

This new range of **SEXERCISE** toys  
make it possible  
to train your pelvic floor muscle  
whilst **having fun** at the same time.

Strategically placed sensors monitor your progress through a wireless remote controlled wrist device. No app download is needed, just connect the toy with your wrist instrument and you are on your way to a thorough and enjoyable pelvic muscle workout!

Pelvic floor muscles are proven to be involved in orgasm, which is why, when weakened, they can cause diminished sexual satisfaction during vaginal intercourse in women.

These SEXERCISE toys combine the fun and thrills of a remote controlled pleasure product with the functionality of a professional pelvic floor muscle trainer.

Please note: results may vary.

## How to use

Find a position that's comfortable. For most people, that's semi-reclined on their backs, with knees slightly bent.

It is recommended that you use a good quality water based lubricant to your preference.

Gently insert the vibrator into your vagina until comfortable and take it in turns to squeeze and release your pelvic floor muscles, the device will provide a Kegel strength reading on the digital display, providing you with real-time biometric feedback.

Try to keep all of your muscles as relaxed as possible so you are getting the best results. Keep your focus by breathing freely while you exercise.

Start and adjust vibrations by pressing the vibration button. There are 10 different patterns.

Begin to squeeze slowly until you feel a muscle contraction of the pelvic floor, this will be felt as 'pulling' the probe upward and inward. Holding this intensity in place will result in repeated muscle contractions.

Sexercise has its best results if used consistently, ideally 6-7 times a week.

It is recommended to use the stimulator for at least 5 minutes and not more than 10 minutes, followed by 5 minutes of 'volitional contractions' or Kegel exercises while the device is in place but turned OFF.

For the Kegel exercises mode, hold the contraction for 5 seconds and then release/relax for 5 seconds; the program will repeat 10 times. You can repeat the program mode for 5 minutes.

For best results, remember the rule of 5...5 minutes with stimulation on, 5 minutes with stimulation off but in place doing kegel exercises, 5 second contraction, 5 second rest.

## How to clean

- Make sure the device is OFF
- The product is fully waterproof, the watch is not.
- Wipe clean with a cloth and a mild soap (do not soak)
- Rinse with clean water and dry
- Store in a clean, dry place

## Different modes

Sexercise mode (start screen)  
This mode is just to play and see how it works and how your pelvic muscles react.



Training mode

In this mode you can train your pelvic muscles via a 10-step software training program.



Measure mode

When you are in this mode, the remote is saving your results during the exercise.  
The software will save the last 7 results.

## Button explanation



On/Off button

Press and hold on the toy for 3 seconds (until the LED light turns on/off) to turn the vibrator on or off.



Vibration button


Press and hold for 3 seconds to start vibration mode, on the toy or remote.

Press 1 second to switch vibration mode, on the toy or remote.




Sexercise button

Go to start screen sexercise mode:  
Press and hold on watch for 3 seconds

To activate **training** mode:  
Press and hold for 3 seconds  
wait till you see the measure logo 

To start training mode:  
Press 1 second

To activate **measurement** mode:  
Press and hold on watch for 5 seconds,  
wait till you see the measure logo 

To start measurement mode:  
Press 1 second

To show last 7 measurement:  
Press 2 times quick. Available on toy

You can always use vibration mode during sexercise modes.

Revolutionise your pelvic floor muscle training, while having fun at the same time, with this sensor-equipped advanced medical toy.

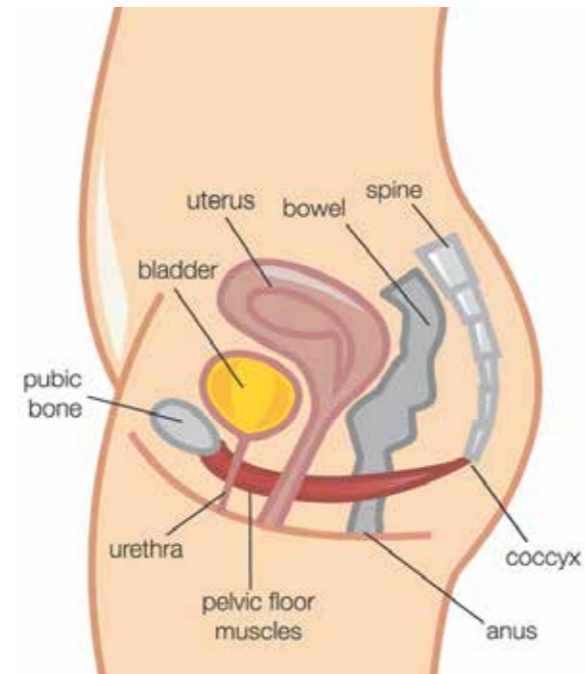
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### What are pelvic floor muscles?

The pelvic floor muscles work like a hammock to support the pelvic organs, including the uterus, bladder and rectum. Kegel exercises can help strengthen these muscles.

### Pelvic muscle strength measurement

In the medical world pelvic muscle strength is measured in terms of Pressure, the units of which are kPa (kilo Pascal) which your wrist device will show. Sometimes pressure is also referred to as mmHg (millimeters of mercury). 10 mmHg is 1.33 kPa.



SEX001    SEX002    SEX003    SEX004

### How to perform pelvic muscle exercise

#### • Find the right muscles.

To identify your pelvic floor muscles, stop urination in midstream. If you succeed, you've got the right muscles. Once you've identified your pelvic floor muscles you can do the exercises in any position, although you might find it easier to do them lying down at first.

#### • Perfect your technique.

Tighten your pelvic floor muscles, hold the contraction for five seconds, and then relax for five seconds. The program will repeat this 10 times. Try it four or five times in a row. Work up to keeping the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions.

#### • Maintain your focus.

For best results, focus on tightening only your pelvic floor muscles. Avoid holding your breath. Instead, breathe freely during the exercises.

#### • Repeat three times a day.

Aim for at least three sets of 10 repetitions a day.



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