

Pelvic Floor/Kegel Exercises

Quick Start Guide

Identify your pelvic floor muscles & refresh the breakdown of the slow and fast pelvic floor/Kegel exercises:

- Go to the Bonuses provided in PART 1 – Pelvic floor exercise instructions for men OR Kegel instructions for women and read about finding the right muscles

What are Pelvic Floor Exercises?

- Pelvic floor/Kegel exercises involve repeated contraction and relaxation of the pelvic floor muscles. They aim to maintain or restore the strength and functioning of the pelvic floor.

How to Contract your Pelvic Floor Muscles

- Feel your pelvic floor muscles in and around your vagina/penis, urethra and anus
- Squeeze and lift your pelvic floor muscles inwards
- Keep squeezing and lifting inside for from 2 up to 10 seconds
- Breathe normally throughout your pelvic floor contraction

How to Relax your Pelvic Floor Muscles

- Release your pelvic floor muscle contraction
- Lower your pelvic floor muscles back down to resting level, breathing normally
- Allow your pelvic floor to rest and recover before repeating this exercise again

Daily Pelvic Floor/Kegel Exercise Guidelines

- Start by contracting your pelvic floor muscles from 2 to 10 seconds at a time
- Repeat these contractions from 2 up to 8-12 times in a row for one complete set of exercises. Remember that after surgery start low.
- Relax and rest your pelvic floor muscles (for the same amount of time you held the contraction) between every effort
- Aim to complete 2- 5 sets of fast and slow exercises throughout the day

Tips for Successful Pelvic Floor/Kegel Exercises

- Practice your exercises every day
- Focus on correct technique when starting out, till it becomes second nature.
- Position your body where you best feel your muscles working (lie/sit/stand)
- Make your exercises progressively longer over time
- Allow for 5-6 months of ongoing training to fully strengthen your pelvic floor
- Or you can opt in for an electronic pelvic toner/exerciser
- If interested in an **electronic toner for women** see www.betamarketing.co.za/kegel8-ultra-20 OR check out **V-for-men** at www.betamarketing.co.za/kegel8-v-for-men.