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For people who would like to be able to urinate in the toilet

It is easier to urinate when sitting with the body leaning forward than in a lying position. Let's start the training now with the thought of gaining ability to sit on the toilet seat in mind.

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Lying down exercise (5 sets)

To strengthen pelvic floor muscles



Lie on floor with knees bent.



Hold empty plastic bottle between legs.



Squeeze the plastic bottle by your legs to make a sound.