

Choose The Right Exercise Mode For You

Mode 1 – Training Mode - Timed

You'll be guided through timed slow and fast Kegel exercises showing you when to squeeze and lift your muscles. These exercise routines ensure you get the best results with a perfect balance of slow and fast Kegels to achieve optimum pelvic floor strength.

Mode 2 – Free Training Mode - Freestyle

If you want to practice your own exercises, then you can freestyle in this mode. If you leak when you cough, sneeze, laugh, or run, you'll want to practice fast flex Kegel exercises. If you can't go very long between toilet visits, focus on slow exercises. Use this mode to check your strength whenever you please.

Not sure which exercise mode is the right one for you?

We're here to help! If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

+ 44 (0) 1482 496 932

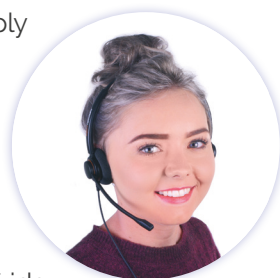
info@Kegel8.co.uk

www.Kegel8.co.uk

Our opening hours are 8am-6pm Monday to Friday and 9am-3:30pm Saturday.

Savantini House, Foster Street, Hull, HU8 8BT, United Kingdom

For more information visit: www.Kegel8.co.uk



Converting to English

1. Turn off your Kegel8® Biofeedback Trainer
2. Press and hold the Mode Select button for 5 seconds
3. Keep holding the Mode Select button and press the Power button
4. Keep holding the power button and release the Mode Select button
5. Release the Power button

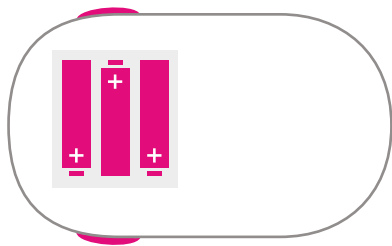
Please read the full manual for contraindications and further advice.

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Kegel8[®] TRAINER



Kegel8[®] Biofeedback Pelvic Trainer Quick Start Guide



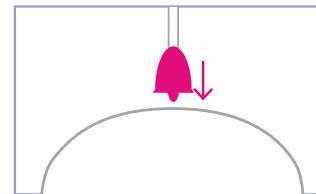
1. Insert the battery

Remove the back cover and insert 3 x AAA batteries before replacing the cover.



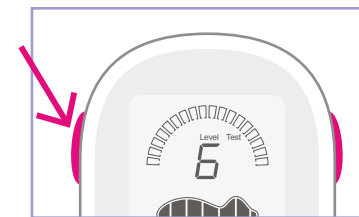
2. Clean your probe

Give your probe a quick clean with a body-friendly, antibacterial spray such as Kege8® Cleaning Spray.



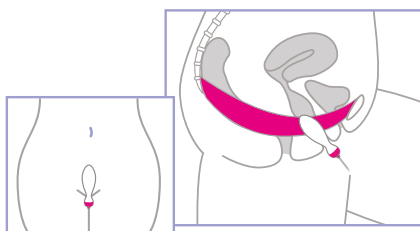
3. Connect your probe

Connect the provided probe directly to the top of the Kege8® Biofeedback Trainer.



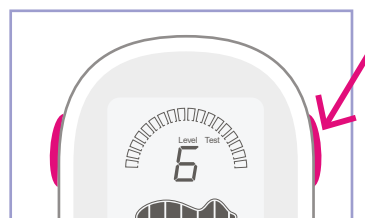
4. Turn on your Kege8® Biofeedback Trainer

Press and hold the power button on the left until you hear a beep and the display screen appears.



5. Insert your probe

Lubricate and insert the probe until it is around 2 inches inside the vagina.



6. Select a exercise mode

Choose your exercise mode by pressing the Mode Select button on the right. Once you have selected your exercise mode, your Kege8® probe will automatically inflate and you can begin exercising.

See the back page for help selecting the right programme for you.

7. The Squeeze Scale

At the end of the session you will get a score out of 9 - this is your squeeze score. When you use the Squeeze Scale, you'll be able to monitor and check your progress. After all you wouldn't go on a diet without weighing yourself first - so why start Kegel exercising without knowing how strong your muscles really are.

