

## Kegel exercises for men!

### Kegel Exercises For Men

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Most men know about the Kegel. The exercise isn't new. The Kegel was discovered by Dr. Arnold Kegel in the 1940's to help women tighten their vaginas after giving birth.

The Kegel was later found to be just as beneficial for men wanting to improve their sex lives. Yet, for one reason or another, most men skip out on the Kegel because it's the only penile exercise that doesn't directly enlarge the penis.

If you're considering hitting that next button, that would be a big mistake.

Back to top Kegel exercises for men - what they can do Do you want to fix premature ejaculation? Do you want to stop erectile dysfunction? Do you want to have a hard and healthy penis? Then Kegel.

If your exercising your penis to improve your sex life, then you'll want to Kegel. Along with providing harder, longer-lasting erections, the Kegel has provided men with a long array of other sexual benefits. Here's a quick list of what Kegel exercises have done for some men:

- The Kegel builds a harder penis and longer-lasting erections
- The Kegel improves penile blood flow
- The Kegel builds a healthier prostate
- The Kegel increases the angle of erection (for example, one man declared that his penis used to point towards the floor when erect, but now the Kegel helped his penis point straight out)
- The Kegel indirectly enlarges the penis. (The Kegel does this by increasing the blood flow to the penis, and making it as hard - as thick - as big - as possible.)
- The Kegel increases ejaculation volume
- The Kegel produces stronger orgasms and more intense ejaculations
- The Kegel increases shooting distance of ejaculation (As rumor has it, Peter North - the furthest long-distance shooter in the porn business - kegeled religiously)
- The Kegel cures post-nicturition dribble (in which urine consistently dribbles from the penis after you go pee)
- The Kegel builds your staying-power - of urine, that is (Several men report that after they started kegeling, they no longer had to get up in the middle of the night to use the restroom as they did before).
- The Kegel increases control of ejaculation, which leads to greater sexual stamina and even male multiple orgasms

Many doctors, sexual experts, and websites refer to the the Kegel as the "Sexercise" for all the benefits it provides. And it's true - with all of these benefits, it's a wonder every man isn't waiting in line to do his daily Kegels.

Take home message: Ditch the bottle of Viagra and start kegeling. Here are two studies that show Kegels work just as good for erectile dysfunction as erection drugs like Viagra, Cialis, and Levitra.

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The Kegel is different from all the other penile exercises in that it actually contracts and strengthens real skeletal muscles - your pelvic floor muscles (commonly referred to as the PC muscle or pubococcygeus muscle).

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As a side note, the PC muscle is actually a misnomer. When you Kegel, you're really exercising multiple muscles - along with your PC muscle, the Kegel exercises your IC muscle and BC muscle. For the sake of simplicity, we'll stick with the norm of calling the pelvic floor muscles by one name: the PC muscle.

Finding the PC muscle is easy. The next time you're urinating, stop your pee mid-flow. The muscles used to stop urinating is your PC muscle.

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To kegel, contract your PC muscle when you're not urinating. Try holding the contraction for as long as possible. You probably can't hold it for longer than a few seconds, if that. Many men can't hold the contraction at all. This just means you have a weak PC muscle.

But not to worry, by doing just a few Kegels here and there, you'll be able to dramatically improve the strength of your PC muscle - and you'll reap the rewards in the bedroom.

The best part about the Kegel is that it doesn't require any assistance from your hands or legs. You can Kegel anywhere, anytime -- whether it's in a car, at the computer, while running, or even while you're at work.

[Back to top](#) Kegel every other day

Since your PC muscle is actually a skeletal muscle, like your biceps and triceps, you'll want to give it enough rest to nourish and grow. Just like your other muscles, your PC muscle is easily overtrained. To avoid overtraining, don't Kegel every day. Instead, only Kegel three to four days a week.

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- For the first few weeks: Do 50 Kegels every other day. Each Kegel should be contracted for one to five seconds, depending on the strength of your PC muscle. The first time you Kegel, it probably won't last much longer than a second or two. With more exercise and experience, your PC muscle will become much stronger and your Kegals will last much longer.

- Overtime: Gradually incorporate more Kegels into your routine. Work up to five to ten minutes a day, four days a week. This should be fairly easy to do, since you can do Kegels anywhere, anytime. Many penile exercisers do them on their morning commute to work, for example. Eventually, spice it up and try holding your Kegels for as long as possible. You can also find advanced Kegels in our advanced penis enlargement exercise section.

[Back to top](#) Stop premature ejaculation & have multiple orgasms

Once your PC muscle is strong, you'll have the ability to stop yourself from ejaculating. To do this, you'll need to be able to hold a tight Kegel contraction for at least 10 seconds. Once you can do that, try the following method for delaying ejaculation:

- Kegel right before you hit the "point of no return" - the point where semen starts moving through your penis and ejaculation is inevitable.

- Hold the contraction for roughly 10 seconds or more.

- After the urge to ejaculate has gone away, release the Kegel.

It's that easy! The hard part is building up your PC muscle so it's strong enough to withstand the pressure of ejaculating. Accordingly, learning this process may actually take you anywhere from a few weeks to months to even years.

Many men also report that learning exactly when to Kegel is another hard part of the process; and this part can take practice, patience, and a lot of attempts (which isn't necessarily a bad thing), but is well worth the end result.

[Back to top](#)Other useful Kegel knowledge Kegels and penis enlargement

Kegeling while doing Jelqs, stretches, or any penile exercise promotes more blood flow to the penis. In turn, this often enhances the effectiveness of each exercise. So once you get the hang of kegeling, combine Kegels with your other exercises. Kegels aren't just for men

Kegels can be done by both men and women. Teach your partner to do Kegels and greatly add pleasure to your sexual experience. If a woman squeezes her PC muscle (i.e, kegels) during intercourse, her vagina tightens - increasing the pleasure for everyone involved! The Kegel and premature ejaculation

"Uh-Oh, I am coming too quickly. . . What did I do?"

Some men find themselves ejaculating quicker than normal when they first start kegeling. Some men even find that they have a case of unwanted premature ejaculation.

If this happens to you, be sure that you're relaxing your PC muscle while having sex. Many penile exercisers find that once they learn how to Kegel, they're unconsciously kegeling during sex. This quickly drains the strength of the PC muscle.

Don't give up on kegeling if it causes temporary premature ejaculation. This beginner kegeling side effect typically passes in just a few weeks time - and you'll be able to last even longer in the bedroom once you get over it. The stronger your PC muscle, the easier it is to stop your self from ejaculating all together.

Another thing that could cause you to cum too fast is overtraining your Kegels. Remember that you don't want to Kegel every day, at least in the beginning. As with all exercising, the goal is to start out light and work your way up.

Get the most of your Kegels

- To learn more about Kegel exercises, see the forum post "Kegel Tips - Toward a Total Guide" written by user HotRod.
- After you've been kegeling for a few weeks, you can try advanced kegel exercises found in our advanced exercise section.
- For more Kegel tips and information, see the book Exercising The Penis.

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