Kegel exercises for men: 6-week chart

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. In a mirror, the base of the penis draws in and the testicles lift slightly.
3. Lift up and in. Keep buttocks, thighs, and stomach relaxed. Keep breathing.
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

- After peeing: one strong squeeze before you zip up helps with dribbling.
- Before you cough, lift, or stand up: squeeze first.
- After prostate surgery: start only when your surgeon says so, usually after the catheter is out.
- Results usually take weeks to months; keep going after week 6.

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. See a doctor first for testicular pain, pain when ejaculating, or a weak stream. Blood in your urine needs an urgent appointment with a doctor.

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**

Download on the App Store

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	

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**

Download on the App Store

