Kegel Exercises

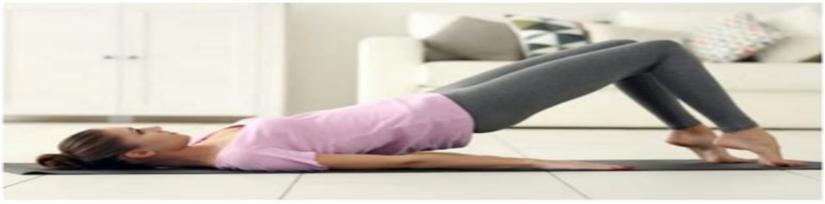








Today's training



Level 5, Day 4



Classic Kegel:

7s x 4s, 15 repeats

Pulses Kegel:

quick pulse 17s, 17s, 17s

START

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