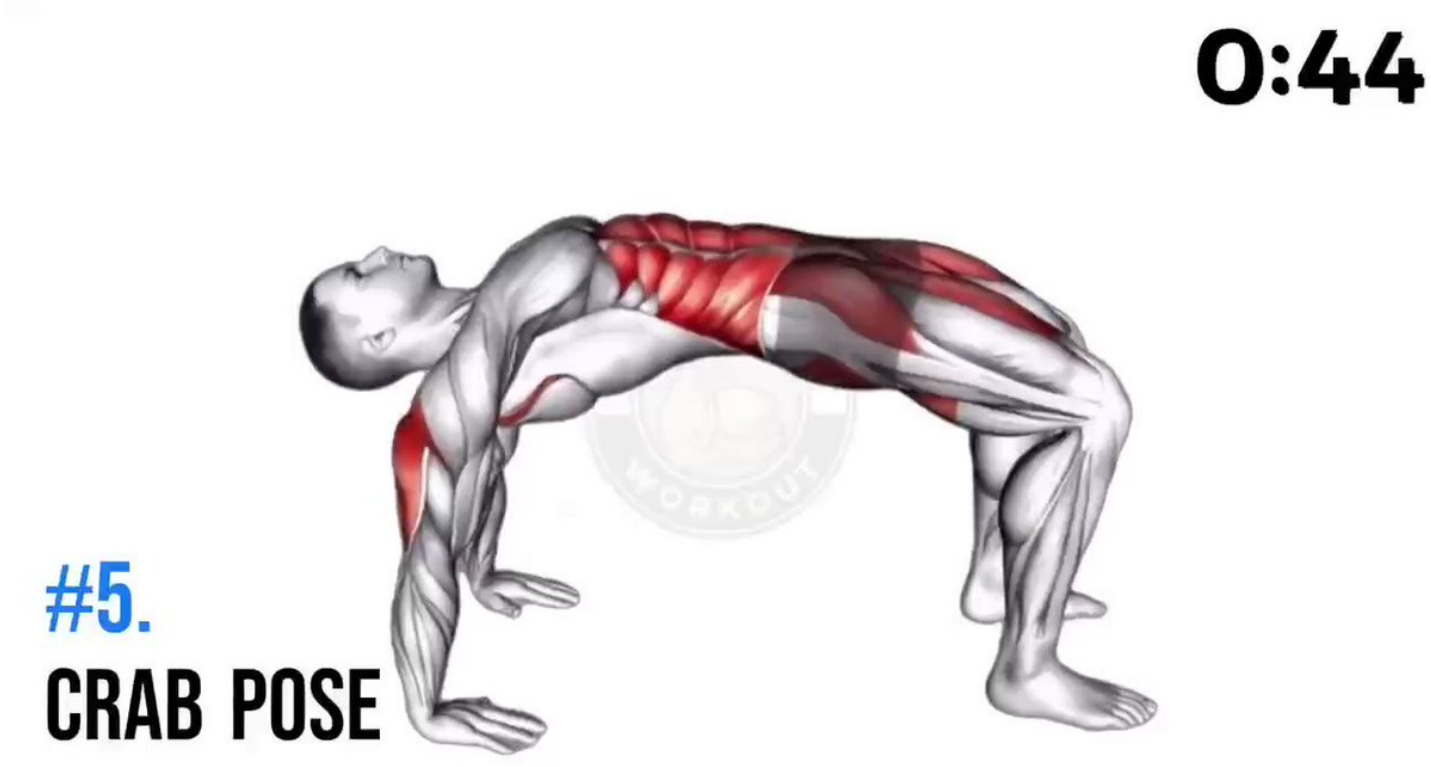
3. Cat cow



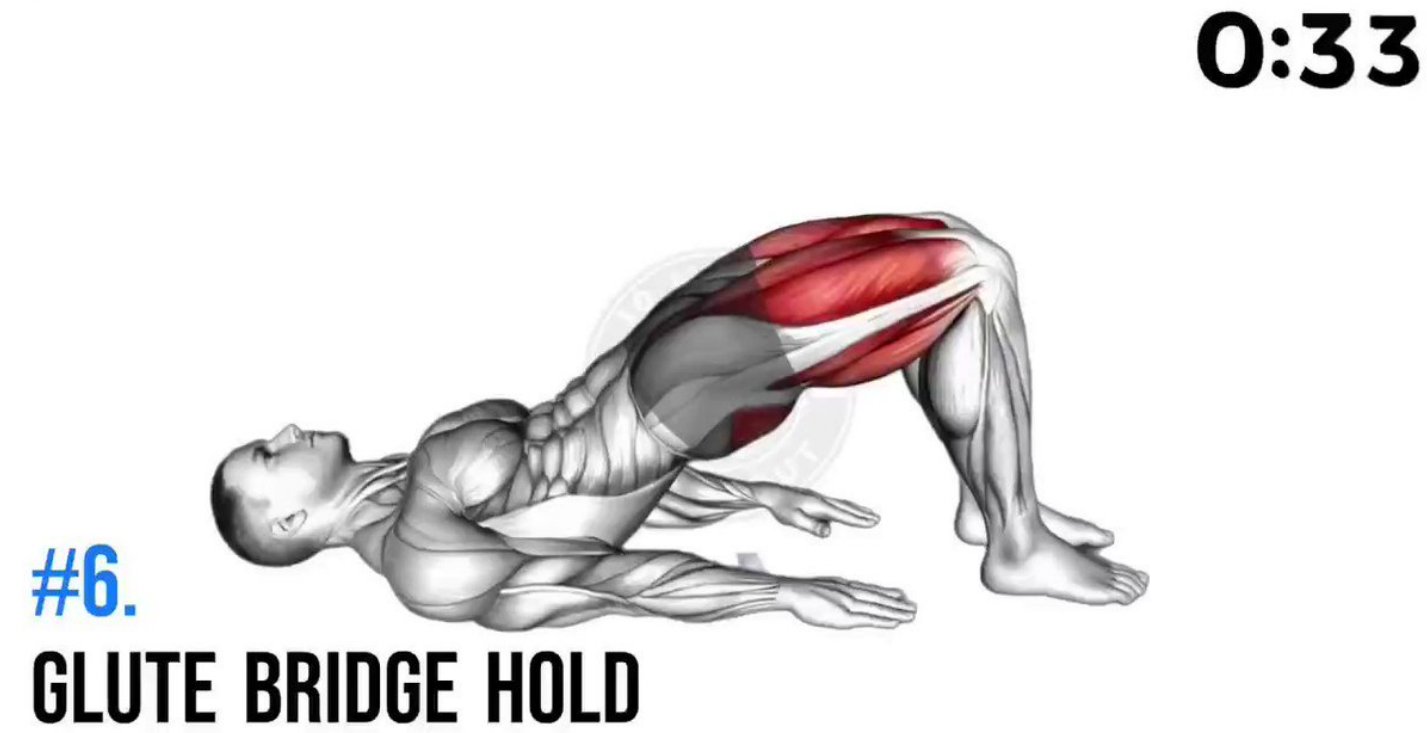
4. Bridge pose



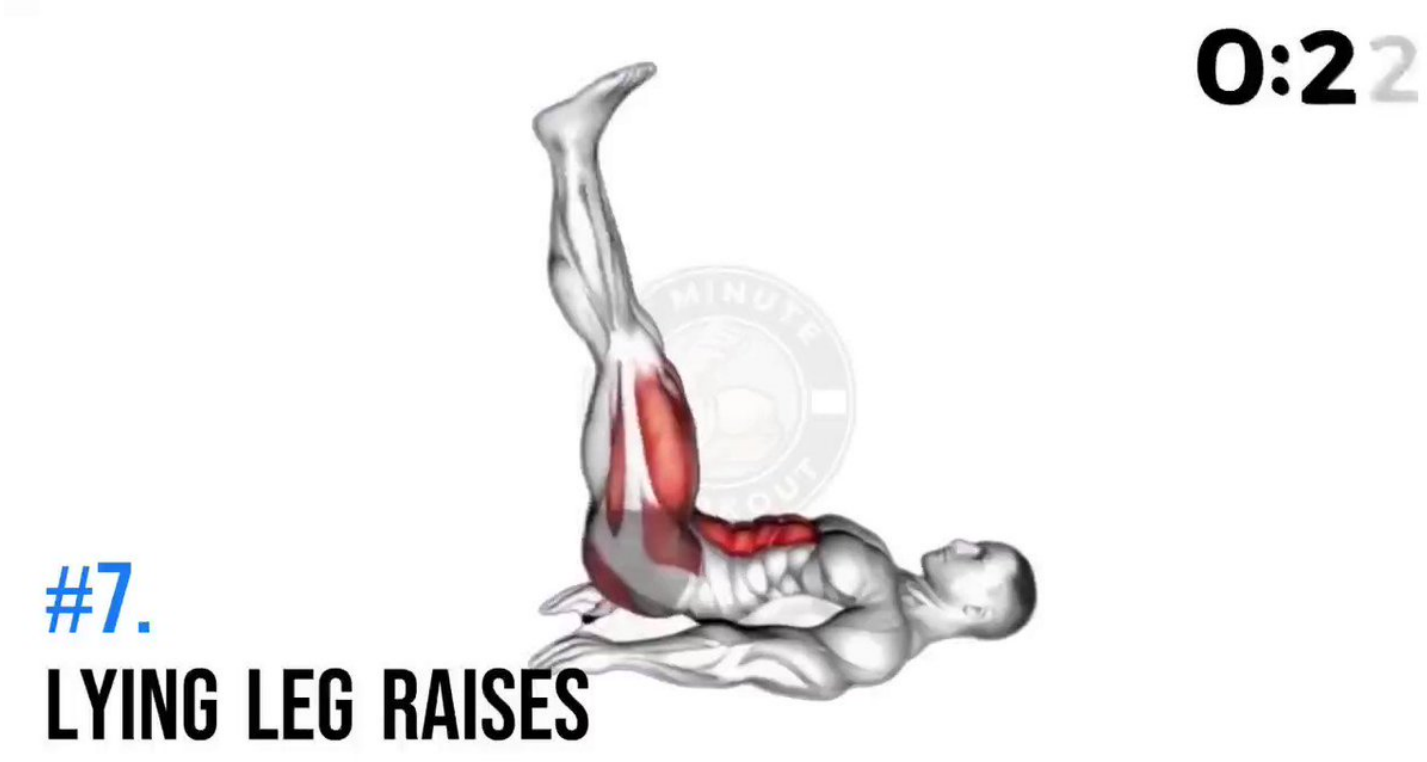
5. Crab pose



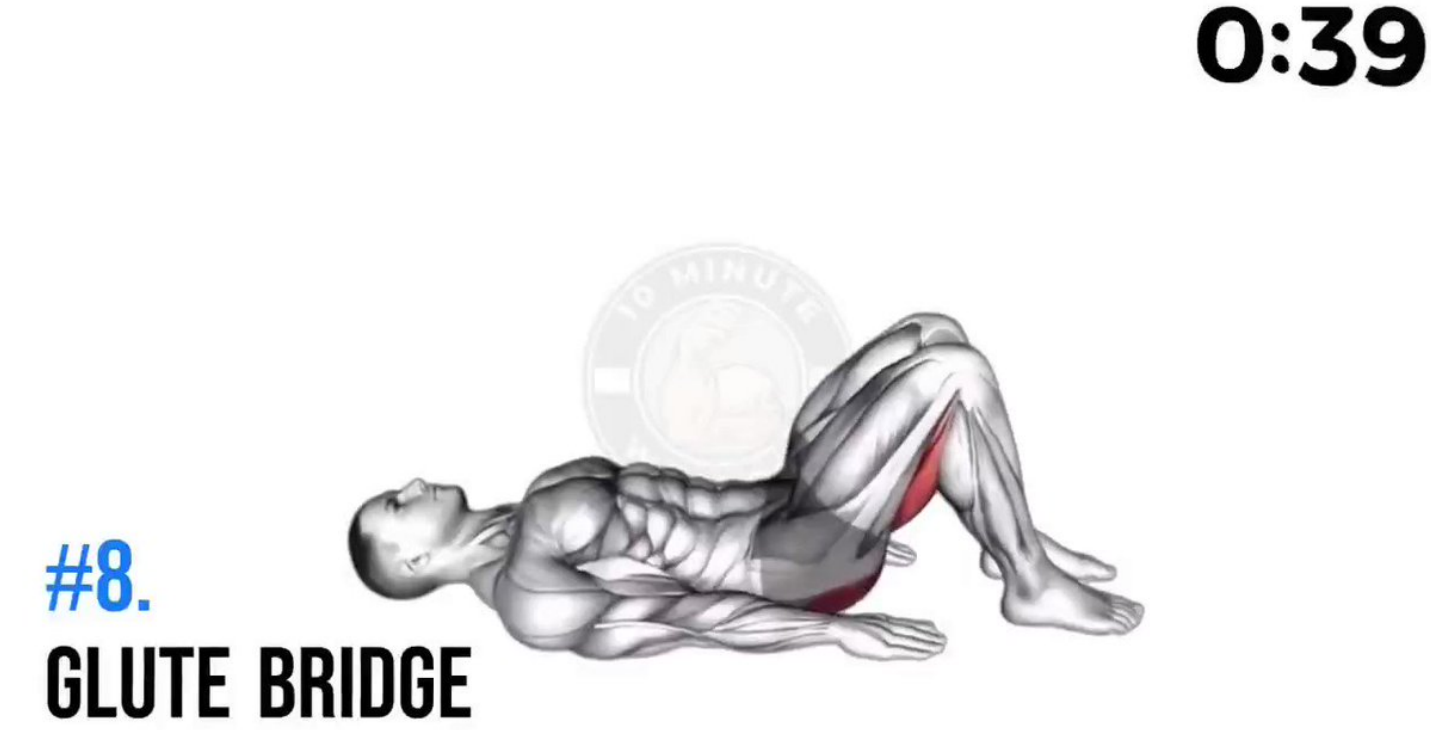
6. Glute bridge hold



7. Lying Leg raises



8. Glute bridge



9. Frog Stretch

