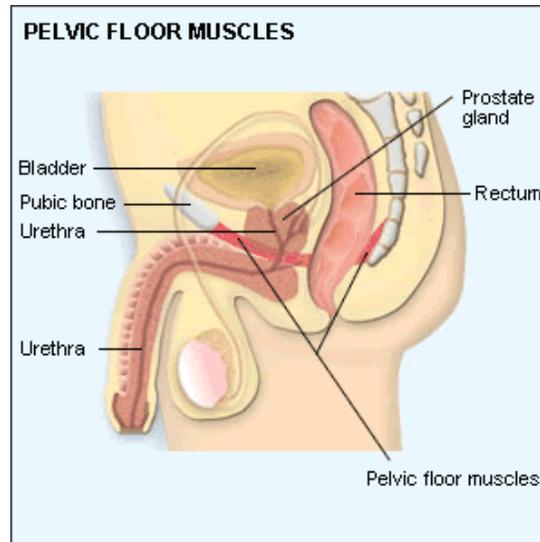


Pelvic Floor Muscle Exercise to Eliminate Erectile Dysfunction

The Pubococcygeus muscle, also known as the PC muscle or pelvic floor muscle, is an important part of the male body.

The pelvic floor muscle is located just below the prostate gland and runs from the penis to the Coccyx bone.



Importance of Pelvic Floor Muscle Exercises for Young Men (Age 20-40) and Older Men (Age 50-75) with Erectile Dysfunction

- During sexual intercourse, the PC muscle tightens to prevent the release of urine, semen and blood.
- Keeps blood in the three sponge-like chambers of the penis called the Corpus Cavernosum, which causes the penis to become erect and suitable for sexual intercourse.
- A tight PC muscle prevents blood from leaking out, which causes a man to lose his erection, or makes erection soft.
- Allows a man to last longer during sexual intercourse.
- In older men, a weak pelvic floor muscle can also lead to incontinence, which is the undesired or involuntary release of urine.
- In a medical study of men with ED, the group that performed pelvic floor muscle exercises saw a significant reduction in their erectile dysfunction symptoms.

Causes of a Weak Pelvic Floor Muscle

- Age
- Lack of exercise
- Poor Diet
- Affects of smoking, excessive alcohol use or use of narcotics
- Prostate Problems or Prostate Surgery

Some of the benefits of doing pelvic floor muscle exercises are:

1. Reduces or prevents symptoms of erectile dysfunction
2. Exercises are simple and easy to do
3. No use of ED medications needed
4. Can be done by both older men and young men with erectile dysfunction
5. Can be done anywhere and anytime, such as while at work, while driving, while standing or sitting, and can be done while lying in bed.
6. Reduce the pain and discomfort of prostate problems
7. Improves bladder control
8. Prevent incontinence
9. Heightens sexual feelings during sexual intercourse
10. Reduces or eliminates premature ejaculation
11. You do not need any special equipment or clothing to perform these important Ayurvedic exercises to tighten your pelvic floor muscles.

Expected Results from the Genesis Pelvic Floor Muscle Exercises:

- √ Elimination of erectile dysfunction symptoms
- √ Stronger and Harder Erections
- √ Improved sexual performance for men with prostate problems
- √ Heightened sexual stimulation
- √ Improved Self Confidence
- √ Ability to last longer in bed
- √ Improved bladder control
- √ Reduction or elimination of incontinence
- √ Older men with incontinence may be able to eliminate use of special underwear

Pelvic Muscle Exercise Routine for Young Men (Age 20-40) with Erectile Dysfunction (Routine A)

Pelvic muscle exercises are easy to do, do not take any special training to do properly and can be done anywhere...at home, at work, while watching television or lying down.

The exercise routines A and B are similar, but the main difference is the length of time for each repetition and number of repetitions per set.

- 1) Tighten your pelvic floor muscle and hold for 10 seconds then release slowly.
- 2) Do three sets of this exercise 2 -3 times per day for one week to start. You don't want to overwork the muscle.
- 3) Each week gradually increase the time per rep by 5 to 10 seconds for each set 2-3 times per day. The goal is to get to 20-30 seconds per set, and perform 3 sets of pelvic floor muscles 2-3 times per day to strengthen your Pubococcygeus muscle.
- 4) As you notice your pelvic muscles beginning to strengthen, you can increase the length of time of each rep from 5 seconds to 10 seconds, with a goal of 30 seconds per rep by week 4.
- 5) You should begin to notice changes within a few weeks.

If you are new to exercise or have any health related issues, please consult your doctor before beginning this or any exercise routine.

Pelvic Floor Muscle Exercise Routine for Older Men (age 50-75) with Erectile Dysfunction (Routine B)

Pelvic muscle exercises are easy to do, do not take any special training to do properly and can be done anywhere...at home, at work, while watching television or lying down.

The exercise routines A and B are similar, but the main difference is the length of time for each repetition and number of repetitions per set.

- 1) Tighten your pelvic muscle and hold for 3-5 seconds then release slowly.
- 2) Do three sets 2 -3 times per day for one week to start. You don't want to overwork the pelvic floor muscle.
- 3) Each week gradually increase the time per rep by 3 seconds to 5 seconds. The goal is to get to 20-30 seconds per set, and doing 2 to 3 sets 2-3 times per day to strengthen your Pubococcygeus muscle.
- 4) As you notice your pelvic floor muscle beginning to strengthen, you can increase the length of time of each rep from 5 seconds to 10 seconds, with a goal of 20 to 30 seconds per set by week 4.
- 5) You should begin to notice changes within a few weeks.

If you are new to exercise, or have health related issues, consult a doctor before beginning this or any exercise program.

Genesis Erectile Dysfunction Treatment Program

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