

# Dr ROSIE KING

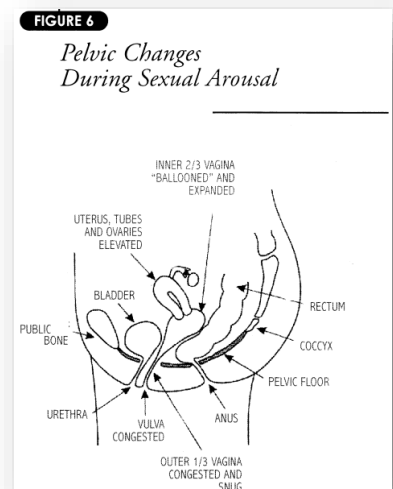
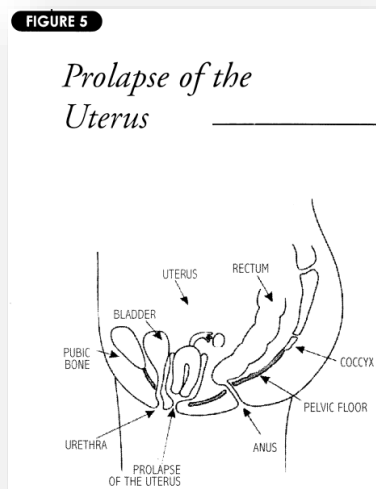
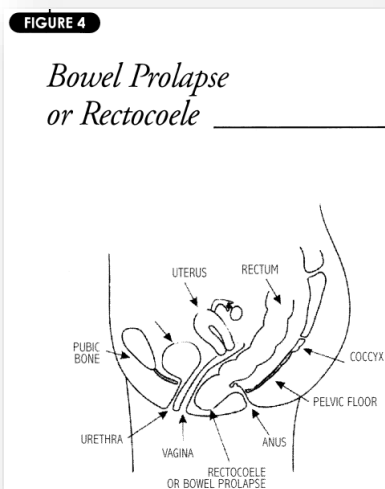
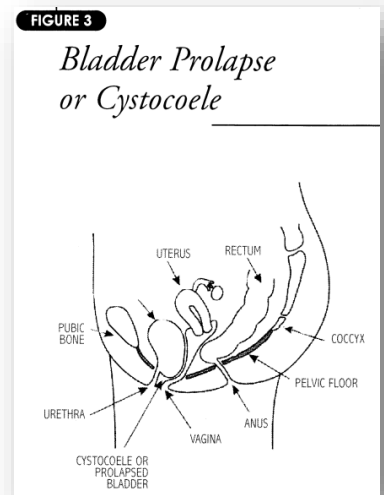
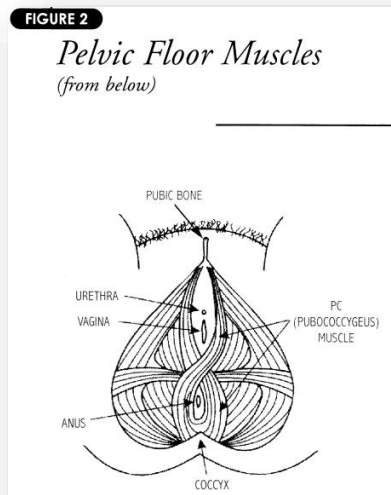
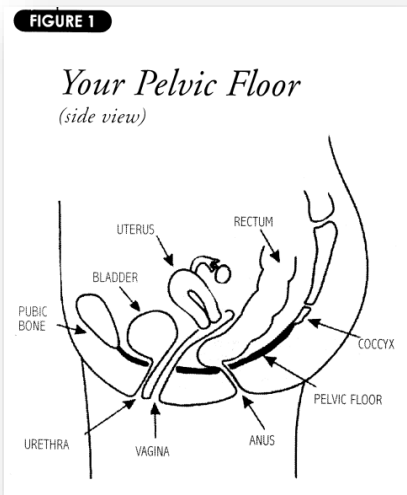
## Pelvic Floor Workout Workbook

### BEFORE YOU START THE WORKOUT

This workbook is to be used in conjunction with the Dr Rosie King Pelvic Floor Workout.

**Warning:** If you are suffering from a pelvic, urinary, gynecological or lower bowel problems, you must see your doctor for professional assessment and diagnosis before you embark on any treatment program, including pelvic exercises or complicated terms.

**Disclaimer:** Whilst this program has been specifically designed to help improve pelvic floor strength, you proceed at your own risk. That is to say the creators, producers and distributors of this program expressly disclaim any liability for any loss or damage resulting from those exercises and any advice provided in connection with the exercises.



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## Pelvic Floor Workout Workbook

### PELVIC FLOOR WORKOUT DIARY

#### Getting started

- Identify your pelvic floor muscles
- Practice PF pull ups and flicks
- Relax muscles between each contraction
- Find your 'start number'
- Based on your start number, each exercise set will consist of equal numbers of Pull Ups and Flicks

Write your start number here

WORKOUT DIARY	
START #	<input type="text"/>
WEEK 2	<input type="text"/>
WEEK 3	<input type="text"/>
WEEK 4	<input type="text"/>
WEEK 5	<input type="text"/>
WEEK 6	<input type="text"/>
WEEK 7	<input type="text"/>
WEEK 8	<input type="text"/>
WEEK 9	<input type="text"/>
WEEK 10	<input type="text"/>
WEEK 11	<input type="text"/>
WEEK 12	<input type="text"/>

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