## **Twitter Thread by Unik Hub**





## **Best Exercises To Strengthen Pelvic Floor Muscles**

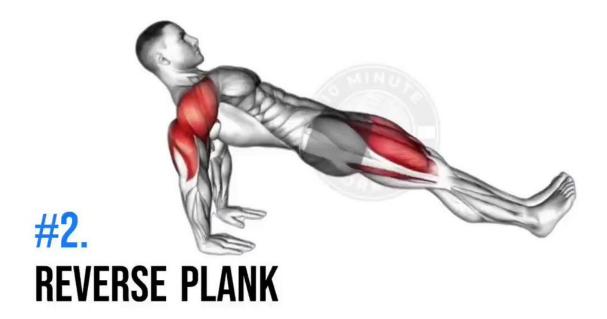
These exercise help to support and strengthen the organs in the pelvic region, which also play a role in sexual function.

## 1. Butter fly yoga flaps



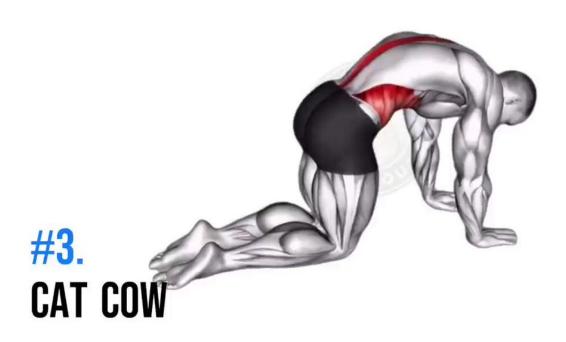
0:16

2. Reverse plank



3. Cat cow

0:28

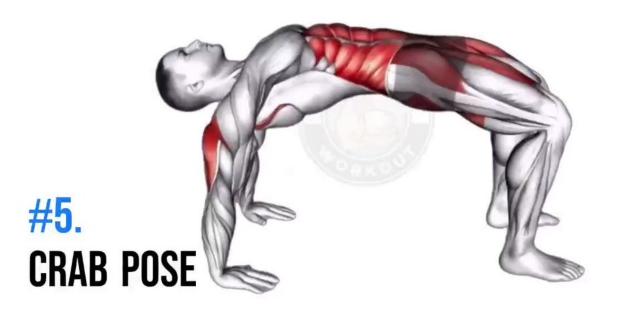


4. Bridge pose

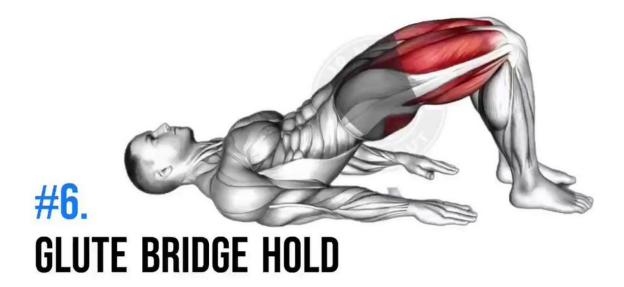


5. Crab pose

0:44



6. Glute bridge hold

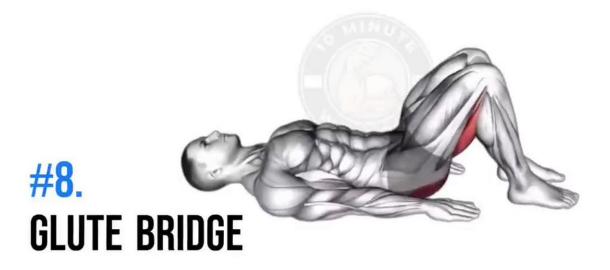


7. Lying Leg raises



0:22

8. Glute bridge



9. Frog Stretch

0:38

