

The little-known muscle group you're likely missing in your workouts

By Stephanie Taylor, Managing Director, [Kegel8](#)



When it comes to working out, you probably think you've got it covered. However, sometimes the most important muscles are the ones you can't see.

Many men aren't even aware they have a pelvic floor, let alone know what it does, yet it's vital to keep it strong just like any other muscle group.

That's because the pelvic floor is responsible for healthy bladder, bowel and penis function and yes, even orgasms.

Stephanie Taylor, pelvic health expert and Managing Director of Kegel8, explains why and how every man should introduce pelvic floor exercises into their fitness regime, whatever their age...

Get to know your pelvic floor

Most men don't realise pelvic floor (or Kegel) exercise is important for their health and wellbeing, just like for women.

Your pelvic floor is a group of muscles which support your bladder and bowel. It wraps around your prostate gland and the inner parts of your penis, stretching from your anus to your pubic bones.

The way it's connected to these organs means it's responsible for controlling how often you go to the toilet and how satisfying your sex life is.

In regular gym-goers, the muscles can be too tight, resulting in a hypertonic pelvic floor - permanent tightening of the muscles which can lead to severe pain in the rectum, genital area and even the lower back.

Reap the benefits

Working out your pelvic floor has many benefits which you may not know about.

Keeping everything “down below” in the right place, strong pelvic muscles can improve your performance in the bedroom by encouraging more blood flow to the area and giving you greater control over when you finish. It can even gift you more powerful and frequent orgasms.

Another benefit of working your pelvic floor is you’ll help keep embarrassing leaks at bay...or be able to nip them in the bud before they become a serious problem.

If you’ve recently had surgery on your pelvic area, particularly on your prostate, Kegel exercise can also help speed up your recovery. It can also protect you from painful rectal prolapses.

Mix up your workout regime

The good news for those with a packed workout schedule is pelvic floor exercises are quick and easy to incorporate into your daily routine.

First, you need to locate your pelvic floor to develop a mind-muscle connection. Clench the muscles around your anus as if you’re holding in wind. Next, tighten the muscles around the urethra, as if you were trying to stop urinating. Voila, these are your pelvic floor muscles.

You can work your pelvic floor any time of day, standing, sitting or lying. Here’s a quick tutorial:

- Sit, stand or lie somewhere comfortable and relax your thighs, buttocks and stomach.
- Tighten the muscles of your anus as if you’re trying to stop passing wind then relax. Try to do this without clenching your buttocks, stomach or thighs.
- Clench the muscles you would use to stop urinating mid-flow, then unclench them.
- You can check if you’re doing this correctly by touching just behind your scrotum; you should feel this area lift away from your fingers as you clench.
- Clench these sets of muscles, hold them for 10 seconds, then relax for 10 seconds

Start with ten reps and gradually increase as you get stronger, in the same way you would do for other muscles.

Doing manual Kegel exercise is a great way to start strengthening your pelvic floor. However, the average person is only able to exercise 40 percent of their pelvic floor muscles in this way.

This is compared to using an electronic pelvic toner, which can reach 90 percent by sending small, painless electrical currents directly to the muscles, contracting and releasing them for you.

If you want to take your pelvic floor workouts to the next level, an electronic toner is a worthwhile investment as it does all the work for you in one easy session per day.

Press enquiries

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About Kegel8

Kegel8 is one of the UK's leading pelvic healthcare companies. Its range of electronic pelvic toners offer women and men the chance to regain control of their pelvic floor from the comfort of their own home and in their own time. For over 13 years, Kegel8 has been the top choice for men and women who suffer from pelvic problems. Owned and managed by Stephanie Taylor, the company employs 40 people and is based in Hull, East Yorkshire.

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