



- Squeeze the Pevic floor muscles you sense a "pulling" feeling, those are the right muscles for pelvic exercises. Lie down and spread your legs equivalent to the shoulder wide. Relax your buttocks and lower stomach, then squeeze the pelvic floor muscles for 5 seconds.



- Lie down, bend your knees and inhale. Contract your pelvic floor muscles, while lifting buttocks. Then, release the contraction, while putting down your shoulders, back and buttocks step by step.



- Put your knees and palms on the ground. While inhaling, bend your back round and squeeze the pelvic floor muscles for 5 seconds. Then, relax while exhaling.



- Sit down and place your feet outward on the ground, then squeeze your pelvic floor muscles for 5 seconds, while rotating your feet medially.



- Sit with your legs crossed and squeeze the pelvic floor muscles slowly.



- Stand firmly and balance your body by using a chair or a table, then lift your heels.

*(<http://incontrolcentres.com.au/wp-content/uploads/2011/07/kegel-exercise.png>)*