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Kegel Exercises for Men/Women - Kegel Trainer PFM

Leap Fitness Group Health & Fitness

★★★★★ 5,513

3+

Contains Ads · Offers in-app purchases

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Fast & Easy

7" tense, 4" relax

3 Tense

Pause

Volume

Track Progress

Duration

Calendar

January 01, 2020

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14

Privacy

Sound Options

Vibration

Voice guide

Vibration mode

Daily Kegel exercise for men and women to **strengthen pelvic floor muscles**. Just 3-9 min a day, simple and effective!

Pelvic floor muscles support the uterus, bladder, and bowels, strengthening them can prevent related problems. Strong pelvic floor muscles in men♂, help improve sexual performance; In women♀, help reduce labor pain, shorten the time of labor, and speed up postpartum recovery.

Don't know how to perform Kegel exercise? Don't worry, in this app, we will guide you step by step.

Kegel Exercises for Men

- Personal Kegel exercise trainer
- Improve sexual performance
- Improve men's health

Kegel Exercises for Women

- Personal Kegel exercise trainer
- Improve women's health
- Benefits a lot both during pregnancy and after childbirth

Privacy Protection

- √ Silent mode and vibration cue, so you can do Kegel exercise anytime, anywhere, without anyone knowing
- √ Discreet app icon. Anyone who looks at your phone won't know what the app is for

Quick & Easy Kegel Exercises

- √ Easy to follow daily Kegel exercise routines
- √ 10 different levels, suits both beginners and pros
- √ All workout sessions take only 3-9 min, ideal for busy ones

Personal Kegel Trainer

- √ Workout intensity increase gradually
- √ Helps you perform properly
- √ Optional vibration, visual, and voice guides assist your Kegel exercise
- √ Guide you step by step to locate the pelvic floor muscles
- √ Check your progress in the graph at a glance

Customized Reminders

- √ Customize your workout reminders
- √ With daily reminders, you won't forget your Kegel exercise

Other Features

- √ Different themes for your choice, and it's 100% FREE!

What is Kegel exercise?

Kegel is a simple exercise to strengthen the pelvic floor muscles, thereby improves bladder control, prevents pelvic organ prolapse, and improves the sex life for men and women, etc. When performing it, all you need to do is locate the right muscles, tense, relax, rest, and repeat.

What are the benefits of Kegel exercise?

- * Improve bladder control and prevent urinary incontinence
- * Lower the risk of prostatitis
- * Improve the overall quality of sex life
- * Increases orgasms intensity and overall pleasure during intercourse
- * Help treat erectile dysfunction and premature ejaculation naturally
- * Speed up the postpartum recovery
- * Reduce labor pain and shorten the time of labor
- * Prevent and treat pelvic organ prolapse

Download this Kegel exercise app for 100% FREE now!

COLLAPSE

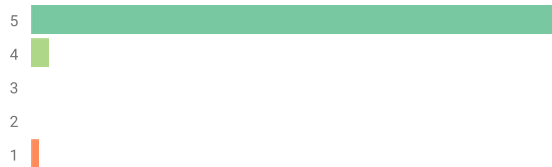
REVIEWS

Review Policy

4.9



5,513 total



Trixi Turny

★★★★★ May 24, 2020



Really like the app, it is easy to use, like the simple interface and the option to have it on silence. I have one question regarding the relax phase. Even in level 10 the relax phase is only 4 seconds. I wonder what the reason was behind this as a lot of strength can be gained from this eccentric m...

Full Review



Temidayo M A

★★★★★ April 1, 2020



Solid Kegel exercises. With optional reminders. Would recommend for those looking to unlock their groin muscles. With the reminders: I tried to put three timers, since each work out should be done three times a day (don't worry, it's only a couple minutes) but I did not get the reminders when three ...

Full Review



Abdelaziz Mourni

★★★★★ June 18, 2020



Great app..and I have finished the daily practice and I had a very good results...I can't believe that really...now I hv finish it what to do next 😊😊 I mean is there any other app in this

Kegel Exercises for Men/Women - Kegel Trainer PFM - Apps on Google Play

kinda of practice...



Atolix x

★★★★★ May 18, 2020



26



Really, really like this app. The visual and audio in conjunction prompting tensing and relaxing is really helpful and I can set more than 3 sessions in one day. Wish I could make the sessions more difficult. Even though i keep stating that I'm finding them easy i seem stuck on the same programme.

[READ ALL REVIEWS](#)

WHAT'S NEW

- Bug fixed

ADDITIONAL INFORMATION

Updated

March 18, 2020

Size

8.5M

Installs

100,000+

Current Version

1.004

Requires Android

4.4 and up

Content Rating

Rated for 3+

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In-app Products

UAH 74.99 per item

Permissions

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Offered By

Leap Fitness Group

Developer

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northpark.android@gmail.com

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SINGAPORE

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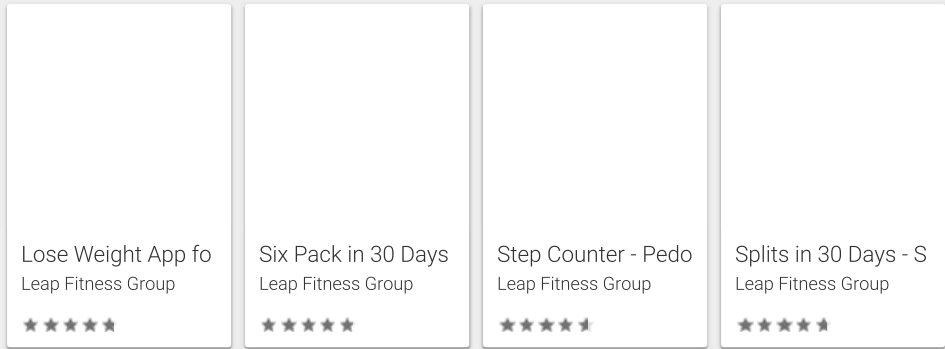
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