



THE PERFECT KEGEL CHECKLIST

Stop Leaking, Get Strong,
Tight, & Toned Lady-Parts
and a Healthy Bladder in
Just 10 Minutes Per Day

ISA HERRERA, MSPT, CSCS



So Excited for You!

***Use this Kegel Checklist
to Set Your Foundation
for a Strong Pelvic Floor***

Next Steps:

- 1- Be on the lookout for a VIP Ticket to one of my monthly live workshops**
- 2- Click [here](#) to learn more about my Rootganic Total Fem Supplements**

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About Isa

Isa Herrera, MSPT, CSCS, is a licensed physical therapist, as well as an expert in integrative pelvic floor therapies. She developed her expertise in diagnosing and treating pelvic floor dysfunction by helping over 15,000 women since 2005 at her NYC healing center Renew PT. Isa pioneered the use of integrative modalities like Maya Massage, Cold Laser Therapy, Sound Healing, and Andean Energy Techniques with evidence-based physical therapy in ways that had never been done. This was long before long before integrative pelvic healing had become mainstream.

She is also the author of five books on the topic of pelvic floor dysfunction and pain. She also lectures nationally on the topic of women's health.

Isa's industry leading online school, PelvicPainRelief.com, and her women-centric Rootganic Total Fem supplement line, Rootganic.com, bring her expertise and products to a global audience, incorporating exercises, self-care techniques, and integrative tools to maximize patient healing and professional training. After suffering from pelvic floor dysfunction herself after the birth of her daughter, Isa has made it her life's mission to help 1 million women overcome pelvic floor dysfunction.

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Heal From the Inside Out

- ***ZERO Untested Supplements***
- ***ZERO Hidden Ingredients***
- ***ZERO Misleading Marketing***



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Introduction: Kegels: The Fountain of Youth for All Women

The term *Kegel* is used to describe a set of exercises, developed by gynecologist Dr. Arnold Kegel, for improving the function of the pelvic floor muscles (PFMs). Kegels are typically prescribed for women suffering from leaking, pelvic organ prolapse, weak orgasms, and decreased sensation in their “lady-parts”.

Kegel exercises help strengthen and improve pelvic floor muscle (PFMs) endurance, continence, and sexual function by reducing laxity, decreasing weakness, and increasing vaginal power.

There are subtle nuances to Kegels that, if not taken into account, can actually exacerbate symptoms for women with continence issues, organ prolapse, and sexual dysfunction. These subtle differences are why many women fail with traditional Kegel programs.

There is an art to Kegels. By treating over 15,000 women in my healing center in NYC, **I have successfully finessed the Kegel art form.** My patients tell me “my doctor told me to do Kegels, and I did, but I am still leaking and

feeling pressure.” This generic, one-size-fits-all advice, which is common among medical, wellness and fitness professionals, fails women over and over again.

Telling women just to do Kegels is not enough. Women need to be guided and escorted through this process. In this checklist, I shed light on the topic of Kegels, and I show you the right way to start your Kegel program—also known as up-training. I will show you how to progress to ensure long-term success.

As you go through the checklist, keep in mind that these techniques have worked for over 15,000 women and have been perfected in a clinical setting. The checklist just touches upon what will bring you long-lasting healing. It is a part of my signature online programs, where I do a deep dive into pelvic self-assessment and self-healing with my circular “*S.T.A.R.R. System*,” that allows you to fully take control of your pelvic health and become the heroine of your own story.

Step 1: The Perfect Kegel Has Three Parts

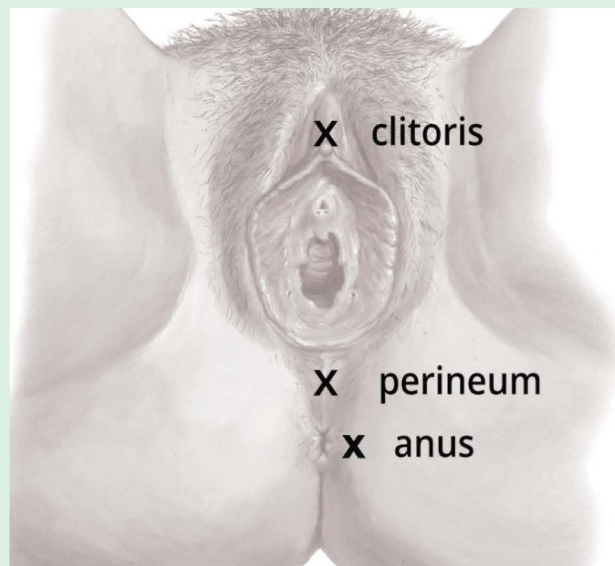
The perfect Kegel does exist, and it's within your grasp. Here's an alarming statistic: only 1 out of 4 women can perform a Kegel correctly. So, it's no wonder that when women attempt Kegels and continue to experience leaking, prolapse, sexual or bowel dysfunction, they give up, thinking Kegels don't work. Most women are getting Kegels all wrong and need guidance. After helping thousands of women in my healing center I have come up with the **perfect Kegel formula**. My checklist will help you to master the foundational Kegel exercise and reclaim your pelvic power.

This Kegel checklist is part of my signature pelvic and bladder programs, where I cover more than 13 different types of Kegels. Depending on your pelvic condition, you may have to combine several different types of Kegels to conquer leaking, pelvic pressure, weakness and strengthen your orgasms.

The Three Parts of Perfect Kegels

The absolutely perfect Kegel consists of three parts (without compensatory movements such as hip or thigh movements):

1. **A clitoral nod:** Yes, the clitoris should move and nod to the queen (which is you).
2. **Anal wink:** Your anus should contract, creating an anal wink.
3. **The perineal body** (the area between your vagina and anus): This should move up and in toward your head. This is the area where many women have issues because of scar tissue related to surgeries, episiotomies or perineal tears. I go deep into how to handle this in my signature online program. For now, know that this area must move without pain.



"Isa, your programs and supplements have given me my life back, at a time when everyone kept telling me my symptoms were just part of getting old... So grateful for your work." ~ Diane Mooney

Step 1: The Perfect Kegel Has a Reverse Kegel

Don't despair if you can't see all three movements at first. Pelvic self-care work is a work in progress; it takes time to master Kegels. Kegels are challenging because we are not taught to connect and look at our vaginas. Don't be hard on yourself. If you suffer from leaking, prolapse or weak or non-existent orgasms, it may take time to master the perfect Kegel. Everything starts with awareness.

For every kegel there is a Reverse Kegel which is a relaxation of the pelvic floor muscles. To have a stronger, tighter, toned pelvic floor, you must relax after every Kegel. For every Kegel, you must do a Reverse Kegel.

Reverse Kegel: Tightening Kegels are not right for all women, and some women should not be doing Kegels at all when they first start out in a healing program. This may sound surprising since many of you have been told by doctors, urologists and physiotherapists that Kegels are the nirvana to reclaiming pelvic power and can heal everything. And this is TRUE!!!

But guess what, my Unbreakable Queen?

Tightening Kegels in the beginning of a pelvic self-care program can sometimes do more harm than good. So beware.

Tightening Kegels don't always work for women who suffer from sexual pain, scar pain, urge incontinence, menstrual pain, constipation, vulvodynia, or vaginismus. Women who have a lot of tension, scar tissue/pain, spasms, and trigger points in their pelvic floor muscles shouldn't start with Kegels. For these women, I would recommend they do a Reverse Kegel program until the vaginal muscles are pain-free, flexible and have more balance.

To do a Reverse Kegel, simply breathe in for 5 seconds and focus on relaxing and letting go of tension in the vagina. Imagine that your vagina is a tight rose that is opening as you breathe in.

Now pull out a mirror: observe your "Lady Parts," and observe your Tightening Kegel and Reverse Kegel. Continue with the next steps because they are as important as the Tightening and Reverse Kegel exercises. Don't stop here; read on!

Step 2: The Top 2 Kegels to Master

Not All Kegels Are Created Equal:

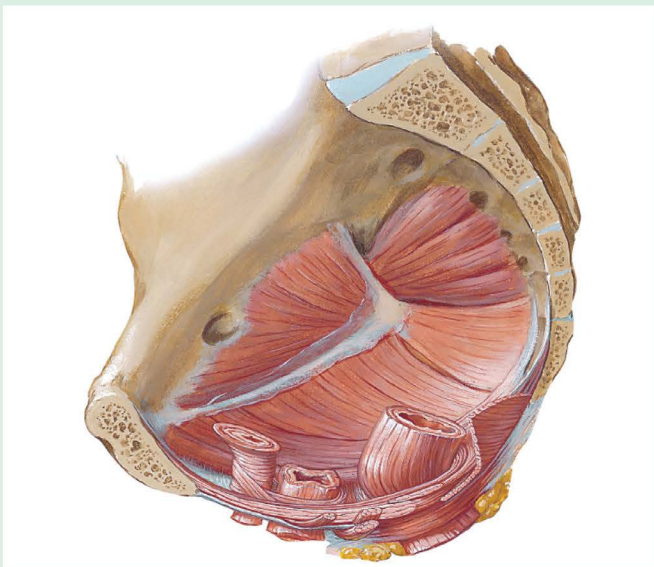
To reclaim your pelvic power and to have strong and tight muscles “Down there” you must do different types of tightening Kegels. There are more than 13 types of tightening Kegels but the first step is to master the slow and fast Kegel. These two types of tightening Kegels train the fast and slow muscle fibers of the pelvic floor and by doing slow, fast, and Reverse Kegels, you avoid yo-yo healing and set backs.

1. Slow Kegels, which build endurance, are held for long periods of time. For instance, you would hold them anywhere from 3-15 seconds.

2. Fast or quick Kegels are quick pelvic floor muscular contractions. They are

shorter in duration and are typically 1 - 2 seconds long.

Remember to relax after every Kegel. Regardless of the type of Kegel you do, follow it with a Reverse Kegel. If you just contract your vagina over and over again by just doing tightening Kegels, you will develop an imbalance called **Kegel Tension Syndrome (KTS)**. KTS happens when you overly contracting your pelvic floor muscles and are not relaxing them. As a result, you become more symptomatic, leak more, and have more pressure or pain. KTS is a real thing and you need to be on your guard. If Kegels are not working, then you need to figure out why. **I cover this in great detail in my online programs and I recommend you check them out by clicking here.**



Sideview of the pelvic floor muscles:

Notice the shape is like a bowl that holds up the bladder, uterus, and rectum. It also has slow and fast twitch muscle fibers

Source: Netter Images

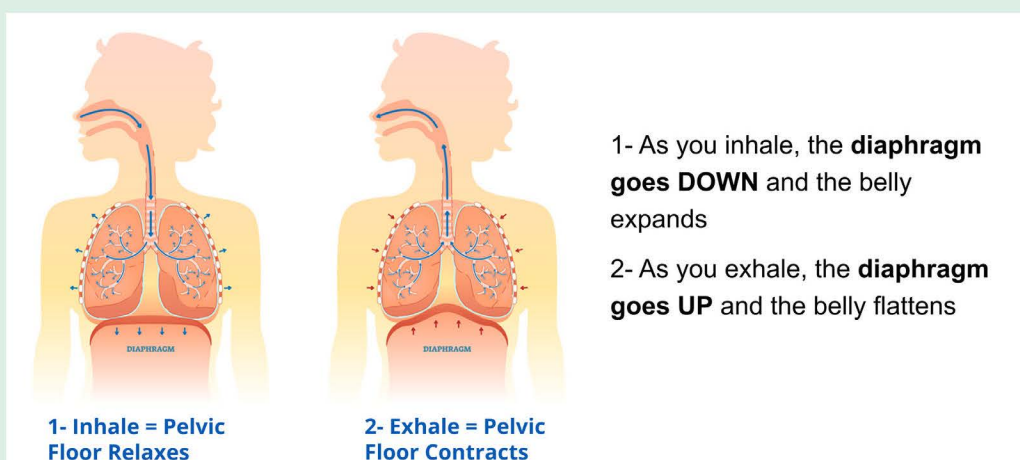
Step 3: Breathing Matters in All Things Kegels

Kegel exercises must be coordinated with proper breath. Many women get this wrong and create more problems for themselves when they start a Kegel program. I find many women hold their breath, and that is a big problem. I recommend that you master the Kegel Breathing that I have reviewed for you below. Tightening Kegels are coordinated and performed as you exhale and count outloud. Reverse Kegels are coordinated with the in breath.

Kegel Breathing: All pelvic floor contractions must be coordinated with the breath to get maximum results. Exhale as you Kegel (contract and lift your pelvic floor muscles) and count aloud as you hold your Kegel contraction. Counting aloud ensures that you don't hold the breath and create more problems for yourself. **Breath-holding is an absolute "no-no" when doing Kegels.**

For the Reverse Kegels, **focus on inhaling for 5 seconds as you open** and let go of tension in the vagina. This is harder than it sounds and to master the Reverse Kegel can take time. But do NOT skip your Reverse Kegels and don't over think them.

The truth is that most women carry a lot of tension, trauma and deep held emotions in the pelvic floor, and this makes it very hard for women to be able to let go. I find most women to have more tightness than laxity in their vaginal walls. Reverse Kegels are also important for bowel and bladder function. So for women who suffer from constipation and constant bladder urge they are a MUST! I cover breathing in great detail in my online programs. [Click here to check out my pelvic and bladder healing programs.](#) I encourage you to read everything carefully and to stay connected with me through emails. I am constantly sending out valuable information to my community and NOW you are a part of it.



Step 4: Your Body Position Matters

Gravity counts when you are performing your Kegels, and gravity makes Kegels harder to do and perform. Women who are very weak in their pelvic floor muscles should perform their Kegel program lying down (supine position) or in semi-inclined positions (semi-sitting up with pillows supporting the back).

These positions are called gravity-eliminated or gravity-assisted. Once you have mastered the Kegels in this position and you feel that you are getting stronger and have better endurance and power, you can move to sitting, standing, squatting or movement Kegels. Don't be in a rush to get to a more advanced position.

Note that you will have to train your pelvic floor muscles in the position in which you are most symptomatic. For instance, if you leak when you stand then you should be training your vaginal muscles in the standing position.

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This Kegel Checklist Plus Isa's Supplements Are a Potent Combo for Complete Pelvic Healing



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Step 5: The Mind-Body Connection for Better Kegels

Our vaginal muscles — the pelvic floor muscles — are the basin of our beings. They hold our organs up, control our bladder and sexual function, and act as a sump pump for our lymphatics. I find many women have difficulty connecting to their vaginal muscles and need a little extra help. The best way to connect to your pelvic floor muscles is to use a mind-body approach and work with imagery. Here are some of my favorite Kegel-mind-body imageries that work to get you connected to your Kegels:

- Imagine your vagina is a vacuum cleaner and you are picking up a piece of lint off the floor and pulling it up into your vagina and holding it there.
- Imagine you are lifting your panties off a chair as you do your Kegel.

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Take the Next Step - Attend One of My Free, Interactive Pelvic Floor Workshops

Since you unlocked The 5-Step Kegel Checklist, **you also have an exclusive VIP seat for one of my FREE online Live Pelvic Floor Workshops, that I do monthly.**

To truly have long-lasting results, you need BOTH the guide+ a workshop. You will be first on my list for the next pelvic and bladder event!

My workshops are a foundation that will pull back the curtain and show you exactly how to get the MOST out of the “Kegel Checklist.”

When you join me LIVE on the workshop, you'll also get some amazing bonuses.

PLUS, most importantly, you'll have a chance to ask me your most pressing questions in our LIVE Q&A – I'll give you my personal trade secrets (ones even your doctor doesn't know about!) to help you create the best pelvic health of your life!

My workshops, along with this guide, are the rock-solid, science-based foundation that you need to have a lifetime of optimal pelvic health and happy, healthy Lady Parts!

We will be sending your FREE VIP workshop ticket via email, along with some additional information to help you get the most out of our time together.

**You Are
On My List
for Future VIP
Live Workshops**



**Be on the Lookout for my
Next Pelvic & Bladder
Workshop Invite...
Happening Monthly**

More Info About Isa's Total Fem Products

Take a moment to read more about my Rootganic Total Fem products for women. All formulations by a woman (me!), for women. I have spent years recommending various ingredients to my patients and now I have developed this special line of products that will benefit all women with vaginas. I use these products myself everyday and I stand behind the research and clinical results after personally treating over 15,000 women with pelvic floor dysfunction. More importantly, I too suffered in silence for years with debilitating symptoms and have found these products instrumental in my ongoing healing. I am in your corner now and always, Isa

Down There Oil Vaginal Serum

Get Relief From Dryness, Burning, and Itching*



Total Fem Collagen

Anti-aging Superfood & Supports Collagen Production*



Total Fem Hormone Balance

Reclaim Your Vitality & Feel Like Yourself Again*



Total Fem Ultimate Bladder Health

Say Goodbye to UTIs, Leaking, and Burning & Sleepless Nights*



Total Fem Rejuvenator

Revive Intimate Comfort, Moisture & Feel Juicy Again*



Total Fem Biome Guard Probiotic

Banish Bloating, Gas, and Digestive Distress*

