





INTRODUCTION

K-fit Kegel Weights come in five different strengths. From a light 30g to a heavy 130g, this system is designed for a steady challenge from beginner to advanced. K-fit Kegel Weights are made of premium medical grade silicone with a smooth top and swirls for better grip. Kegel weight training is intended to strengthen the pelvic floor. If you have a medical condition, please speak with your doctor to make sure that kegel weights are right for you.

INSTRUCTIONS FOR USE

1. After cleaning, apply a dab of water-based personal lubricant on the kegel weight and insert slowly. Insert until the weight is fully seated beyond the vaginal opening. The more lubricant you use, the more challenging the exercise will be.
2. Begin by aiming to retain the weight for 3 minutes. The weight should feel difficult to retain when squatting unless you are squeezing the pelvic floor muscles. Choose a weight that provides this challenge.
3. Hold the tail of the weight or cup your hand lightly over the area to prevent the weight from hitting the ground. Squat or raise your leg until you feel the weight begin to slip out and then squeeze the perineal muscles firmly to prevent the weight from sliding out.

4. Squeeze for 30 seconds. If you are unable to hold the squeeze and retain the weight for this long, try a slightly lower weight. If you are using the lowest weight, stand upright with the legs slightly spread. Find the most challenging position for you while still being able to complete the full exercise.

5. After 30 seconds of work, stand and rest for 15 seconds while supporting the weight. Squat again and squeeze to retain the weight for 30 seconds before resting again for 15. Complete two sets of 30 seconds of work with 15 seconds of rest.

6. Now complete 2 sets of 25 seconds of work with 10 seconds of rest.

7. Finish with a final hard 20 second squeeze and you're done!

8. As this exercise sequence becomes easier, you can add more lubricant to increase the challenge. Add deeper squats or leg lifts, or increase the weight to the maximum. Eventually you can increase the length of each set. Double the length of each squeeze as well as each rest until you exhaust your muscles. Remember that the challenge is needed to make progress. Push yourself with more lubricant and more movement to really encourage your body to build muscle and strength.

PRODUCT DESCRIPTION

5 ball weights, total of 370g

A: 30g, B: 50g, C: 70g, D: 90g, E: 130g

Model: S29

Material: Medical Grade Silicone.

Water Resistant: Waterproof

Size: Diameter 1.32" Insertable length 2.5" Total length 6.5"

NOTES

1. Please clean with mild hand soap and warm water before and after each use. Do not apply industrial cleaners to this product.
2. Store in a cool, dry place. Do not leave in direct sunlight.
3. This product is for adults only.
4. Choking hazard! Use only as directed. Keep away from pets and children.
5. Using this product during menstruation may cause superficial stains.
6. Single user only. Do not share weights with other users.
7. Please stop using if prolonged discomfort or hypersensitivity occurs.
8. Water-based personal lubricants recommended.

CUSTOMER SUPPORT

Please contact our US based customer care team with any questions. We are here to support you!

Write to customercare@kfitkegeltoner.com to get answers the same day. Find more information at www.kfitkegeltoner.com