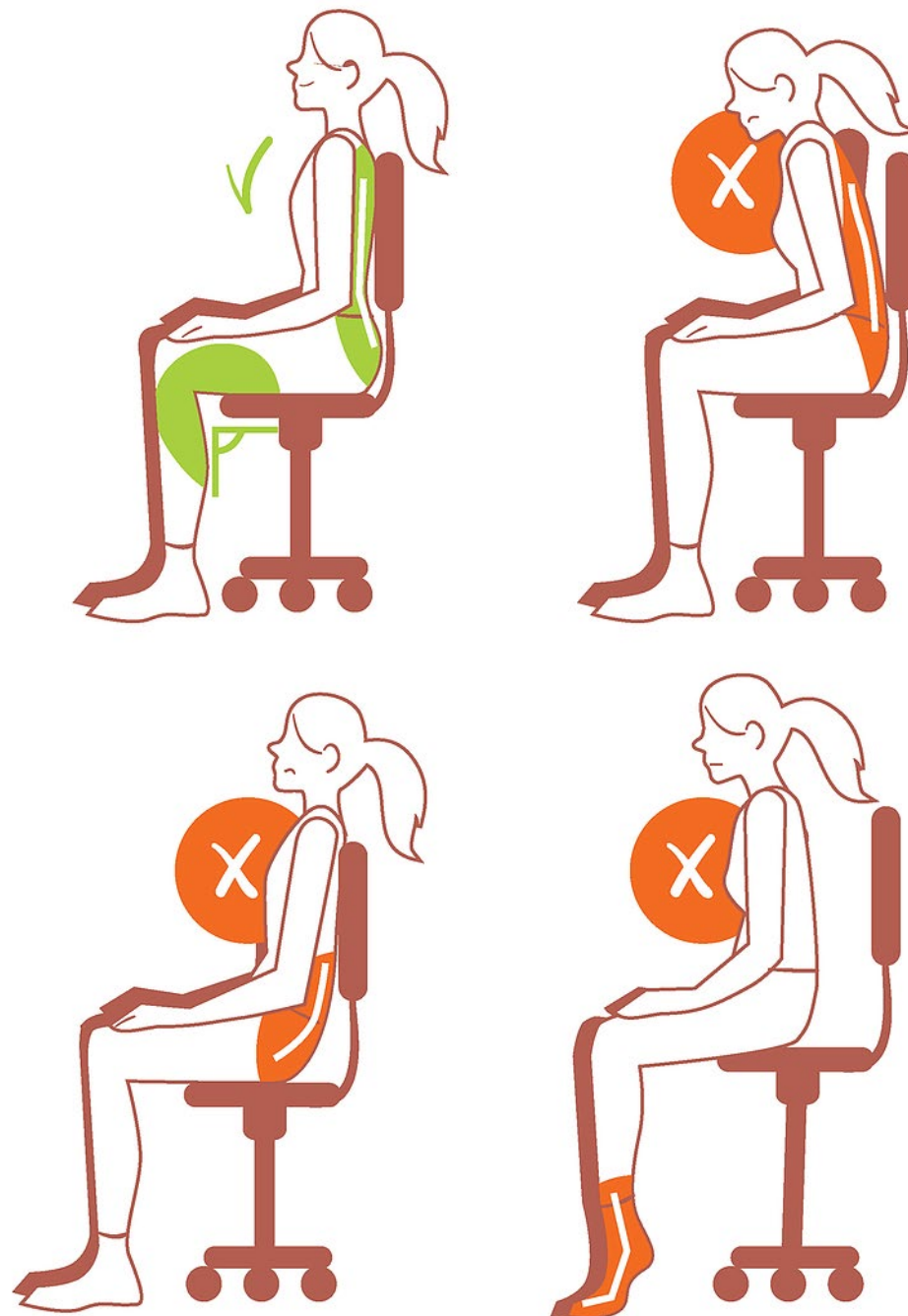


# Seating Guide

When doing your pelvic floor/Kegel exercises you can do them standing, lying or sitting down. However, in normal circumstances, research on best positions came up with a definite winner...sitting down.

The seated position enables you to target the right muscles with the right amount of resistance, as it's midway between standing and lying down.



If you have just had surgery, then first consult with your doctor before doing any pelvic floor/Kegel exercises. When you do start doing them, first lie down and progress slowly from 2 to 5 repeats of the slow and fast exercises. Make sure you are executing them with ease before moving to the seated position.