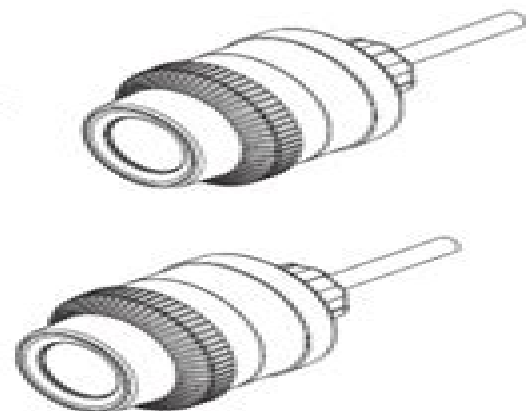
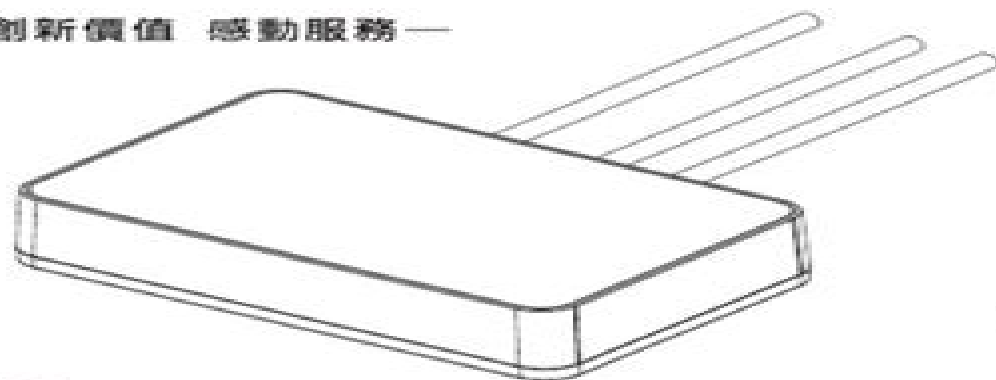




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web functions as the floor of the pelvic cavity these muscles have important roles to play in the correct functioning of the pelvic and abdominal viscera the roles of the pelvic floor

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web inhale deeply and as you exhale press into your forearm and lift your hips into the air while opening the top leg up to the ceiling like a book without letting your heels separate

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