

Discreetly Fit Quick Reference

Breathing

- Keep your breathing normal. It should be even and independent from your contractions.
- Address any breathing issues after you can confidently perform the Discreetly Fit Training.

The Lift

- visualise a four story building
- connect your awareness with the centre of your movement (anal passage)
- anal contraction to half way (second floor)
- increase your contraction to the top (fourth floor)
- adjust to your maximal contraction
- hold it for 6 seconds, optimise lifting and closing
- release back to half way
- release through the ground floor into the basement
- two deep, slow breaths while you are consciously relaxing your anal passage