

Maximize Your Kegelbell Workouts

Building your pelvic floor muscle is just like any other muscle building: variety is key. It's important to vary the weight, squeeze time and resistance to continually build muscle. Here are a few different ways to maximize your Kegelbell kit, and make sure that your day-to-day workouts don't get boring!

Pro Tip #1:

Change the large insert for the smaller one.

The larger insert gives your body more to hold onto. By using the smaller insert, your muscles have to work harder to keep the bulb in with equal weight. You'll notice when you switch to the smaller insert that you'll be able to hold less weight than before.

Pro Tip #2: Use lube... Generously!

When lube is applied before insertion, it makes your muscles have to work harder to maintain a grip on the insert. By using lots of lube early on, you'll make the most of each workout.

Pro Tip #3:

Incrementally increase your weight.

The three weights, A, B and C, combine to allow you to gradually build from 30 grams to 250 grams in 30g increments. For those who are really ready to take the next step, we have an extension kit that adds another 250g!

Pro Tip #4:

When you can hold a weight for over a minute, it's time to up the ante.

Once your muscles can hold the insert for at least a minute, that means you're ready to take your muscle building to the next level.



Pro Tip #5:
Visualization techniques can help you achieve greater overall squeeze.

- Stopping your urine flow
- Holding gas in
- Squeezing 'sits bones' together
- Pulling your tailbone to your pubic bone
- Lifting the perineum off the chair
- Pulling a tampon back into place
- Imagine your muscles as an elevator (closing the openings and lifting the entire floor)
- Picture your vagina as a drawstring bag. Take a deep breath in. When exhaling, squeeze the muscles like you're trying to close the bag with the drawstring. When you're inhaling, picture yourself opening the bag.
- Imagine the bottom of your vagina has a milkshake with a straw. When exhaling, squeeze the muscle like you are sucking on the straw to get the milkshake. Put attention on the lifting sensation. When inhaling, let the suction go so the milkshake goes back into the cup. Each time you do this, you want to go a little higher.

Pro Tip #6:
Be adventurous with your workouts.

Whether you're traveling or trying out a partner exercise, try tugging at the cord gently while resisting it slipping out. Vary the tugging strength and resistance. Enjoy a new challenge but also discover the connection between your pulling and ability to hold the bulb in.

Pro Tip #7:
Work those 'fast-twitch' muscles.

To strengthen your ability to squeeze and release quickly, add a fast-twitch minute to your five-minute workout regimen. Alternate between tightening your pelvic floor muscles for 1-2 seconds then relaxing for 1-2 seconds. Also try quick fluttery pulses. It's that easy!



Pro Tip #8:

Try the compass exercises to elevate your muscle control.

Imagine four sides of your vaginal canal comprised of muscles left-right-forward-back. Then try to isolate each quadrant for the entrance, midpoint, and endpoint of the vaginal canal.

- Hold the insert at the entrance of the vagina and use your muscles to pull the insert up and into your body.
- Practice pulling it in and then pushing it out to feel how the different muscles engaged.
- Insert it high near your cervix and practice squeezing left and then right then forward then back.
- Place it midway in the vaginal canal and practice squeezing left than right then back and forward.
- Place it near the entrance of the vagina and practice squeezing left than right then forward and back.

Pro Tip #9:

Shake, rattle, and roll!

Have fun while giving yourself a little more of a challenging workout by moving your hips and bouncing your knees a bit to get the weights swinging or bouncing. It is fun and stimulating too! All the different angles and forces will challenge your muscles that much more = great results!

