



Video Transcript

Learn To Nurture Resilience With Innovative Pelvic Floor Techniques

Hi, I'm Melissa, and I'm going to bring you the most exciting core pelvic resilience building class I can. I'm super excited for it because I want to take moves that are probably pretty familiar to you if you're doing other kinds of movement classes. But I want to add just a little bit of extra focus onto the pelvic floor to really bring it home for you in a way that feels strong, empowering, confidence -building, and also creates an experience for you in which it's undeniable. You have an understanding of how the pelvic floor works in your body, in these patterns. So we're going to get started by lying down. Very quick orientation to this work? I'm going to lie on the floor and you may have seen this in another video of mine where you do some tilting through the pelvis. Very similar to cat cow. You can inhale, exhale and this is a part I'm really interested in this exhale. I need to be able to hold this. Do you see how I've tucked my pelvis? My spine is elongated along the ground I'm going to get my arms out of the way so you can see that but I can breathe so if you are getting into this position and you feel like this is happening or you're squeezing too much behind you relax your shoulders and breathe I want you to be able to hold this position without struggling for breath or without tightening up your jaw or your throat. So that's the first thing to do. Take a little break. You can wiggle it out. If you need to do some knees side to side, that's also really helpful. You can do some knee circles, anything that helps you loosen up, okay? Let's go back in again. Couple of these And then exhale, pressing the back into the floor, tucking the pelvis, elongating the spine,

bringing the arms up, and we're going to hit a quick dead bug. And it's not going to be for very long. It's going to be like maybe 30 seconds to a minute. Just enough for you to feel like, hey, something's happening. Notice when I brought my legs up, I did not bring them really close. If you have to, because that feels easiest, for now, that's okay, but I want you to be able to take the knees away from the body and press the back into the floor. And that's when you get the core work. And you might even see a slight tremble in my body. And that's because I'm exaggerating it. I want you to hear it in my voice a little bit. That tremble is there because I'm hitting deeper core muscle.

Rest. That deep core that I'm referring to is about the small muscle in between your vertebrae as well as your pelvic floor. Why? Because when I tuck my pelvis and my sitting bones come closer together in that anatomical position of the tuck, my pelvic floor starts to contract. And the fibers of the floor can track not just laterally but also from top to bottom here so if you can incorporate your sacrum in this and you can think oh wow like my sacrum is a part of this and you're closing the soft tissue the soft tissue between the sitting bones gets smaller and tighter those kinds of visualizations are going to help you to get into the pelvic floor great so you already know about dead bug right from another video so now we're gonna add to it and this is where I get very excited I have a lot of enthusiasm about this kind of work I'm gonna bring my butt to the edge of my mat because it's gonna give me a lot of access to the floor you're gonna see that I have sliders if you don't have sliders that's not a big deal a tea towel will do you just fine. You just want to have your feet on a slippery surface. But to the edge of your mat.

And the first thing you're going to do, and I'm going to do this so you can see with my arms up, if you prefer to have the arms down for now, that's OK. I just wanted you to be able to really see my spine without any obstruction, but also without assistance. Like I don't want to put my hands and start, like, recruiting from my upper back to do this. So my arms are up. My chin is balanced. Pressing my back into the floor, all I do is take my sliders or my tea towel out. I'm not going to a full extension today. You can if you want to, but I just want you to feel when you pull back, notice what I just did. Before I pull back, I press my back into the floor even more formally. Shoo! Yes! Let's do that again. We're going to do the total of 10 times. So I can push out and then without moving my skull, because it might be very instinctual for you to clamp down, but I want you to use this. So tuck your pelvis a little bit more. Yes. Let's go again. Try to keep the movement between the feet symmetrical. I'm inhaling on the way out. Exhaling to bring it back. Notice that I'm not doing this.

Oh, my back, right? I didn't fix it after the fact. I didn't go, I am keeping my spine consistently in the same arrangement. And that's where the magic happens. It's when I talk to myself. And the dialogue matters. When I'm training clients, one of the challenges we have and getting them to their goals is

really the self-taught. And yes, core work is hard because you have to impose the internal mantra of where's my body? How do I execute? Exhale, press the back into the floor.

So I want to give you that two more times. I suggest 10 to 12 on your own.

And you can see again, I'm keeping it consistent. I don't release.

If I release, oh, game over. I'm pressing hard.

Ah, yeah, good. Take that was beautiful. Again, if you need to take a break, bringing the knees side to side or doing some knee circles, I just want you to open up the breath again.

If you felt your neck or jaw on any of that, you can loosen up. I don't want you to hold tension in the upper half of your body when you're doing this kind of work. I also would like you to be

of any back strain. If you're doing this and you're like, oh, I really feel my lower back, that's already an indicator that you need to press your back into the floor more to keep the elongation. You can't really hurt yourself here. I don't want you to be worried about that, but it's a body signal. I'm not using the right parts. This is not connected. This is connected. So let's talk about creating this movement in an actual bridge, okay? So this is where you're gonna take it easy because you're probably gonna feel some hamstring cramps. And if you're not used to feeling your hamstring cramping, you might be like, oh my God, that's crazy. Shake it out, make sure you're hydrated. It's totally normal to feel that aspect of your anatomy working really hard here, okay? So This is where I can start with my hands on the floor. We were doing this earlier, but you might want a little assist because now I'm going to pick up into a bridge. Notice that my bridge maintains that line of connection through my core. I'm not like there. This is going to feel aggravating and I don't want to tap into my back muscles. There's that pelvic tuck and that is the movement, boom, that starts to engage my pelvic floor.

Now, we're gonna hold this for a moment so that you can feel it. What's happening with your head? Do you see how I brought my knees slightly together? If you came up into your bridge and they came apart, that's also a loss of control.

So I'm not looking for a bridge that looks like this. I don't care if you go really high. this is not integrated. I want to see that your spine is long, that you are contracting the abdominal muscles so you can see that I'm bringing my bridge down and I bring my knees slightly together. I can now feel my inner thighs.

Guess what? Inner thigh work helps you to get to your pelvic floor. Absolutely.

So hang out here and just feel this with me. Feel how the back of the legs are working really hard. You should. So even if you're not getting the cramps, you should feel a lot of work here and here. Glute's hamstring. Beautiful.

We're going to start adding movement to that. And this is where I get really excited because this that we were doing earlier is going to be what we do now here in the bridge. So you can do it at first with the hands on the floor. Remember, don't come up really, really high. You want to be nicely integrated in your bridge, feeling the inner thighs, pelvic tucking. Can you do one leg at a time? Yeah,

that's going to bring it up right there.

Let's go for 10 total here. 10 to 12 reps is really all you need for And do you see how I'm tucking my pelvis and making sure that even when I elongate the leg, I don't lose control of my form. This is a big game of, hey, don't lose your form.

No matter what you do, don't lose the form. Done. Take a break. Wow.

I love the strength, I feel. I don't love necessarily like the burn or the discomfort of the contraction because sometimes it can be uncomfortable. But I love knowing that I can get my body to do these things, that I can communicate and say, hey, knees, come closer together and that that creates this wonderful connection between my inner thighs to my pelvic floor. That's thrilling. That is a really positive way to relate to your body. It's like we can adapt. We can get stronger and make sure the self-talk is positive. Don't get punitive. It's very tempting.

I know what that's like to say, fuck, I messed it up. Got to do it again. Come on, get it together. You're learning. Let it be messy. As long as you don't hurt yourself, you're fine. But you're allowed to make mistakes. In fact, making a mistake particularly in the context of movement in which you get to correct and learn is how you can also encourage neuroplasticity. You're getting a whole lot done here, okay? Now we are going to progress. I think I know you know what's coming.

So bridge, engage, good form, both legs at the same time.

Yep.

Oh, that's tough for me too.

And again, can you do 10 to 12? I'm getting a pretty strong hamstring cramp here, normal, even for someone like me who's doing this kind of work all the time. And if you see like, oh, the pelvis went down, I'm tucking, this is hard. This is the most intense load. I'm keeping my shoulder blades together behind me as a form of anchoring so that I don't get like this. But if you're ready for more challenge, arms up in the air so that you can't claw the floor, we're gonna go for three like this, ready?

One, yes, I feel it too, trust me. And I'm really trying to keep this so I can even look. Oh, two, oh, I felt like calf.

You're like, why? Why are you laughing? Because it's like, wow, I can feel my muscles. Three. Woo! Done.

Amazing. Absolutely phenomenal. I know. Now you're going to get addicted to that feeling of strength connection to the body. I have a couple of other cool moves for you now.

You know a plank. It's essentially what you were doing here in your core.

I'm going to use this. I want to keep a very concentrated connection to my inner thighs. Holding something, it's going to allow that connection to be more explicit. Don't drop the brick. If you don't have a yoga brick, you could use like a thick book, sometimes a little harder because the pages slip or the binding slips, but some people will put a pillow. Pillows are hard because you've got to squish them really hard, but anything really that you're okay to use in this way, don't use anything that's precious to you, it's going to help your

body to go, oh, inner thighs. Got it, because these inner thighs are going to help me to squeeze my knees together, and it's going to keep my pelvis in that nice engaged tuck along with deep pelvic floor engagement. So guess what?

This isn't up. If this is completely new for you, please spend time looking at yourself in the mirror and looking

my shoulders. So if you're giving me this, that's a little advanced actually. Let's not go there quite yet. Yes, you can make fists if you find this easier. And that also tells me you're going to need some grip work. Notice that my shoulders are away from my ears.

You ready for the full plank? I think you are. How about 30 seconds? It's my ankle pop.

Okay. In these 30 seconds, I'm going to try to keep my hands weighted.

So the weight is in my chest. You're going to see me tremble. I'm squeezing this brick. I'm squeezing and I'm tucking. Oh, I'm going to tuck more.

I'm watching a clock right now that you can't see that is going to help me get to 30 seconds with you. We got them. Come on. Don't stop. Hey, if you need to, grunt, Grunt, scream, get it out. This is work. Breathe.

We are done.

Yeah, listen.

Three of those?

30 seconds to a minute?

You're going to be building some good strength. All foundational moves.

Soom roller. Why the foam roller? Well, I can do a plank on my knees that's very challenging,

and it's going to teach me to tuck more. Remember, this move right here, this tuck, this is going to take you very far in that pelvic floorwork. Exhale,

what's hard is engaging the back of the legs, the hamstrings, and the glutes while trying to remain tucked just like we did in the bridge so if I put this foam

roller behind my knees and because I have slippery pants on you might too it's not like you're going to squeeze and crush the foam roller but you do want to be able

to engage the hamstrings this way and then tuck the pelvis do you see that I'm not doing this very easy to do this I want this and then try to squeeze against the

phone roller you'll get once again you might feel some hamstring cramping totally normal shake it out but i want you to use this as a playground and you can hear

it in my voice i'm getting shaky because this takes a lot of effort but this is the level of effort you are going to familiarize yourself with, don't back off.

Squeeze, tuck, squeeze, tuck. Tuck more.

Yes, this is what you need in order to get to those workout goals.

Effort. Effort is a thing. Let it go.

Breathe. Release the abdominal wall. Let your lower back have its normal sway, mm -hmm.

You don't have to live in that effort. I want you to make contact with it like it's a source for power, a source for your inner fire, a source for pelvic

floorwork. But I don't need you to live there. That's not necessary. I'm certainly not going to rest in that state. So this is also about nervous system adaptability, okay? One more big move for you.

Same thing, foam roller. I love this.

I'm going to squeeze my knees around the foam roller. It's not going to look like much because I can't literally crush the foam roller. It's too dense. But I'm going to squeeze my knees around it. And what do I have to do? What are you going to tell me if you were my trainer?

Tuck and squeeze, that's already hard. So I'm going to add my arms to my upper body. They're going to be weight, essentially. I have to keep this form here. My ribs can't disengage.

Everything has to remain nice and smooth. I'm going to press into my toes. If you need to do it like this, that's okay. It's not my preference. You could also add sneakers if it's hard on the toes. This will engage your calves a little more. I do find it more difficult myself, but I leave it up to you. I'm squeezing. So you might hear a difference in my voice, a difference in my voice as I lean back.

Oh, quads. Now we're squeezing. Quads. Go as far back as you want.

Remember If you go far back, you gotta get up. Let's do it again. Squeeze, tuck. Give it a little bit of time in that lean back.

Oh, there it is, boom, I just brought it forward more.

Yeah,

you should feel your quads. Mm -hmm.

That should feel monstrous. You are loading your quads on an eccentric, in other words, you're creating a long quad length under load. We're almost done. I want you to have another move to go with this.

This is where you can engage the back line really strongly. This is going to help posture,

core, pelvic floor, leg engagement, focus, Focus, okay?

Squeeze. It's allowed to be hard. You don't have to look pretty doing it.

That is not what we're here for. Tuck. Look at how my arms are outstretched.

I'm not like this. Nicely balanced in the front and the back of the chest. Open chest. Lots of tuck. The more you open your chest, the more you're going to have to tuck. As You come back, you stretch open with this resistance band, yep. Shh. Twice more. Tuck. Inhale back.

Once more. Where's that squeeze? I felt the squeeze let up a little bit for me.

Tuck, tuck, tuck.

Yes. Hey, guess what? You got two more. I know. I know I said two more already, but that's what we're here for, right? Squeeze, come on. Focus.

Tuck. Getting tired? You're not tired. You're fine. You're strong. Let's go.

Inhale.

I promise. Last one. I'm feeling it too. Tuck, tuck, tuck. Notice this is where you're going to get tired. It starts to fall apart. These are the reps that matter.

When it gets tired, so when it gets tough when you share the voice, I don't want

to. You have another voice that says, yes, I can and yes, I will. This is how we make change. Ready? It's going to be our best one. Tuck. Inhale. Hold, come on, squeeze the butt. Open. Yes, now, now you can celebrate the release, and I want you to. Hey, I steal it too. Are you kidding? Just because I do this all the time doesn't mean I don't feel it. What do you need? What do you need to return the body to an easier place how about some of this if you feel your bad crack that's normal here hey relax the jaw release the neck say really really good things to yourself i did that I completed. I tried new things. I did some hard shit. Yeah, you did. And that's how we get stronger. Thank you. Thank you for joining me in this. Play with these moves, build a strong foundation, and then you'll be able to move forward and progress into more strength. Take care.