GUIDE

Kegel exercises for men (free PDF): a 4-week plan you can print

By Stanley · GoBeast founder, not a doctor · Last reviewed 24 October 2026

Your 4-week plan

A starting point, not a prescription. Each session: slow squeezes, then quick squeezes, then a relax set. Start at about half your strongest squeeze. Keep breathing, keep your belly and buttocks soft, and let go fully after every squeeze.

Week	Position	Slow squeezes	Quick squeezes	Relax set	About
Week 1	Lying, knees bent	5 holds of 3 seconds, resting 5 seconds after each	5	4 slow breaths	2 minutes
Week 2	Lying, then sitting	8 holds of 5 seconds, resting 5 seconds after each	8	4 slow breaths	2 to 3 minutes
Week 3	Sitting, then standing	10 holds of 7 seconds, resting 7 seconds after each	10	6 slow breaths	3 to 4 minutes
Week 4	Lying, sitting and standing	10 holds of up to 10 seconds, resting 5 to 10 seconds after each	10	6 slow breaths	4 to 5 minutes

Once a day in weeks 1 and 2. From week 3 you can add a second session, morning and evening, if the first feels easy. One rest day a week.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	☐	☐	☐	☐	☐	☐	Rest
Week 2	☐	☐	☐	☐	☐	☐	Rest
Week 3	☐	☐	☐	☐	☐	☐	Rest
Week 4	☐	☐	☐	☐	☐	☐	Rest

Tick each session you finish. Sunday is the rest day here; move it to suit your week.

My longest clean hold at the start: _____ seconds. At the end of week 4: _____ seconds. Time it the same way and in the same position both times.

! Pain? Stop and see a doctor

Pelvic-floor exercises shouldn't hurt. If you have pain in your pelvis, genitals, perineum or bottom, pain when you ejaculate or pee, or trouble starting to pee, stop. Your pelvic floor may be too tense rather than weak, or something else may need checking.

See a doctor about the pain, and ask whether a pelvic-floor physiotherapist could help. Go back to strengthening only when a doctor or physio says it's OK.

In an emergency, call your local emergency number: 911 in the US and Canada, 999 in the UK, 112 or 999 in Ireland, 000 in Australia, 111 in New Zealand. The full list of signs to get checked is in our Terms of Use. Based on the AUA guideline on bladder pain syndrome (2022) and the NHS page on prostatitis.

See a doctor before you start if

- You have new or changing urinary symptoms, like a weak stream, straining, peeing more often or at night, or new leaks. [5]
- You have had prostate or pelvic surgery or radiotherapy. Follow your care team's plan first. GoBeast isn't designed for recovery after surgery. [6]
- There is blood in your pee. Ask for an urgent doctor's appointment. [7] If you can't pee at all, get urgent medical help today. [5]

Sources

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Sources checked on 24 October 2026. How we choose and check them: editorial policy.

GoBeast is not a medical device and does not diagnose, treat, cure, or prevent any medical condition. Consult a healthcare professional for medical advice, diagnosis or treatment.