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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

