

Back Strength & Pelvic Floor

6 exercises for a stronger low back, more supple hips, and a pelvic floor that actually works with you



Scan for Lauren's RYC® program

Your low back and pelvic floor are part of the same team. When the glutes are sleepy, the low back grips to compensate — and the pelvic floor follows. These exercises build strength and coordination from the ground up: reducing the risk of spasm, improving posture, and helping your whole pelvic region move with more ease and less effort.

Exercises adapted from **Restore Your Core®** by **Lauren Ohayon, Exercise for All®**. Presented by Lorie Michaels, RYC® Pro • BirthPro • birthpro.org

#	EXERCISE	HOW TO DO IT	WHY IT MATTERS
1	Side sit with shift & lift 8x per side	From side sitting, hinge forward, then lift into upright kneeling. Pull knees together without actually moving them. Hold 4 seconds.	<i>Wakes up lateral hip stability and glute coordination — both directly linked to pelvic floor function.</i>
2	Pelvic puppy pull 8x	Start in a mild cow position. Energetically pull elbows toward knees without moving them — the mat may start to bunch. Hold 4 seconds. Release and repeat.	<i>Deep core and hip flexor engagement without bracing. Builds the internal tension that supports the low back.</i>
3	Prone figure 4 press/lift 8x per side	Lying face down, hike one knee up and out into an open figure 4. Press knee into floor for 4 seconds, keeping the rest of the body soft. Then “lift” the knee (it won’t really lift) for 4 seconds.	<i>Targets deep external rotators and glute med — muscles that directly influence pelvic floor tone and low back stability.</i>
4	Kneeling lunge with tuck/untuck heel pull 8x per side	Low lunge, hands on blocks or chair as needed. Pull front heel toward the back knee as you hold a pelvic tuck. Hold 4 seconds. Repeat with an untuck. Hold 4 seconds each.	<i>Integrates hip flexor length with posterior chain activation — where low back spasm often originates.</i>
5	Open knee lunge with pinwheel 8x per side	From a low lunge, open the front knee out to the side. Hinge back on the supporting knee for a glute stretch — opposite arm rises as eyes follow. Pinwheel that arm up as you return to upright.	<i>Opens adductors and hip rotators while building the coordination your pelvic floor needs to move fluidly.</i>
6	Happy baby Hold & breathe	On your back, spine fully relaxed into the floor. Draw both knees toward your chest, hands resting on thighs. Slowly open the knees wide, guiding them toward the floor alongside your torso. When ready, reach for the outer edges of your feet. Let the back melt into the ground — no forcing, no lifting. Stay and breathe.	<i>Deep hip opener that releases the adductors, sacrum, and pelvic floor all at once. A perfect closing stretch — the floor does the work.</i>

Note: If it hurts, don't do it — we are not reinforcing pain patterns here. Soft and slow is the name of the game. Move with your breath, not against it.