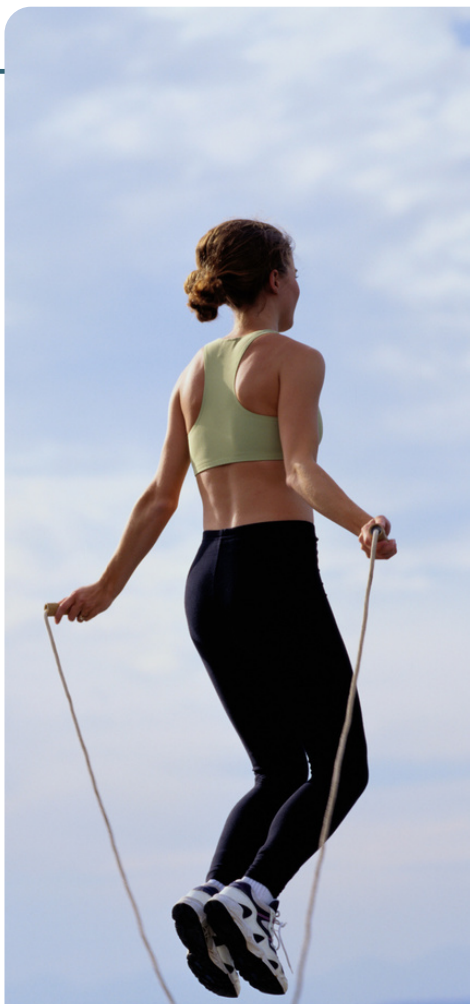


The ultimate

LEAK-FREE WORKOUT

CHECKLIST



5 STEPS TO STOP LEAKING DURING A WORKOUT

- TIME YOUR BREATH AND PELVIC FLOOR, EXHALE WITH EXERTION AND LIFT FROM PF
- LAND SOFTLY DURING JUMPING AND RUNNING
- DON'T HOLD YOUR PELVIC FLOOR TIGHT DURING THE ENTIRE EXERCISE
- BRACE YOUR ABDOMINALS OUT, NOT DOWN
- STACK YOUR RIBCAGE OVER YOUR PELVIS