

# Kegel

This exercise is a simple contraction of the pelvic floor muscles. You can be fully clothed while doing this exercise, although in the beginning it might help if you place two fingers on your perineum, which is easier if you are naked. (Note: To learn how to find your pelvic floor muscles, go to the Kegel section of the beginner's penis enlargement guide.)

The exercise: Contract your pelvic floor muscles for one to two seconds, then release. Each contraction is one Kegel repetition.

It's That Easy!

Doing the Kegel Start/Stop every time you use the restroom and just one minute of regular Kegels is often all it takes for a dramatic increase in hardness.