

Kegel Exercises for Men

PDF Guide

6-week chart

5-minute daily routine

Printable calendar

No equipment



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The male pelvic floor in 60 seconds

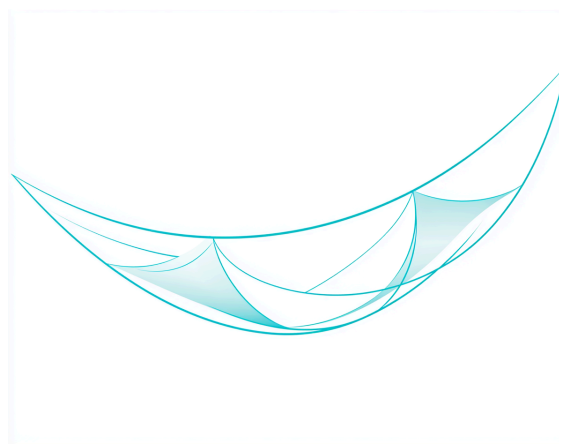
The pelvic floor is the network of muscles that supports the bladder, the prostate, and the rectum, and plays a direct role in urinary control and sexual function.

The muscle you are going to train

pubococcygeus (PC) muscle: it runs from the pubic bone to the tailbone, like a hammock. With age, a sedentary lifestyle, or after prostate surgery, it loses tone — and training brings it back, just like any other muscle.

How to locate it (one time only)

- 1 While urinating**
Try to stop the flow of urine midstream. The muscle that contracts is your pelvic floor.
- 2 Memorize the sensation**
It is a "squeeze and lift" movement, inward and upward. Not your abs, your glutes, or your legs.
- 3 Verify**
In front of a mirror: if everything stays relaxed except that area, you have it. The base of the penis moves slightly when you contract.



IMPORTANT

Stopping your urine is only for identifying the muscle. Do not use it as a regular exercise: doing it repeatedly can interfere with normal bladder emptying.

WHY TRAIN IT?

A strong pelvic floor is associated with better urinary control, greater ejaculatory control, and support for erectile function. The clinical evidence is summarized on page 6.



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The 6-week progression chart

The complete plan. Start lying down (easier to isolate the muscle) and progress until you can train standing up, anywhere.

WEEK	CONTRACTION	REST	REPS	SETS/DAY	POSITION
1-2	3 sec.	5 sec.	10	3	Lying down
3-4	5 sec.	5-10 sec.	12	3	Seated
5-6	8-10 sec.	8-10 sec.	15	3	Standing

Progression rules

Move up only if you complete the week without fatigue. If you notice you lose the contraction too early, repeat the week.

Quality rules. 8 well-executed reps are worth more than 15 sloppy ones.

Relaxing is half the exercise. Respect the rest periods: the muscle learns during the relaxation phase.

Consistency before intensity. 5 minutes every day beats 20 minutes twice a week.

Tip: tie your 3 sets to fixed moments of the day (when you wake up, after lunch, before bed). The calendar on page 5 helps you never miss one.



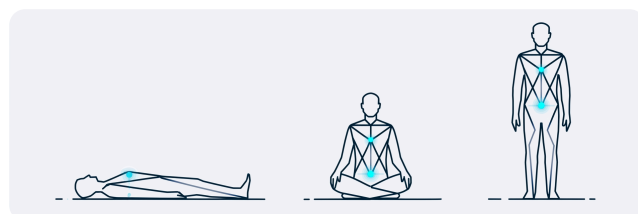
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Your daily routine, step by step

- 1 Get into your week's position**
 Lying down with knees bent (weeks 1–2), seated with a straight back (3–4), or standing (5–6).
- 2 Contract your pelvic floor**
 "Squeeze and lift" inward for the seconds your week calls for. Breathe normally.
- 3 Relax completely**
 Release all tension during the indicated rest. Full relaxation is part of the training.
- 4 Complete the set**
 Repeat until you reach your week's rep count. Do 3 sets a day, spaced well apart.
- 5 Mark the day on the calendar**
 Page 5. A visible streak is the simplest trick for keeping the habit.



The 5 mistakes that cancel out your results

Holding your breath. Breathe normally throughout the entire contraction.

Stopping your urine as an exercise. It is only for locating the muscle, one time.

Expecting results in 3 days. It is a muscle: noticeable changes arrive in 4–6 weeks (page 6).

Tensing your abs, glutes, or thighs. If anything other than the pelvic floor moves, lower the intensity.

Overtraining. More than 3 daily sets can cause hypertonia (excessive tension) and make symptoms worse.



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Tracking calendar (4 weeks)

Print this page and check it off every day you complete your 3 sets. One box per day.

WEEK 1 · 3 SEC. CONTRACTION · 10 REPS · LYING DOWN						
M	T	W	T	F	S	S

WEEK 2 · 3 SEC. CONTRACTION · 10 REPS · LYING DOWN						
M	T	W	T	F	S	S

WEEK 3 · 5 SEC. CONTRACTION · 12 REPS · SEATED						
M	T	W	T	F	S	S

WEEK 4 · 5 SEC. CONTRACTION · 12 REPS · SEATED						
M	T	W	T	F	S	S

Weeks 5 and 6? In the PrimeFlow Core app, tracking is automatic: every guided session is saved with your streak, level, and progress — nothing to print.



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What to expect, and when

PERIOD	WHAT IS NORMAL TO NOTICE
Weeks 1–2	Greater awareness of the area. You locate and isolate the muscle better every time.
Weeks 3–4	Contractions hold longer without fatigue. First subtle improvements in control.
Weeks 5–6	Noticeable changes: better urinary control and more control during intimacy.
Months 3–6	The range where clinical studies place consolidated results.

— What the science says

This guide is backed by published, verifiable clinical evidence:

40%
+34.5%
improved

A randomized controlled trial (Dorey et al., 2004, Br J Gen Pract) found that 40% of men with erectile dysfunction regained normal function after 3–6 months of pelvic floor exercises, and an additional 34.5% improved.

pubmed.ncbi.nlm.nih.gov/15527607

96%
vs 65%
control

In a study of 300 patients after radical prostatectomy (Filocamo et al., 2005, Eur Urol), 96% of those who followed a pelvic floor program regained continence at 6 months, versus 65% in the control group.

pubmed.ncbi.nlm.nih.gov/16002204

82.5%
12 weeks

82.5% of men with premature ejaculation gained control of the ejaculatory reflex after 12 weeks of training (Pastore et al., 2014, Ther Adv Urol).

pubmed.ncbi.nlm.nih.gov/24883105

If you have pain, a medical condition, or recent surgery, consult a healthcare professional before you start. This guide is educational and does not replace a medical evaluation.



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This progression, calculated automatically

Everything you just read — progression, timing, tracking, and consistency — is exactly what **PrimeFlow Core** does for you, session by session.

Pelvic floor training for men with guided sessions of 2 to 5 minutes. The app adjusts the exact load of every session based on your real progress.

Start free · 7-day Premium trial, no commitment

Guided sessions

5 levels and 19 exercises. Follow the visual pace: contract, hold, relax. No counting seconds.

Automatic progression

The app calculates the duration, reps, and rests of every session. Your only job: show up.

Total privacy

No public community, no rankings, no selling of data. Your training is yours alone.

Streak and achievements

Automatic session log, daily streak, and 20 achievements. The paper calendar, retired.



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Sources

Dorey, G. et al. (2004). Randomised controlled trial of pelvic floor muscle exercises and manometric biofeedback for erectile dysfunction. *British Journal of General Practice*, 54(508), 819–825. PMID: 15527607.

Filocamo, M.T. et al. (2005). Effectiveness of early pelvic floor rehabilitation treatment for post-prostatectomy incontinence. *European Urology*, 48(5), 734–738. PMID: 16002204.

Pastore, A.L. et al. (2014). Pelvic floor muscle rehabilitation for patients with lifelong premature ejaculation. *Therapeutic Advances in Urology*, 6(3), 83–88. PMID: 24883105.

Kegel, A.H. (1948). Progressive resistance exercise in the functional restoration of the perineal muscles. *Am J Obstet Gynecol*, 56(2), 238–248. PMID: 18877152.

Notice

PrimeFlow Core™ and PrimeFlow Pearl™ are wellness and physical training applications. They are not medical devices and do not provide medical advice, diagnosis or treatment. Please consult a healthcare professional for any medical concerns.

About this guide

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