

ReNew Me

REVITALIZE. REJUVENATE. RENEW

Core + Floor

CONNECTING WITH YOUR CORE



Why breath is important

- Your breath sets the foundation for how your core and pelvic floor work.
- Shallow breathing can cause tension and poor core connection.
- Breathing well supports movement, stability, and calm in daily life.



How the Core and Floor Work Together

- Your core is a system: diaphragm, deep abs, back, and pelvic floor.
- When that rhythm is off, you might feel pressure, leaking, or pain.
- Coordinating them builds strength and stability from the inside out



Core connection in everyday life

- Makes lifting, carrying, and workouts feel easier and stronger.
- Reduces back and pelvic pressure by improving support.
- Improves posture and balance during daily activities.
- Builds awareness and confidence in your body.



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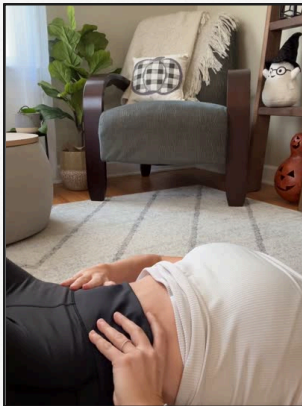
Core + Floor Exercises

CONNECTING WITH YOUR CORE



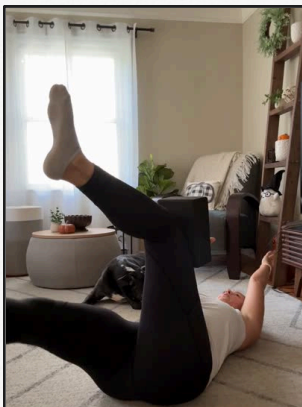
360 breathing

- Inhale through the nose
- Feel all 360 degrees of your ribcage expanding
- Exhale through your mouth as if you're fogging up a mirror
- Perform 3-4 breaths, 2-3x/day



TA zippers + pelvic floor activation

- Lying on your back with your knees bent and flat on the floor, place a soft ball or yoga block between knees
- Squeeze the yoga block as you exhale and zip your abs together
- Squeeze and exhale for 3-5 seconds, perform 10 reps, 1-2x/day



Advanced core move

- Lying in tabletop - abs zipped, knees suspended in air (90/90 position)
- Place yoga block between knee and opposite hand
- Press into the yoga block with your knee and arm, as you extend the other leg and arm
- Repeat on both sides, 10 reps each, 1x/day



ReNew Me Core + Floor Quick Guide

CONNECTING WITH YOUR CORE



Common Mistakes

- Holding your breath during exertion.
- Sucking in your belly instead of letting it expand with breath.
- Bearing down or gripping your abs or glutes too tightly.
- Forgetting to relax the pelvic floor between contractions.



When to reach out for help

- Leaking with exercise, coughing, or sneezing.
- Feeling heaviness, pressure, or “something dropping” in the pelvis.
- Ongoing back, hip, or pelvic pain.
- Trouble fully relaxing or activating your core.
- Feeling disconnected from your body after pregnancy or injury.



Quick Guide Tips

- Exhale with effort — lifting, pushing, pulling, or standing up.
- Think “lift + zip” through your core as you move.
- Keep your breath moving - strength comes from coordination, not tension.
- Progress takes patience - give your body time to reconnect

