

ESTD 2016  
**PIXIE  
CUP**

**A**

# HOW-TO GUIDE

FOR PIXIE KEGEL WEIGHTS



INCLUDING TRAINING PLAN + KEGEL WEIGHT CARE

A note from pelvic floor physical therapist, Ali Schermer:



# HEY SISTER!

## Yay! You've bought vaginal weights!

As a pelvic floor physical therapist, I love vaginal weights as a tool to allow you to strengthen your pelvic floor to your best ability. I always explain to my patients that the pelvic floor is like any other muscle — you go to the gym to train your arms and legs, right?

Our pelvic floor requires that same attention! Vaginal weights allow you to progress and train your muscles so that you CAN exercise without peeing your pants! They are a tool that challenges your muscles with resistance and gives you biofeedback (or understanding/feeling) of what you are doing when you activate your pelvic floor.

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The Pixie Cup Kegel weights come with six weights, with each color corresponding to a different weight.

  
**45**  
grams

  
**60**  
grams

  
**75**  
grams

  
**90**  
grams

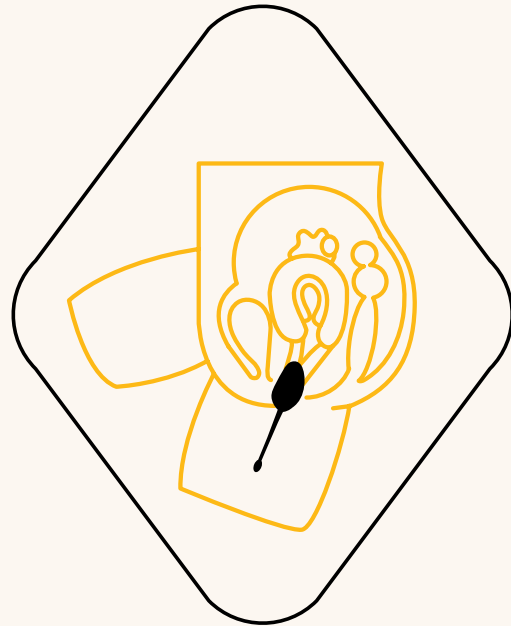
  
**105**  
grams

  
**120**  
grams

I am so excited for you to begin using this tool. I typically suggest to begin by simply inserting the lightest weight. Stand up, walk around, and keep it in for up to 20 minutes! If that was easy and did not slide out, you may be ready to progress to the next weight!

A second way you can use your weights is to insert them WHILE you are exercising. Below is an exercise program that allows for you to begin that progression! It starts with the easiest or most basic exercise and progresses to the most challenging.

Try not to progress until you are able to hold the pelvic brace (see below) with each exercise!



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As always, remember: if you have pelvic pain, pain with insertion of tampons, or pain with sex, vaginal weights may not be for you RIGHT NOW, but could be in the future! Please seek help from your care provider or a pelvic floor physical therapist if this is you.

\*This exercise program is in no way designed to be provided as medical advice. Please consult with your provider prior to beginning any exercise program or if you have concerns about the use of vaginal weights.

I am so excited for you to get started on this journey!

With love,

*ali*














Ali Schermer, PT, DPT

Pelvic Floor Physical Therapist

## This is a progressive program, so take it slow!

This means the program goes from the easiest exercise (to perform with Kegel weights) to the hardest. Once you can hold a brace position in one exercise, you can progress to the next one.

Difficulty

01	Hooklying transversus abdominus	
↓		
02	Pelvic floor contractions (Kegels)	
↓		
03	Pelvic brace	
↓		
04	Bridge with pelvic brace	
↓		
05	Supine marching with pelvic brace	
↓		
06	Bent knee fall outs	
↓		
07	Supine heel slides	
↓		
08	Quadruped transversus abdominus bracing	
↓		
09	Quadruped pelvic brace with alternating arm/leg reach	
↓		
10	Squat with pelvic brace	
↓		
11	Standing hip abduction	
↓		
12	Single leg squat with pelvic brace	
↓		
13	Jump with pelvic brace	

Difficulty: 

01

## Hooklying transversus abdominus

What do you think of when you are told to activate your core? Is it your 6-pack abs? You wouldn't be wrong! There is nothing wrong with activating those muscles, however, we want to make sure you also know how to activate your deep core when doing so.

### Exercise

- Begin lying on your back with your legs bent and feet resting on the ground.
- Place your fingers just inside the bones on the front of your pelvis. Inhale and relax your pelvic floor and let your belly rise. Exhale, and gently pull the muscles under your fingers in, like you are pulling your belly button towards your spine. Relax and repeat.

### Reps & frequency

Complete 10 holds (5 seconds each).  
Perform 3 x 10 holds.

10  
holds

Rest

10  
holds

Rest

10  
holds1-2  
times daily

The transversus abdominus (TA or TvA) is a deep abdominal muscle. It attaches to the bottom ribs, down to the pubic bone, and wraps around to the low back to connect to the fascia (or connective tissue). It acts like a corset for our spine! It is also an important muscle for the best possible recruitment of the pelvic floor.

### Remember!

- Make sure to draw in rather than push out your muscles. This should be a subtle, gentle movement.
- Think about if you had a string attached to your belly button and someone was pulling it towards your spine, or like on Thanksgiving when you ate too much and have to button your pants, OR like you are sucking a milkshake through a straw in your belly button!

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 



# O2

## Pelvic floor contractions (Kegels)

### QUICK AND ENDURANCE

We have quick twitch pelvic floor muscles and endurance pelvic floor muscles. Your quick twitch muscles help prevent you from leaking with quick movements, like coughing, sneezing and jumping.

Your endurance muscles are long-holding muscles. These help support your pelvic organs (bowel, bladder, uterus) and allow you better support for longer duration. It is important to practice using both muscles!

#### Exercise

- Begin lying on your back with your knees bent.
- Gently squeeze and lift your pelvic floor muscles as if you were trying to squeeze and lift a blueberry at your vagina or anus.
- Remember not to squeeze too hard, as this will “make blueberry jam” or recruit your accessory pelvic floor muscles.

#### Remember!

- Make sure you don't push your abdomen out or hold your breath during the exercise.
- Apply diaphragmatic breathing techniques:
  - ← Inhale: rest pelvic floor
  - Exhale: squeeze and lift

#### Quick twitch

Complete 10 squeezes (holding for 1 second each). Rest for 2-4 seconds. Perform 3 x 10 squeezes.

#### Endurance muscles

Complete 10 squeezes (holding for 5-10 seconds each). Rest for 10 seconds. Perform 3 x 10 squeezes.



ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 

03

## Pelvic brace

The pelvic brace combines a TA activation and a Kegel. It provides the best support for our core and pelvic floor, especially while exercising! Think about putting the two exercises together.



### Exercise

- Begin lying on your back with your legs bent and feet resting on the ground.
- Gently squeeze and lift your pelvic floor muscles as if you were trying to squeeze and lift a blueberry at your vagina or anus.
- As you pull your pelvic floor up and in, gently pull your belly button towards your spine.

### Remember!

- Think about if you had a string attached to your belly button and someone was pulling it towards your spine.
- Remember not to squeeze too hard, as this will “make blueberry jam” or recruit your accessory pelvic floor muscles. This is a 50% effort squeeze.
- Make sure to draw in rather than push out your muscles. This should be a subtle, gentle movement.

### Reps & frequency

Complete 10 braces (holding for 5 seconds each).  
Perform 3 x 10 braces.

10  
braces

Rest

10  
braces

Rest

10  
braces

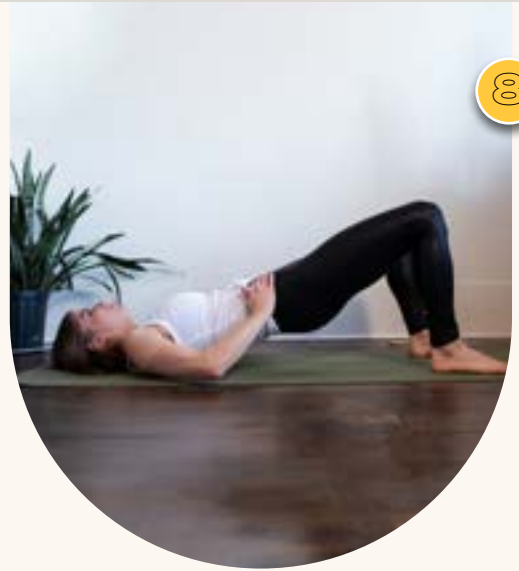
1-2  
times daily

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 

04

## Bridge with pelvic brace



### Exercise

- Begin lying on your back with your legs bent and feet resting on the ground.
- On the inhale, relax the pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** during the entire movement.
- Lift your bottom off the floor while holding the pelvic brace. Hold for 5 seconds.

### Remember!

- Remember to breathe!
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert

### Reps & frequency

Complete 10 bridges (holding for 5 seconds each).  
Perform 3 x 10 bridges..

10  
bridges

Rest

10  
bridges

Rest

10  
bridges

3-4  
times weekly

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS



Difficulty: 

05

## Supine marching with pelvic brace



### Exercise

- Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** during the entire movement.
- Lift one leg slowly off the floor. If you feel your muscles let go, reset before moving on to the other leg.

### Remember!

- Try to keep your back flat on the mat during the entire exercise.
- Remember to breathe!
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert

### Reps & frequency

Complete 10 lifts. Perform 3 x 10 lifts.  
Repeat on other leg.

10  
lifts

Rest

10  
lifts

Rest

10  
lifts

3-4  
times weekly

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 

10



06

## Bent knee fall outs

### Exercise

- Begin lying on your back with your knees bent and feet resting on the floor or bed.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** during the entire movement.
- Slowly let your leg fall out to the side and pull back. Repeat on the other side. If you feel your pelvic brace let go, reset and begin again.

### Remember!

- Try to keep your hips flat and avoid trunk rotation.
- Remember to breathe!
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert

### Reps & frequency

Complete 10 fall outs. Perform 3 x 10 fall outs.  
Repeat on other leg.

10  
fall outs

Rest

10  
fall outs

Rest

10  
fall outs

3-4  
times weekly

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 

07

## Supine heel slides



### Exercise

- Begin lying on your back with your legs bent and your hands resting on your belly.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** during the entire movement.
- Slowly slide one leg out straight. Slide back to start position, relax contraction and then repeat with the other leg.

### Remember!

- Try to keep hips and low back flat on the mat.
- Remember to breathe!
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert

### Reps & frequency

Complete 10 slides. Perform 3 x 10 slides.  
Repeat on other leg.

10  
slides

Rest

10  
slides

Rest

10  
slides

3-4  
times weekly

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 

08

## Quadruped transversus abdominus bracing



### Exercise

- Begin on all fours.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace.
- **Hold this contraction** for 5 seconds.
- Rest and repeat!

### Remember!

- Make sure not to hold your breath as you tighten your muscles
- Utilize diaphragmatic breathing throughout, remember to breathe!
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert

### Reps & frequency

Complete 10 braces (holding for 5 seconds each).  
Perform 3 x 10 braces.

10  
braces

Rest

10  
braces

Rest

10  
braces3-4  
times weekly

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 



09

## Quadruped pelvic brace with alternating arm/leg reach

### Exercise

- Begin on all fours.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** throughout the whole movement.
- Lift one arm and your opposite leg and reach.
- Bring them back to the ground and repeat with your other arm and leg.
- Rest and repeat!

### Remember!

- Make sure not to hold your breath as you tighten your muscles
- Utilize diaphragmatic breathing throughout, remember to breathe!
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert
- Make sure you keep your back flat and pelvic floor contracted during the exercise.

### Reps & frequency

Complete 10 reaches (holding for 5 seconds each).  
Perform 3 x 10 reaches.

10  
reaches

Rest

10  
reaches

Rest

10  
reaches

3-4  
times weekly

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 

10

## Squat with pelvic brace



### Exercise

- Begin in a standing upright position holding onto a stable object at your side for support if needed.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** throughout the whole movement.
- Perform a squat, bending at your knees and hips. Pretend you are reaching your butt back like you are sitting in a chair.
- Repeat

### Reps & frequency

Complete 10 squats.  
Perform 3 x 10 squats.



ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 

11

## Standing hip abduction



### Exercise

- Begin in a standing upright position holding onto a chair at your side for support.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** throughout the whole movement.
- Lift your leg out to your side, then return to the starting position and repeat.

### Remember!

- Keep your leg straight and toe pointed forward.
- Keep your leg in line with your hip. You should feel it in your gluteus medius muscle, or on the side of your hip/butt!
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert

### Reps & frequency

Complete 10 leg lifts. Perform 3 x 10 leg lifts. Repeat on other leg.

10  
lifts

Rest

10  
lifts

Rest

10  
lifts

3-4  
times weekly

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS

Difficulty: 

12

## Single leg squat with pelvic brace



### Exercise

- Begin in a standing upright position holding onto a chair at your side for support.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** throughout the whole movement.
- Lift one leg off the ground, then slowly bend the knee and hip of your standing leg into a quarter-squat position. Stand back up and repeat.

### Remember!

- Make sure to maintain your balance and do not arch your back during the exercise. Your knee should be bent at about a 45 degree angle in the squatting position.
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert

### Reps & frequency

Complete 10 squats. Perform 3 x 10 squats. Repeat on other leg.

10  
squats

Rest

10  
squats

Rest

10  
squats3-4  
times weekly

ONCE YOU CAN HOLD A PELVIC BRACE IN THIS POSITION, YOU CAN PROGRESS



Difficulty: 

13

## Jump with pelvic brace



### Exercise

- Begin in a standing upright position.
- On the inhale, relax your pelvic floor muscles.
- On exhale, gently squeeze and lift the pelvic floor and pull your belly towards your spine, activating the pelvic brace. **Hold this contraction** throughout the whole movement.
- Jump! Keep your knees behind your toes and land **softly** on your feet.

### Remember!

- Hold the pelvic brace while you jump!
- For your breathing:
  - ← Inhale: relax
  - Exhale: exert

### Reps & frequency

Complete 10 jumps.  
Perform 3 x 10 jumps.

10  
jumps

Rest

10  
jumps

Rest

10  
jumps3-4  
times weekly

## A NOTE ON KEGEL WEIGHT CARE



Before and after your exercises, you should thoroughly clean your weights.

Anything you're using inside your vagina — whether it's Kegel weights or a menstrual cup — should be clean and sterilized to prevent any bacteria from passing into the vagina.



Wash your weights (and hands!) with a pH-balanced cleanser after each use. Our *Pixie Cup Wash* is perfect for this! It's made from 100% all-natural plant-based ingredients and is safe for your weights and anything else that comes into contact with your genital region.

After you pat them dry with a clean towel, let them sit out and air dry before storing.

To find out more tips and tricks, visit

[PIXIECUP.COM/BLOG](https://pixiecup.com/blog)

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**Please note:** This product is not intended to treat or cure medical issues. Please consult your doctor prior to use. Anything advised here is not intended as a substitute for the medical advice of your doctor. You should regularly consult a physician in matters relating to your health and particularly with respect to anything related to pelvic health. If you have any gynecological conditions, please talk to your physician.