

# PELVIC FLOOR EXERCISES WITH VIBALL®

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( [www.samoja-fitness.de](http://www.samoja-fitness.de))

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## Preliminary information

Although the following pelvic floor exercises can also be performed without a Viball Kegel ball, the weight and vibration impulses make them more efficient. The fact that Viball moves particularly intensively in the body during these exercises provides additional stimulation of the pelvic floor muscles and therefore ensures faster or increased training success for women and men.

### These abbreviations apply in the following:

BBM = pelvic floor muscles

EA = Inhaling through the nose into the relaxed abdomen

AA = Exhaling through the gently opened mouth with a gentle "blow".

### General information for execution:

- Each tensing should be followed by a conscious, active relaxation of the BBM during the subsequent inhalation.
- The exercises should always be done in a breathing rhythm: Inhaling (EA) relax - exhaling (AA) tense.
- You should repeat all exercises four to eight times.
- The numbers of the exercises do not indicate any order or priority. You can therefore put the exercises together however you like.
- It is very helpful if you create imaginary images during the exercises and thus also involve your mind. Example: You are lying on your back with your legs either raised or lying long on the floor. As you tense and relax your vulva / anus in a breathing rhythm, imagine a flower opening and closing inside it:

(EA) open the flower - (AA) close the flower.

Your thoughts are free, find your own images. Erotic images have a particularly intense effect on the pelvic floor.

- I recommend using phonemes for some exercises. These are sounds that reinforce the training effect, e.g. "ffffff" with a long "F" and an intensely emphasised "T" at the end.

## The exercises

### Exercise 1:

#### **In the supine position with legs raised**



- A:** (EA) into the abdomen - (AA) tighten the bladder sphincter muscles / urethra
- B:** (EA) into the abdomen - (AA) tighten the anus
- C:** (EA) into the abdomen - (AA) pull up the perineum (region between vulva and anus) towards the head.
- D:** (EA) into the abdomen - (AA) move the ischial tuberosities (the bones you feel in your bum when you sit on a hard chair) towards each other.

**Exercise 2:**  
**In prone position with feet up**



The forehead rests on the backs of the hands, one on top of the other.

**A:** (EA) into the abdomen - (AA) suck (your Viball) deeply inwards and pull the navel towards the spine.

**B:** (EA) into the abdomen - (AA) pull (your Viball) towards the head and the navel towards the spine. Move the shoulder blades towards each other and in the direction of the buttocks.

**Exercise 3:**  
**In quadruped position**



**A:** (EA) Right leg back, put toes up, push heel away  
(AA) Pull the coccyx towards the mons veneris without moving the pelvis externally (the hip bones remain at the same level) and move the navel towards the spine  
(EA) Return right knee to starting position and vice versa: left leg back, toes up  
(see above)

**B:** (EA) right leg back, put toes up, push heel away  
(AA) Pull the coccyx towards the mons veneris without moving the pelvis externally (hip bones remain at the same level) and move the navel towards the spine  
(EA) Raise left arm, parallel to the floor

(AA) Raise right leg

(EA) form a line from the left hand to the right foot and stretch

(AA) Lower arm and leg and return to starting position and vice versa:

(EA) left leg back, put toes on, push heel away

(AA) Pull the coccyx towards the mons veneris without moving the pelvis externally (hip bones remain level) and move the navel towards the spine

(EA) raise right arm, parallel to the floor (AA)

raise left leg

(EA) form a line from the right hand to the left foot and stretch (AA) lower the arm and leg and return to the starting position, etc.

**C:** (EA) right leg back, put toes up, push heel away

(AA) Pull the coccyx towards the mons veneris without moving the pelvis externally, move the navel towards the spine and say the word "fessssst" with an elongated "S" and an intensely emphasised "T" at the end.

(EA) Raise your left arm and straighten your hand at a 90-degree angle

(AA) Push the left carpus and right heel away, increase the tension in the BBM and navel once more and say "fessssst".

#### **Exercise 4:** **In knee-elbow position**



Similar to the four-footed pose, but here you put your forearms down, clench your hands into fists, stack them on top of each other and rest your head on your upper fist; this relieves the strain on your neck enormously. The buttocks should be loose.

**A:** (EA) into the abdomen - (AA) tighten the urethra and vagina and into the body "suck in", sounding "ffffff", with a long drawn-out "F" and an intensely emphasised "T" at the end.

**B:** (EA) into the abdomen - (AA) tense the anus, pull inwards and sound "ffffff".

### **Exercise 5:**

#### **Standing with loose knees (not bent and not stretched out)**



**A:** Relax and tense the vulva in a breathing rhythm, for example with the image of the flower opening and closing (as in exercise 1 in the supine position):

(EA) Open the flower in the vulva - (AA) Close the flower

**B:** Circle the pelvis, making the circles larger, then change direction and make the circles smaller again.

*IMPORTANT:* You must bend your knees for *this* exercise, otherwise you will not be able to move your pelvis independently. Perform the movements slowly and consciously. Viball has a particularly intense effect in this exercise because the BBMs receive strong impulses from the vibrations.

**C:** In advanced training, you can also practise successively tensing the different areas of the BBM in a standing position as described in exercise 1 (supine position).

### **Exercises with the Pezzi ball**

You can also sit on a stool or chair instead of a Pezzi ball, but the ball supports your perception and thus proprioception\* enormously and therefore significantly increases the training effect.

For these pelvic floor exercises, either a 30 - 35 cm diameter ball for the heel position or a 65 cm ball for a normal sitting position are suitable. I prefer the smaller model as it moulds more closely to the vulva.

**\*Proprioception: Spatial perception of movement, position, posture and location of the body in space.**

## Perception and relaxation exercises on the ball



To do this, sit on the ball, place your hands on the flanks with your fingers pointing backwards.

**A:** (EA) the chest expands, the abdomen expands - (AA) the chest and abdomen sink back. This should happen in a light, gentle way without effort. The focus here is on awareness of the interplay between the diaphragm and pelvic floor.

**B:** (EA) minimally release the body weight from the ball, but stay in contact - (AA) exhaling, release more weight to the ball again.



**C:** Forward and backward movements, or in other words: tilting the pelvis

**D:** Circling the pelvis on the ball



**E:** Lying movements in the shape of a figure eight on the ball, with the upper body remaining stable; only the pelvis is in motion.



**Q:** Start by gently rocking on the ball by pulling the ischial tuberosities together; then use this as an impulse generator and come to an almost explosive kneeling position or stand up from the large Pezziball. The straight upper body is leant slightly forwards and the back is straight. Sink back onto the ball and repeat.

**To loosen the pelvic floor muscles and the fascia of the sacrum**





You will need a smaller, tightly inflated ball with a diameter of around 10 cm, i.e. a hedgehog ball, tennis ball or preferably a Franklin ball (available in our shop).

**A:** Lying on your back with your legs bent, place the ball under the sacrum and, using free movements, press the large fascia plate on the sacrum. massage.



**B:** With the ball under the sacrum, pull the bent legs closed over the abdomen. Place your hands on your knees with your fingers pointing towards your feet.  
(EA) push the legs away - (AA) open the knees, keeping the big toes in contact, move the legs back towards the chest and close them.  
Circles in the hip joints. Change direction.

## For active relaxation of the pelvic floor muscles



**A:** Sit on a chair with a firm seat. Close your eyes and become fully aware of yourself. After a few breaths, sit on a tennis ball, which you place between your right ischial tuberosity and your vulval lips or perineum. Let yourself sink, even if it is uncomfortable. Try to release and transfer your weight to the ball and your support. Give this phase at least 1-2 minutes.

**B:** Then move your right knee forwards and backwards gently at first, then gradually more intensively. This is how you massage your pelvic floor. After about 1-2 minutes, remove the ball and continue for 1-2 minutes.

Then change sides: first place the ball between the left ischial tuberosity and the vulva or perineum. Then gently move your left knee forwards and backwards and so on.



**C:** Take a supine position and first become aware of your body again. Then push the ball under the right side of your buttocks, more to the right of the ischial tuberosity. This may feel a little uncomfortable. Try to relax and become soft. Then stretch your legs out long. Move your toes inwards and outwards for one to two minutes. Then raise your right leg, let it gently tilt outwards and raise it again. Repeat this movement for about 1-2 minutes. Finally, lift your right knee upwards and circle gently on the ball. In the painful areas, it is advisable to linger or 'paint' very small circles, relax again and again and transfer your weight to the ball and the floor. Let your breathing support you. After about 1-2 minutes, remove the ball and feel again for 1-2 minutes. Then switch sides: position your left leg and so on.

### **Last but not least**

It's completely normal if you can't clearly perceive all aspects of your pelvic floor at first. Don't let this discourage you, keep at it! Perception and strength will increase quickly if you practise continuously. Repeated small sessions are more effective than infrequent longer training sessions. And another thing: when I talk about tensing up, about 30 % of the maximum possible is enough. So don't stress yourself, but practise with pleasure and enjoyment.

My recommendation: A yoni or pelvic steaming (vaginal or pelvic steam bath) is very pleasantly relaxing after the exercises. You can find information on this on [www.theros.de](http://www.theros.de) in our topic guide

### **Yoni Steaming /**

I wish you much success and joy with the exercises.  
Good luck and enjoy!

Hera Schulte Westenberg