



Men's Sexuality: Kegel Exercises

What are Kegel exercises?

Kegel exercises are designed to tone and strengthen the pubococcygeus or "PC" muscles which form the floor of the pelvis. The health of these muscles plays a vitally important role in sexual arousal and climax, as well as in other aspects of bodily functioning. Just as women should perform Kegel exercises, men should perform them as well.

Why should men perform Kegel exercises?

Just like you need to maintain your overall body strength by sustaining an active lifestyle, it is also important to maintain your genital health. Kegel exercises are great for men experiencing urinary incontinence, as well as for men who experience premature ejaculation. Some men say that performing Kegel exercises helps to enhance or even intensify their orgasms.

How do men perform Kegel exercises?

The first step to performing Kegel exercises is to locate the PC muscle. The easiest way to do this is for a man to imagine himself urinating and stopping the flow of urine. The muscles used to do this are the PC muscles.

Figure out a suitable exercise routine just as you would if you were trying to tone and strengthen a different muscle group. For example, start by practicing your exercises for 30 seconds or a minute; try doing this three times a day for a couple of weeks, and then try increasing to a minute or longer three times a day for a couple of weeks. You might also try contracting your PC for three counts, and relaxing for a count of three; try doing this 10 to 15 times a day for a total of five minutes. It is also helpful to do your Kegel exercises daily in three different positions (lying down, sitting, and standing up) to help maintain your maximum muscle strength.

The great thing about Kegel exercises is they can be done almost anywhere, as they are very discreet. Try doing them while sitting at a stop light, while typing emails for work, or during a commercial break. All of these activities become opportunities for men to improve their genital health and potentially enhance their orgasms.

