Table D: Exercises and their target muscle groups, expert opinion

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise/ Muscles affected | PFM | Abdominal | Hip | Foot |
| Breathing exhale focus | \* | \* |   |   |
| Kegel | \* | \* TrA |   |   |
| Towel roll, toe extensions | \* |   |   | \* |
| Heel raise | \*120 | \*[121](https://paperpile.com/c/ajoqCy/z2NBZ) | \* | \* |
| Plank | \* | \* | \* | \* |
| Quadruped: Bird dog/ LE lift | \*[120](https://paperpile.com/c/ajoqCy/yvKUc) | \* | \* |   |
| Side plank: SLS side plank | \* | \* | \* | \* |
| Bridge | \* | \* | \* | \* |
| SLS bridge | \* | \* | \* | \* |
| Squat | \* | \* | \* | \* |
| SLS squat | \* | \* | \* | \* |
| Lunge | \* |   | \* | \* |
| Dead lift |   |   | \* | \* |
| Two leg jump | \* |   | \* | \* |
| Single leg hop | \* |   | \* | \* |

Abbreviations: PFM, pelvic floor muscles; TrA, transverse abdominis; LE, lower extremity; SLS, single limb support