

Pelvic Floor Muscle Exercise Videos

As part of the Genesis Premature Ejaculation Treatment Program, we have included the following videos to help you strengthen your Pelvic Floor muscles to prevent premature ejaculation, reverse erectile dysfunction, and for older men to eliminate incontinence and to strengthen your PC muscles after prostate surgery.

[Pelvic Floor Muscle Introduction](#)

Pelvic Muscle Exercise Video for men after prostate surgery. This exercise helps prevent premature ejaculation in men who have weak pelvic floor muscles after prostate surgery.

[Pelvic Muscle Exercise 1](#) Premature Ejaculation Floor Exercises

Exercises for Premature Ejaculation, erectile dysfunction and Improved Sexual Performance.

[Pelvic Muscle Exercise 2](#) Exercise for Better Sex

Ayurvedic Exercises to prevent premature ejaculation

[Pelvic Muscle Exercises 3](#) Tantra Premature Ejaculation Exercise

[Pelvic Muscle Exercise 4](#) – How to Handle Premature Ejaculation

[Kegel Exercises](#) – Kegel Exercises for Premature Ejaculation

Genesis Premature Ejaculation Treatment Program

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