

How to Properly Exercise Your Pelvic Floor Muscles

Quick Guide for Women



PERICOACH

What Are the Pelvic Floor Muscles?



The pelvic floor muscles extend across the pelvis like a hammock, keeping the pelvic organs (bladder, bowel, uterus) firmly in place.

Both men and women have these muscles, but women are especially prone to muscle weakening over time.

The stress and strain of pregnancy and childbirth, and hormonal changes during menopause, can take their toll on the pelvic floor muscles.

Why Do Kegel Exercises?

We'll give you two good reasons:

1. Preventing (bladder) leaks
2. Longer, stronger orgasms

Strong pelvic floor muscles are a woman's first line of defense against bladder leaks (called urinary incontinence, or UI), as well as pelvic organ prolapse, and fecal incontinence.

Bonus: Strong pelvic floor muscles can also lead to better orgasms!

Read on for a step-by-step guide to correctly doing Kegels.





Step 1: Identify the Right Muscles

It's easy to squeeze the wrong muscles—you might be surprised to learn that 50% of women don't squeeze the right muscles with written or verbal instructions alone.

A simple way to identify your pelvic floor muscles is to stop urination midstream. If you succeed, you've identified the right muscles.

Step 2: Get Your Pelvic Floor Exerciser Ready

A pelvic floor exerciser for women, like the PeriCoach system, can help ensure you're squeezing the right muscles when you do Kegels.

A vaginally-insertable biofeedback device that syncs with your smartphone, PeriCoach detects when you squeeze against the device, providing you with real-time feedback about your progress.

Learn more about [how PeriCoach works](#).





Step 3: Get Into Position

Get into a comfortable position—lying down with knees bent is ideal—but you can also do Kegels while sitting down or standing up.

Make sure you have your pelvic floor exerciser (if using), plus lubricant, and your smartphone at your side. Once you're in a comfortable position, lubricate and insert the PeriCoach device.

If you choose not use a device, it may help to insert two fingers as you squeeze to feel your muscles contract.

Step 4: Squeeze, Release, Repeat



- **Squeeze** your pelvic floor muscles, holding for 5 seconds.
- **Release** and relax for 5 seconds.
- **Repeat**, squeezing and relaxing 5 to 10 times per session.

Work your way up to 3 sets of 10 repetitions per day.

A Few Tips

Tip: It's not uncommon to tense up during Kegels—avoid inadvertently squeezing your buttocks, abdominal, or thigh muscles as you do the exercises.

Tip: Breathing deeply as you do Kegel exercises can help relax your mind as well as the muscles that are not under your conscious control.

Keep It Up

If you experience occasional (or even frequent) bladder leakage when you laugh, cough, sneeze, or exercise, you're not alone. As many as [1 in 3 women](#) experience this—it's called stress urinary incontinence.

Doing Kegels regularly can help you strengthen your muscles over time, for improved bladder control.

Take the [PeriCoach 8-week challenge](#), and see the difference doing pelvic floor exercises can make.

The PeriCoach system is a vaginally-insertable pelvic floor biofeedback device designed to guide women through Kegel exercises. PeriCoach is outfitted with biofeedback sensors that detect the contraction of your muscles as you squeeze against the device, and it pairs with your smartphone (via Bluetooth) so you can see your muscles working in real-time.

In just five minutes a day you can help strengthen your pelvic floor muscles and help reverse or eliminate the symptoms of prolapse, including bladder leakage. The PeriCoach system is FDA-cleared, which means it has met stringent product safety requirements and is safe to use.

[Learn more](#) about PeriCoach, and [hear stories](#) from real women about their experience using the PeriCoach system.

About PeriCoach

