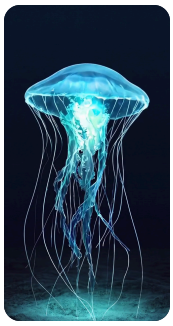
Kegel exercise chart: 6-week plan

Three sets a day: 10 slow holds, then the quick squeezes. Every rest as long as the hold.
A missed day doesn't reset anything; pick up where you left off.

The plan

Week	Position	Slow holds (×10)	Quick squeezes (no hold)
1	Lying down, knees bent	hold **3 s** · relax **3 s**	5
2	Lying down	hold **5 s** · relax **5 s**	10
3	Sitting upright	hold **5 s** · relax **5 s**	10
4	Sitting upright	hold **8 s** · relax **8 s**	10
5	Standing	hold **8 s** · relax **8 s**	10
6	Standing, then during daily tasks	hold **10 s** · relax **10 s**	10



Rest: bell open



Lift: up and in

How to do one rep

1. Find the muscles: squeeze as if stopping gas and the flow of urine (once, to find them; not as an exercise).
2. Lift up and in, like the jellyfish bell drawing upward. Keep buttocks, thighs, and stomach relaxed.
3. Keep breathing. Don't hold your breath.
4. Hold for the time on the chart, then let go completely for the same time.
5. Never bear down or push. That is a common mistake.

Good to know

- Too hard to hold that long or to finish all the reps? Repeat the week before moving on.
- From week 5, squeeze quickly just before you cough or sneeze.
- Results usually take weeks to months; keep going after week 6.
- Prefer to follow along? The Kegelia app shows each lift and release.

See a pelvic floor physical therapist first if you have pelvic pain, pain during sex, a pelvic floor that feels tight, or symptoms that get worse with exercise.

General information, not medical advice.
Hold and set numbers follow Mayo Clinic and NHS Kegel exercise guidance.
Kegelia is a training app, not a medical device. **kegelia.app**

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Tracker

Check off a circle for each set. Three a day is the goal; one still counts.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Week 2	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Week 3	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Week 4	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Week 5	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Week 6	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○

Repeating a week or going past week 6? Print this page again.

Notes

Week	What changed? (leaks, control, how it felt)
1	
2	
3	
4	
5	
6	

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