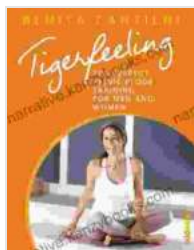


The Perfect Pelvic Floor Training For Men And Women



Tigerfeeling: The perfect pelvic floor training for men and women by Benita Cantieni

★★★★☆ 4.3 out of 5

Language	: English
Paperback	: 53 pages
Item Weight	: 2.26 ounces
Dimensions	: 5 x 0.12 x 8 inches
File size	: 15627 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 176 pages



Pelvic floor training is essential for both men and women of all ages. It can help to prevent and treat a wide range of pelvic floor disFree Downloads, including incontinence, prolapse, and sexual dysfunction. The Perfect Pelvic Floor Training For Men And Women is the most comprehensive guide to pelvic floor training on the market.

This book is written by Dr. Kegels, a world-renowned expert on pelvic floor training. Dr. Kegels has over 30 years of experience in the field, and he has helped thousands of people to improve their pelvic floor health.

The Perfect Pelvic Floor Training For Men And Women is a step-by-step guide to pelvic floor training. The book includes:

- An overview of the pelvic floor muscles
- Instructions on how to perform pelvic floor exercises
- A variety of exercises for different levels of fitness
- Tips on how to make pelvic floor training a part of your daily routine

If you are suffering from a pelvic floor disFree Download, or if you simply want to improve your pelvic floor health, then *The Perfect Pelvic Floor Training For Men And Women* is the book for you.

The Benefits of Pelvic Floor Training

Pelvic floor training offers a wide range of benefits, including:

- Prevents and treats incontinence
- Prevents and treats prolapse
- Enhances sexual function
- Improves bladder and bowel control
- Reduces back pain
- Improves posture
- Boosts energy levels
- Enhances mood

Who Should Do Pelvic Floor Training?

Pelvic floor training is beneficial for both men and women of all ages. It is especially important for people who:

- Are pregnant or have given birth
- Are overweight or obese
- Have a family history of pelvic floor disFree Downloads
- Have a chronic cough or constipation
- Do heavy lifting or participate in high-impact activities
- Have diabetes or other neurological conditions

How to Get Started with Pelvic Floor Training

Pelvic floor training is easy to learn and can be done anywhere. To get started, simply follow these steps:

1. Find a quiet place where you can relax.
2. Empty your bladder and bowels.
3. Lie down on your back with your knees bent and your feet flat on the floor.
4. Place your hands on your lower abdomen, just below your belly button.
5. Take a deep breath and slowly exhale. As you exhale, gently contract your pelvic floor muscles. You should feel a lifting sensation in your pelvic floor.
6. Hold the contraction for 5 seconds, then slowly release.
7. Repeat the exercise 10-15 times.

You can do pelvic floor exercises several times a day. Gradually increase the number of repetitions as you get stronger.

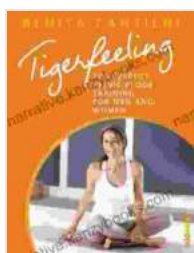
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- The benefits of pelvic floor training
- How to perform pelvic floor exercises
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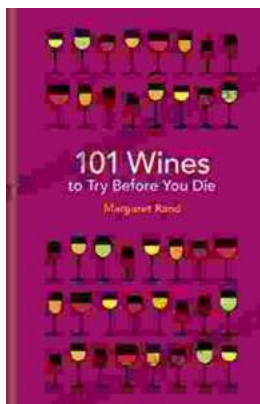
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