

ONYX HEALTH AND BEAUTY

Pelvic Wellness: Kegel Exercise Guide

This guide is designed for women focused on natural wellness, body strengthening, and long-term pelvic health. Kegel exercises support bladder control, core stability, and feminine wellness.

Beginner Routine (Weeks 1–2)

Tighten pelvic muscles for 3 seconds, relax for 3 seconds. Complete 10 repetitions, 3 times daily.

Intermediate Routine (Weeks 3–4)

Tighten pelvic muscles for 5 seconds, relax for 5 seconds. Complete 15 repetitions, 3 times daily.

Advanced Routine (Weeks 5+)

Tighten pelvic muscles for 10 seconds, relax for 10 seconds. Complete 20 repetitions, 3 times daily. Add quick pulses: squeeze and release rapidly for 10–15 repetitions.

Weekly Progress Tracker

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			