SOUL EDITIONS · No. 04

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No.
04

# The Core Reset Edit

An eight-week Pilates-based plan for your pelvic floor and deep core.

*Built by Camille*

FIELD GUIDE · 8-WEEK WORKBOOK · EXERCISE CARDS · PRINTABLES

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# Hi, I'm Camille.

This edit is for the sneeze you brace for, the jump you skip, and the lower belly that never quite came back after a baby, or after years of sitting.

Your deep core is a team: your breath, your pelvic floor, your deepest abdominal muscle and the small muscles along your spine. When they work together, everything from lifting a bag to laughing gets easier.

Five minutes a day and three short sessions a week, for eight weeks. That's the plan. We start lying down and finish carrying the shopping.



*your host, Camille*

**HOW THIS EDIT WORKS**

The plan and worksheets were written by the SOUL team from published guidance for pelvic floor muscle training. It is education, not medical advice or a diagnosis. The photos show the mood; they are not customer results or exercise demonstrations.

— Camille

# Everything in your kit.

Read the guide first, then use the tools that suit you. You don't need them all.

1

## The field guide

How your deep core works, the pelvic floor lift and release, the diastasis self-check, four two-week phases and everyday habits.

2

## The 8-week workbook

A three-day bladder diary, your weekly tracker, a self-check log and a check-in for your physio or doctor. US Letter and A4.

3

## Exercise cards

Every exercise in the plan on a cut-out card with the cue, the dose and how to make it easier or harder.

4

## Door cards

Your daily five-minute set and "the knack" for coughs, sneezes and lifts, to tape where you'll see them.



CAMILLE'S RULE

*Do the daily five minutes even on days you skip a session. The daily set is what changes the pelvic floor; the sessions make the whole team stronger.*

*Camille*

# Your first ten minutes.

Lie on your back, knees bent, feet flat, a pillow under your head. That's the whole setup.

1 **Breathe into your ribs**

Hands on the sides of your lower ribs. Breathe in through your nose and feel your ribs widen into your hands, your belly soften and your pelvic floor gently drop.

2 **Find the lift**

As you breathe out, gently squeeze as if stopping wind and lifting a blueberry with your vagina. Lift up and in, not down. Your buttocks and thighs stay soft.

3 **Let it all go**

Breathe in and fully release. The release is half the exercise. If you can't feel a clear let-go, note it: that's useful information.

4 **Count what you can do**

How many seconds can you hold the lift while breathing normally? How many lifts before it fades? Write both numbers on workbook page 1. That's your starting point.

✦ BEFORE YOU START

This is an education and exercise guide, not medical advice. If you are pregnant, less than six weeks after a vaginal birth or eight weeks after a caesarean, or you have pain, heaviness, a bulge, bleeding or leaking that is getting worse, see your doctor or a pelvic health physiotherapist first. Stop any exercise that hurts.

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# Your daily set.

NICE, the UK's health guidance body, recommends pelvic floor training of at least eight contractions, three times a day, for at least three months. Here is that dose as a five-minute set.

| PART | WHAT TO DO | DOSE |
|---|---|---|
| **Slow lifts** | Breathe out, lift and squeeze, hold while breathing normally, then fully release for as long as you held. | 8 lifts, hold up to 10 s |
| **Quick flicks** | Lift fast and strong, release fully straight away. | 8 to 10 |
| **Release check** | One long breath in with a complete let-go. | 1 breath |
| **When** | Morning, midday and evening. Link each set to something you already do: coffee, lunch, teeth. | 3 times a day |

1

## Start where you are

If you can hold 3 seconds, hold 3 seconds. Add a second a week until you reach 10.

2

## Change position as you progress

Weeks 1–2 lying down, 3–4 sitting, 5–6 standing, 7–8 during everyday moves.

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# How the plan works.

Four two-week phases. Each session takes 15 to 20 minutes, three times a week, plus your daily set.

| WEEKS | PHASE | GOAL |
|---|---|---|
| 1–2 | Connect | Find the lift and release with your breath, lying down. |
| 3–4 | Control | Keep the connection while your arms and legs move. |
| 5–6 | Strength | Add load, single-leg work and standing moves. |
| 7–8 | Life and load | Lifting, carrying, stairs and, if you want, a readiness test for impact. |

1

### Move on when it's easy

Progress to the next phase when you can do every move in the current phase with steady breathing and no leaking, doming, heaviness or pain. Two weeks is a guide, not a deadline.

2

### Go back a step when you need to

A bad night, your period, a cold or a busy week can make things feel harder. Repeat the previous phase without guilt.

3

### Rest between sessions

Sessions on non-consecutive days: Monday, Wednesday, Friday works well.

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# The knack.

A quick, strong pelvic floor lift just before the pressure arrives. It's one of the simplest ways to stop leaking with a cough or sneeze.

1. **Feel it coming**

   The tickle before a sneeze, the moment before you lift, the second before you laugh.

2. **Lift first**

   Lift and squeeze your pelvic floor hard, then cough, sneeze or lift while holding.

3. **Turn your head**

   For a sneeze, turning your head to one side and standing tall can help too.

4. **Practice on purpose**

   Ten practice coughs a day with the knack in Phase 4, until it happens without thinking.



CAMILLE'S RULE

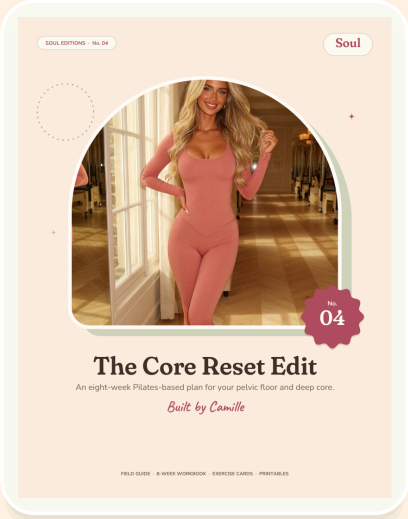
*Lift before you laugh. It takes half a second, and it's the habit that pays off fastest.*

Camille

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# You've read 7 of 31 pages.

The rest of The Core Reset Edit is one tap away.




IN THE FULL EDIT

- ◯ The field guide
- ◯ The 8-week workbook
- ◯ Exercise cards
- ◯ Door cards

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