



# Exercise booklet

PelviStrong – pelvic floor training aid

# Foreword

## Welcome to these training exercises!

By choosing this product, you've decided to improve your quality of life. A strong pelvic floor doesn't just help with the body's regeneration after giving birth, it also strengthens your underlying female physiology. This strength coming from your core will straighten your internal alignment, which protects your back and can positively influence your overall posture as well as your attitude towards life. By practising this holistic pelvic floor training, you lay the foundation for active long-term health care. What's more, you'll also gain more energy and strength for every day.

Simply wearing the Beurer pelvic floor training aids as described in the instructions will make you more aware of your pelvic floor and strengthen your muscles.

If you combine this with the training programme presented here, you open the door to even greater benefits – and you might even discover that you enjoy doing the exercises. The pelvic floor consists of three layers of muscles. If you use just the cones, you primarily exercise the first layer – the sphincter – and the second layer, which encloses the vagina. This is placed under particular strain by giving birth and needs to be strengthened in a sustainable way. If you then add the training programme as well, you have an effective way to exercise the third layer of your pelvic floor. This supports the uterus, bowel and bladder and plays an important role in maintaining an upright posture.

Once you build up this part of the pelvic floor, you will be stable from the core of your body. You will not become exhausted so easily and your movements will become more harmonious and more powerful.

## How the training programme is structured

Many women find it difficult to be aware of the “secret” muscles of their pelvic floor. This is where the vaginal cones can be a great help. Besides the training effect you achieve with the cones, they are also great for making you more aware of your pelvic floor muscles. You will feel exactly where you have to tense the muscles and you will be able to train more precisely every time. The training programme starts with two awareness exercises, followed by two highly effective exercises to build up strength, and finally two exercises that will help you to integrate an active pelvic floor into your normal everyday movements.

## Training recommendations

If you start with exercises of 15 minutes daily and simply wear the cones for a further 15 minutes after a few hours in between, you should be able to notice a distinct improvement after a few weeks. By integrating the exercises into everyday life, you can even shorten the active training time.

This programme has been designed so that you can simply carry out the exercises one after the other as a complete unit. Put on comfortable clothing and get everything you need ready for the exercises. Use the same cone for the exercises as the one you currently wear as per the instructions for use.

# Let's get started:

## 1. AWARENESS

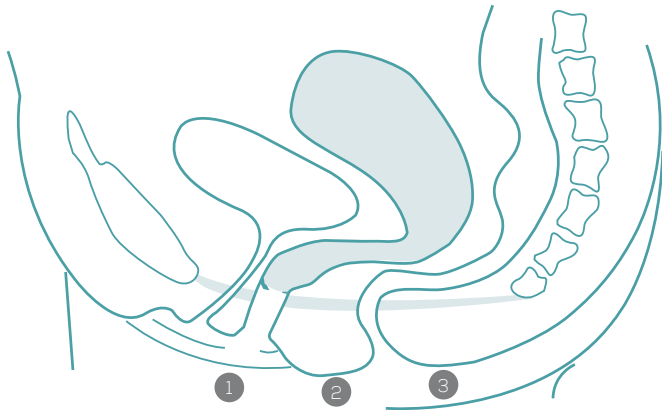
The better you can feel your pelvic floor, the better you will carry out the exercise because you will activate the correct muscles. Women often tense their abdominal, buttock or thigh muscles sharply, which unfortunately doesn't benefit the pelvic floor at all. Tensing the pelvic floor correctly and intensely is still a comparably small movement – but it's enough. The following exercises will help you to discover your body's most "secret" muscles in detail and get acquainted with them.

### Exercise 1: Fluttering



#### **Position:**

Sit upright and relaxed like a queen (don't slip into a hollow back) on the front half of your chair, with your legs spread apart at hip width. You should be able to clearly feel both your sit bones against the chair.



Now position yourself on the cone such that it is placed at the positions marked in the graphic outside of your clothing. First, slide it under your vagina (1). Feel the pressure and flutter your muscles on the cone several times with small movements. This should be completely invisible from the outside. Does it feel almost like a gripping motion? That's exactly right.

Now slide the cone further back so that it comes to rest under the perineal area (2). Try and move the sit bones slightly towards the cone, slightly drawing them together. Again, the movement is correct if it is not noticeable from the outside. Finally, push the cone further back until it rests underneath the anus (3) and try again to flutter your muscles and grip it gently.

Check your buttock muscles with your hands. If you can keep them still despite noticing something is still moving inwards around the cone, then you are activating your pelvic floor quite expertly already.

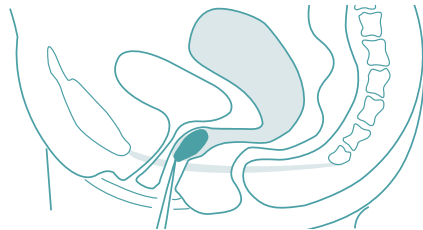
## Exercise 2: Gripping

### Position:

Lying comfortably on your back, with your upper body slightly raised, either with a firm cushion or on your sofa, provided it is not too soft and has a suitable arm rest. Bend your legs and place them apart at hip width.



When you wear the cone normally, you must slide it inside until you can no longer feel it, as shown in the graphic. However, we have deliberately changed this approach for this awareness exercise. Insert the cone just enough to make it disappear and keep hold of the cord. If you now tense your vaginal muscles slightly, you should be able to feel the cone clearly as it is now positioned exactly in line with this layer of muscles.



If you tense the muscles a little harder, the cone will move with the muscle movement; it may even slip out or be pulled in deeper. Try to enclose and move the cone as precisely as possible. Play with it by holding it either tighter or only very lightly. Your buttocks, thighs and abdomen should remain very still. Above all, take

care not to use your abdomen muscles; the correct movement is very small and "subtle".

Once you have familiarised yourself with your "secret" muscles appropriately, push the cone into your vagina until you cannot feel it any more and continue with the strength-building exercises. Ideally you should set aside enough time for the awareness exercises at the beginning. You should be undisturbed, alert and relaxed to give your pelvic floor your full attention. Once you have obtained a good idea of your strength, you can reduce the time for this first training section.

## 2. BUILDING UP STRENGTH

Wearing the pelvic floor training aids in the normal manner encourages you to hold your muscles and thus a more static build-up of muscles. If you carry out the exercises in this leaflet regularly, you will also add a pulsing dimension by strongly tensing and gently relaxing your muscles. This achieves a more holistic effect and builds up your muscles more comprehensively. During the awareness exercises you fluttered your muscles and played around. Now, however, it's time to start the real work with the following strength-building exercises. Allow your breathing to support you. Ideally, tense the muscles when breathing out and relax them when breathing in. If you don't get this rhythm right away, then always make sure you don't hold your breath and cramp up. Furthermore, it is recommended not to tense your muscles abruptly, but rather steadily increase the strength and relax them slowly – just like a wave comes and goes.

## ATTENTION, PLEASE NOTE

If you feel that the exercise is uncomfortable for you and exhausts you and that "everything is pushing down" when you are tensing your muscles, then you are pressing too much with your abdominal muscles. This is not good for you.

Try to relax a little, only use half as much strength as you are able to, and try and pull the strength "from the pelvis upwards". You are doing the exercise correctly if you get a feeling that "something is being drawn upwards", that it is strong and yet also light, and that you feel taller.

## Exercise 3: Rolling the pelvis

### Position:

Slightly raised position on your back, as in exercise 2.

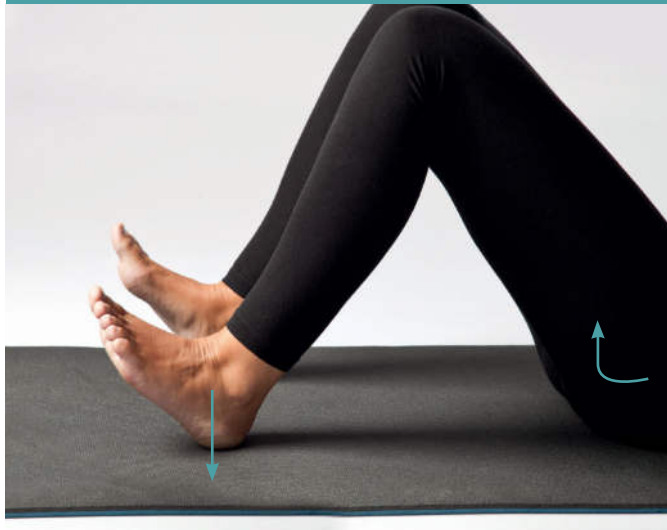


### a) Gentle rolling of the pelvis:

Keep hold of your trousers in the crotch area. Breathe in deeply and relaxed. When breathing out, roll your pelvis upwards – stretch your back as if it wants to push down towards your heels and pull your pelvis gently towards you by holding on to your trousers. While breathing in, your pelvis rolls back into its initial position. Repeat this rolling movement 10 times in line with your breathing, without tensing any muscles. Your back will love this exercise. Always make sure that your back really only stretches out lengthwise! During the exercises, you will hardly feel the cones while lying down.

### Position:

Slightly raised position on your back, as in exercises 2 and 3.



### b) Powerful rolling of the pelvis:

Breathe in deeply and relaxed. While breathing out, tense your pelvic floor, roll your pelvis upwards and at the same time press your heels into the floor. Don't forget to stretch your back out lengthwise! Release the tension while breathing in, and let the pelvis sink back into its initial position.

**Repeat 10 times in line with your breathing.**



## Exercise 4: Pressing down the ball of the foot

Breathe in deeply and relaxed. Tense your pelvic floor when breathing out and press down the front part of your feet. Your heels and pelvis will lift up slightly. Your heels may be lifted up slightly (as shown in the picture) or stay on the floor. It is important that you do not fall into a hollow back. You can use your buttocks to help a little, but avoid using your abdomen as far as possible. You may get a feeling that you are firmly enclosing the cone with your vagina and sit bones. That's exactly right. Release the overall tension while breathing in, and let the pelvis sink back into its initial position.

**Repeat 10 times in line with your breathing.**



**Tip:** Always start and finish your strength-building exercises with a soft rolling of the pelvis. Carry out the powerful rolling of the pelvis movement 10 times, and press down the balls of your feet 10 times. In between, gently roll your pelvis 10 times. The change between powerful tension and gentle rolling helps to build up the muscles.

### 3. INCORPORATING THE EXERCISES INTO YOUR DAILY ROUTINE

While you can consider the strength-building exercises as a type of “weight training” for your pelvic floor, the following exercises concentrate more on body coordination. You don’t need to use a lot of tension; a good rhythm is more important. The pelvic floor training aids reinforce the training effect.

If you do these exercises regularly, you will learn to use your pelvic floor more in your normal everyday movements, such as climbing the stairs. This means that you can also train it informally without cones and gain additional elasticity and agility. The pelvic floor is your body’s energy centre, and if you keep it active through the right type of movement, you will perform better and be in a good mood.

#### Exercise 5: Dancing on a stool



#### **Position:**

Sitting down on a stool or a chair with a level seat, not too soft.

Place a cushion or, better still, a cherry stone bag on your head. It will help you to remain upright during this exercise and to not move your upper body. Tense your pelvic floor while breathing out and slowly lift your right leg a little off the floor. It would be easier to lift your leg by shifting your weight and tilting your upper body to the left. However, you should resist this temptation and instead use the strength coming from your pelvis to lift your leg. It helps if you gently press your left foot into the floor and turn your left shoulder slightly forwards. Try and imagine that you are growing a little every time you tense your pelvic floor and lift your foot.

While breathing in, concentrate and slowly place your foot back on the ground.

## Exercise 6: Climbing stairs



### **Position:**

Standing in front of stairs or a low, raised object that provides a secure footing.

Do this 5 times on the right and 5 times on the left. Repeat the whole sequence 3 times. Then do it 20 times alternating between the right and left.

Place the cherry stone bag on your head again so that you hold yourself upright like a queen and do not swing your upper body back and forth. Place your right foot on the stairs.

Tense your pelvic floor while breathing out, and slowly shift your weight completely onto your right leg until the toes of your left foot only just about touch the floor. Draw a lot of strength from your pelvis – even though you naturally also need your thigh in this exercise – and rise a little again. While breathing in, shift your weight back to your left foot and place it back on the ground.



Do this 5 times on the right and 5 times on the left.

Repeat the whole sequence 3 times.

If you do the exercise on a staircase, concentrate and move up the whole staircase slowly.

## 4. RELAXATION

This is more important than you might think. In order for muscles to be built up by the body after they have been worked, they must have strong blood circulation to supply them with nutrients. This is done most effectively by relaxing. Treat yourself!

### Relaxation exercise 1: Enjoyable stretching

#### **Just do what dogs and cats love to do:**

Extend your arms, legs and back and enjoy stretching them right out. Let your body decide what's good for it.



Treat yourself!  
You've earned a moment of well-being!



## Relaxation exercise 2: Inner awareness – feel the difference

Cuddle up in the most comfortable position and place your hands on your lower abdomen. Picture your pelvic floor and internal organs as best you can. Did you know? Body awareness has been shown to make muscle-building training more effective. Imagine that you are comfortably sinking deep into where you are. Hum a deep tone quietly or sigh when breathing out. Allow yourself to become lovingly acquainted with this part of your body. Does it tingle or “buzz” down there? Perfect!

## Relaxation exercise 3: Warming deep relaxation

Place a hot-water bottle or warm cherry stone bag on your lower abdomen. There's hardly anything better for letting go deep down – and you've earned this moment of well-being!

## Final recommendations

When wearing the Beurer pelvic floor training aids, the more you move, the more pleasant it will be for you. Unfortunately, the pelvic floor muscles tend to slacken when standing or sitting. They tense as a reflex when the cones are worn in order to prevent them sliding out, but this continuous tension can easily lead to cramp. If women do not feel comfortable with the cones, this is often the reason. But if you move around, wearing the cones will become like an inner massage. Here are some recommendations for your everyday life. Your pelvic floor will always benefit from movement and good posture, whether or not you are wearing the cones.

- If you have to stand up for a long time, whether ironing or any other activity, it is recommended that you adopt the stepping position.
- Avoid a round back when bending down. It's better to adopt the stepping position by bending your knee, maintaining a straight upper body.
- Should you have to wait in a queue for a long time, you can shift your weight slowly and invisibly from one leg to the other, which will benefit your pelvic floor.

## Personal background

I'm an alternative practitioner and pelvic floor trainer and have my own practice in the south of Munich. I provide individual lessons and courses and train pelvic floor therapists.

Detailed information and free training tips are available on my website:

**[www.beckenboden-in-bewegung.de](http://www.beckenboden-in-bewegung.de)**



# My publications



## “Beckenboden-Training” [Pelvic Floor Training]

with exercise CD

Irene Lang-Reeves, publisher: GU

ISBN: 978-38338-4856-8

Simple and fun exercises to improve  
your stability and physical well-being



## “Beckenboden – wie Sie den Alltag zum Training nutzen” [Pelvic Floor – How to Use Everyday Life for Training]

Irene Lang-Reeves, publisher: Nikol

ISBN: 978-3868203363

The simple way to integrate an active  
pelvic floor into everyday life



# Products for women at all stages of their lives



**PelviStrong**

Pelvic floor training aids



**Menstrual Relax**

Period pain pad



**Menstrual Relax+**

Period pain pad

*My body.  
My solutions!*



**BasalControl Basic**

Ovulation thermometer



**BasalControl Smart**

Ovulation thermometer

Alongside these pelvic floor training aids, the Woman's Life range also includes many products for menstruation, pregnancy and the menopause.

You can find out more about the range here:



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