

Back Strength & Pelvic Floor

7 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 seven 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	Blocked foot bridge 8x	Feet on blocks directly under knees. Press feet down into blocks and slowly roll up, keeping ribs on the floor. Release slowly.	<i>Foot pressure changes the whole quality of the bridge — the posterior chain and pelvic floor engage differently than a standard glute bridge.</i>
7	Gentle rolling bridge 8x	Same setup as blocked bridge — ribs stay soft and planted throughout. Roll up one vertebra at a time, tailbone last. Roll back down from the tailbone first. Slow and fluid.	<i>Segmental spine mobility. Softens the low back, coordinates the breath, and brings everything full circle.</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.