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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



0:16



#1.

BUTTERFLY YOGA FLAPS

2. Reverse plank

0:35

#2.

REVERSE PLANK



3. Cat cow

0:28

#3.

CAT COW



4. Bridge pose

0:44

#4.
BRIDGE POSE



5. Crab pose

0:44

#5.
CRAB POSE



6. Glute bridge hold

0:33

#6.

GLUTE BRIDGE HOLD



7. Lying Leg raises

0:22

#7.

LYING LEG RAISES



8. Glute bridge

0:39

#8.

GLUTE BRIDGE



9. Frog Stretch

0:38

#9.

FROG STRETCH

