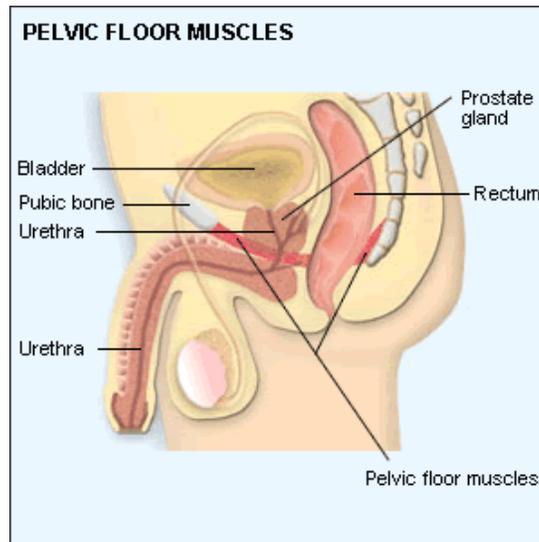


Premature Ejaculation Program Pelvic Floor Muscle Exercises

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



Four Stages of Male Sexual Arousal

Male sexual arousal is a four-stage process: Excitement Stage, Plateau Stage, Orgasm Stage and Resolution Stage.

- **Excitement Stage** is when arousal begins in the brain and the male libido is turned on. As the man becomes aroused his breathing deepens and erection of the penis begins.
- **Plateau Stage** begins when the man's erection becomes full and he will begin to feel highly aroused. When arousal builds to a certain point, the next phase occurs.
- **Orgasm with Ejaculation Stage** is where men with premature ejaculation usually begin to have problems. Men with PE tend to orgasm and ejaculate too quickly, usually within one to two minutes of beginning sexual intercourse, or before penetration, if the ejaculation problems are severe.
- **Resolution Stage** is when a man has ejaculated, his heart rate, blood pressure and libido returns to normal, and he loses his erection as blood flows out of the penis.

The key to ejaculation control and preventing premature ejaculation is to extend the Plateau Stage, to maintain arousal without triggering Orgasm and Ejaculation.

Men with premature ejaculation may or may not also have erectile dysfunction. Premature Ejaculation is generally a condition where a man is able to achieve an erection suitable for sexual intercourse, but reaches climax and ejaculation before his partner is ready.

The Pelvic Floor Muscle Exercises address male sexual problems that arise in the Orgasm and Ejaculation Stage.

Pelvic Muscle Exercise Routine for Young Men with Premature Ejaculation (Age 20-40) (Routine A)

Pelvic Floor 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.

PC muscle exercises help men with premature ejaculation last longer in bed, by strengthening the pelvic floor muscle, which when tightened during sexual intercourse can delay ejaculation.

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 improvement in ejaculation control 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 with Premature Ejaculation (age 50-75) (Routine B)

Pelvic Floor 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.

PC muscle exercises help men with premature ejaculation last longer in bed, by strengthening the pelvic floor muscle, which when tightened during sexual intercourse can delay ejaculation.

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 improvement in ejaculation control 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 Premature Ejaculation Treatment Program

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