

Kegel exercises might indeed help with **increasing the force** of ejaculation.

Here is how they are performed by males.

First you have to learn to **consciously control the muscles**.

One way of doing this is to use them to stop and start urination repeatedly.

When you have an erection, contracting them causes it to move, making them easy to identify.

Once you have the muscles identified, there are **three types of exercises** to do:

1) try **contracting the muscles** and **holding** them that way for a slow count of ten. You may not be able to last that long at first, but that is why you are exercising.

2) force them to **relax by bearing down** as though you were constipated and trying to force a bowel movement.

3) twitch (**contract and release**) the muscles as fast as you can ten times in a row. I find that it works well to alternate each of the first type with one of the second type. I don't recall how many of these are recommended. Something like ten of each to start, eventually working up to a hundred.

In addition to the possibility of increasing the **force of ejaculation**, these may **increase the number of contractions** and the **total enjoyment**.