

K-fit



Kegel Toner

What is the K-fit Kegel Toner?

K-fit is a dual channel exercise machine that combines several programs into one unit. It was designed to aid men and women in the toning of their pelvic floor muscles. If you have heard of the benefits of doing Kegels, but aren't sure if you are doing them correctly, the **K-fit** can help you achieve maximum results with minimum effort.

Customer Care

We value customer feedback and welcome the submission of your personal experience with **K-fit**. Should you encounter any difficulties with your device, our customer care team is available to provide quick trouble-shooting and instruction based on their invaluable personal experience using the **K-fit** themselves. Our goal is to help you achieve the maximum potential from your new **K-fit** Kegel Toner. Customer satisfaction is our number one priority.

Please contact us using the link on our website www.kfitkegeltoner.com or email us directly at customercare@kfitkegeltoner.com

Warnings

Please pay careful attention to the following safety warnings:

- Do not immerse unit into water or any other liquid substance.
- Probes are for use by one user only.
- Keep out of reach of children.
- No modification of this equipment is permitted.
- Please read the user guide before using your **K-fit**.

Do Not Use

- If you have been fitted with a demand style cardiac pacemaker.
- During pregnancy.
- If you have undiagnosed pain, skin, vaginal or rectal conditions.
- On anaesthetized or desensitized skin.
- If you have been fitted with a copper coil, or metal birth control device.

Using Your K-Fit Kegel Toner Safely

- Only use the **K-fit** vaginal and rectal probes in the manner outlined in this user manual. Never apply the electric probes to other parts of the body or insert in the mouth as this can cause injury.

- Do not allow other people to use your probes. Always disconnect and clean your probes thoroughly with soap and water after every use.
- Only use probes specifically designed for the **K-fit** Kegel toner to prevent damage to the toner device.
- Never use your toner if it has creased or broken wires. Take care not to damage the wires attached to your probe as this could lead to injury from heat or spark.

K-fit Kegel Toner Checklist

When you open the **K-fit** Kegel Toner packaging, you should find:

- 1 x Toner Unit
- 1 x Probe
- 2 x Long Wires
- 1 x 9V Battery
- 1 x User Guide
- 1 x Cloth Bag

Optional accessories and replacement probes may be purchased from www.KfitKegelToner.com

Getting to Know Your K-fit Kegrel Toner



Main device



Vaginal probe



Anal Probe



Cloth bag



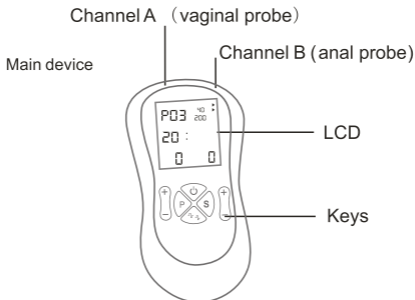
Wire



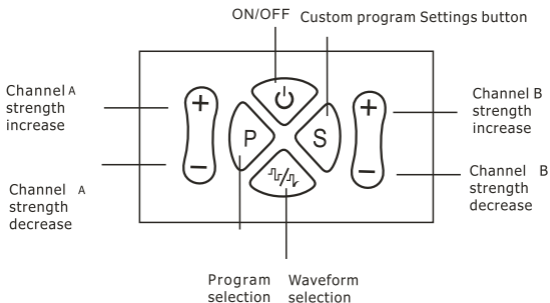
Battery



User manual



Key Panel



P Button

- Selects the desired program from P01 – P11 or customized program PC1 – PC3
- Pauses (reducing the intensity (mA) to zero) and escapes from a running program.

S Button

- Displays the menu for programs PC1 – PC3 and allows the parameters for: Time, Work, Rest, Ramp Up Time, CH.A / CH.B Synchronous or Alternating, and Delay to be set.



Asymmetrical, rectangular bi-phasic with zero DC current. This is a soft waveform for beginners.

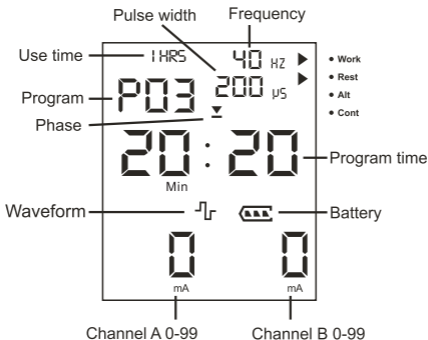


Symmetrical, rectangular bi-phasic with zero DC current. This is a stronger waveform for general users.

You will use Channel A and Channel B to connect the probe to your **K-fit** toner device. We recommend that you connect the vaginal probe to Channel A and the anal probe to Channel B.

The front of the **K-fit** toner device also has two sets of (+) and (-) buttons. You can use these buttons to increase (+) or decrease (-) the strength of the electrical pulse being sent via Channel A and Channel B respectively as outlined in the preceding diagram.

When you first power up your **K-fit** Kegel Toner, the LCD will display the following information:



Hz

Hz amount is the number of electrical pulses per second (Hertz). This value will vary, depending on the program you have selected.

μ S

The μ S amount is the duration of a single electrical pulse. The higher the value, the more it penetrates your muscles. Again, this amount will vary depending on the program you have selected.

Program Number or Program Timer

The top right area of the LCD shows either the number of the program that is currently selected or the amount of time remaining on the program (currently running).

Total Time

The top area of the LCD shows the total time your **K-Fit** has been used.

Using Your K-fit Kegel Toner for the First Time

What to expect from your **K-fit** Kegel Toner

When you first use the **K-fit** Kegel Toner, you most likely will begin by choosing one of the pre-set programs that is best suited to your needs. At the start of every program, **K-fit** Kegel Toner begins at 0mA, which means there is no electrical pulse. When you are ready to begin, you press the (+) button for the appropriate channel repeatedly to increase the electrical current.

When the electrical current reaches a certain level, you will begin to feel a knocking or ticking sensation in your pelvic muscles. This happens when the electrical current begins to stimulate your muscles at low levels. You may also feel a tingling sensation. When you get to this stage, slowly increase the electrical current to a level that is working your muscles but is comfortable too.

Starting Your K-fit Kegel Toner Exercises

1. Before you start using your **K-fit** Kegel Toner, please read the Important Safety Information.
2. On the back of your **K-fit** toner device, slide off the battery cover and remove the plastic from your battery. Bend the battery prongs out slightly if they have been compressed to ensure proper contact with the battery.

3. Make sure the probe is clean by rinsing it in water.
4. Connect the lead wire of the vaginal probe into Channel A on your **K-fit** toner unit. Or connect the anal probe to the Channel B socket.
5. Get into a comfortable position. You may choose to lie down or stand, but any position that is comfortable to you and allows you to retain the probe without bending the wires is fine.
6. Hold the base of the probe. The base is the plastic part at the 'tail' end (the end with the wires).
7. Gently insert the 'head' end of the probe into your vagina/anus. Push the probe until the flange at the base is even with the opening of your vagina/anus. The base part of the probe should always be outside of your body.

To ease insertion, we recommend that you use a good quality water-based lubricant gel. The lubricant may also help to improve the transfer of electrical impulses from the probe to your muscles.

8. Press the power button on the **K-fit** toner unit.
9. If you are unable to feel your toner working press the waveform button, the one with wavy lines on it, until the strong waveform appears on the screen. This is the wavy

10. Press the P button to choose your mode. To start the program, press the (+) button on the side that your probe is plugged into, you will see mA change to 1, and this will start your exercise program. The mA's can reach a maximum of 99. The timer [min:sec] will count down through the routine and switch the unit off when your exercise is complete.

Once your program has started, press the relevant (+) button to increase the amount of power (milliamps) in the electrical pulses. The higher the amount of mAs, the more effective your program will be, but always choose a level that feels comfortable. If you are feeling discomfort or pain, reduce the amount of mAs by pressing the (-) button for the channel you are using.

11. When the program is complete, remove the probe by pulling gently at its base. Do not pull the wires as this could damage your probe.
12. Disconnect your probe from the **K-fit** toner unit.
13. Clean your probe under running warm water. Do not place your probe in boiling water as this will damage your probe.

You can wash your probes with a sterilizing fluid. We also recommend that you wipe your **K-fit** toner unit clean with a damp cloth or antiseptic wipe. Do not use alcohol-based products as this could damage the LCD display.

Dry your probe and store it in a clean, dry place. We recommend that you keep your **K-fit** toner unit in its original packaging.

Replace your probe every 3-6 months depending on usage.

Exercise Tips

- **Try to start with a power output of 30 mAs or above.**

The amount of power needed to stimulate your pelvic floor muscles varies from person to person. By default, the **K-fit** Kegel Toner unit has a 0 mAs output and you need to increase the power manually by pressing the (+) button. You should increase the power to a level where you can feel the effects of the electric pulse, but it is not causing any discomfort. Many women find that a setting of around 30 mAs is a good starting point, but only you can tell what is comfortable for you.

As your pelvic floor muscles begin to strengthen, you should find that you can increase the power output.

- **Exercise 1-2 times per day for 12 weeks.**

We recommend that you use **K-fit** 1-2 times per day for 12 weeks. Alternate between your choices of programs P01 – P11.

If you decide to exercise twice a day, it is important that you do not do back-to-back sessions. This is because your pelvic floor muscles need time to relax and recover between sessions. We suggest that you use **K-fit** Kegel Toner once in the morning and once at night.

- **Be patient.**

Everybody is different. Some people respond to the **K-fit** toner exercises very quickly, whereas with others it takes a number of weeks to feel real improvements.

Pelvic Health Program Specifications

Program : P01		Phase 1
Phase time	min	20
Mode		Cont
Frequency work	Hz	3
Pulse duration	μ S	150
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	Cont
Rest time	Secs	0
Alternating		
Synchronous		*
Overall time	20 min	

Program : P02		Phase 1
Phase time	min	20
Mode	μ S	W/R
Frequency work	Hz	10
Pulse duration	μ S	250
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5
Alternating		
Synchronous		*
Overall time	20 min	

Program : P03		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	40
Pulse duration	μ S	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	6
Rest time	secs	15
Alternating		
Synchronous		*
Overall time	20 min	

Program : P04		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	30
Pulse duration	μ S	200
Ramp up time	secs	0.8
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	8
Alternating		
Synchronous		*
Overall time	20 min	

Program : P05		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	10
Pulse duration	μ S	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5
Alternating		
Synchronous		*
Overall time	20 min	

Program : P06		Phase 1
Phase time	min	15
Mode		Cont
Frequency work	Hz	10
Pulse duration	μ S	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	Cont
Rest time	secs	0
Alternating		
Synchronous		*
Overall time	15 min	

Program : P07		Phase 1
Phase time	min	20
Mode		
Frequency work	Hz	10
Pulse duration	μ S	220
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	Cont
Rest time	secs	0
Alternating		
Synchronous		*
Overall time	20 min	

This program works continuously with no rest period. It is used in some instances where continuous stimulation is found to work effectively.

Program : P08		Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Phase time	min	3	10	5	4	3
Mode		W/R	W/R	W/R	W/R	W/R
Frequency work	Hz	3	10	20	30	40
Frequency rest	Hz					
Pulse duration	μ S	250	250	250	200	200
Modulation time	secs					
Ramp up time	secs	0.8	0.8	0.8	0.7	0.7
Ramp down time	secs	0	0	0	0	0
Work time	secs	4	4	4	4	4
Rest time	secs	4	4	4	6	6
Alternating						
Synchronous		*	*	*	*	*
Overall time	25 min					

Program : P09		Phase	Phase	Phase	Phase	Phase
		1	2	3	4	5
Phase time	min	4	15	8	8	10
Mode		W/R	W/R	W/R	W/R	W/R
Frequency work	Hz	20	10	20	30	10
Pulse duration	μ S	250	250	250	200	250
Ramp up time	secs	0.8	0.8	0.8	0.6	0.8
Ramp down time	secs	0	0	0	0	0
Work time	secs	5	5	5	5	5
Rest time	secs	5	5	5	6	7
Alternating						
Synchronous		*	*	*	*	*
Overall time	45 min					

Program : P10		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	10
Pulse duration	μ S	250
Ramp up time	secs	0.8
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5
Alternating		
Synchronous		*
Overall time	20 min	

Program : P11		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	2
Pulse duration	μS	220
Ramp up time	secs	1.2
Ramp down time	secs	1.2
Work time	secs	6
Rest time	secs	10
Alternating		
Synchronous		*
Overall time	20 min	

W/R = INTERMITTENT WORK/REST

CONT = CONTINUOUS

Which Program to select?

P01 – Gentle Conditioning: This program works continuously for 20 minutes with no rest. Best for people who are just beginning to work out.

P02 – Equal Work/Rest: This program works and rests at 5 second intervals. It is a stronger program for those ready to begin a muscle toning routine.

P03 – Work 40: A strong program that works at 40 Hz. Heavier lifting with a longer rest cycle.

P04 – Work 30: A strong program that works at 30 Hz. This program has a shorter rest cycle than P03.

P05 – Work 10: This program works at an increased pulse duration of 200 and Hz of 20 with equal work and rest.

P06 and P07 – Continuous: Stronger programs that work at 10 and 15 Hz to help with the ability to hold a muscle contraction for longer periods of time.

P08 – Ramp Up 1: This program increases in intensity over a period of 25 minutes.

P09 – Ramp Up 2: This program is 45 minutes long and works in a wave, increasing then decreasing over time.

P10 – Endurance: This program is ideal if you feel your muscle tone is reasonable, and you can contract the muscle but you can't hold the contraction for long.

P11 – Relaxing the Pelvic Muscles: This program is designed to help relax the pelvic muscles after exercise.

Custom Program

Setting up the Customized Programs

PC1, PC2, or PC3

Use your favorite program as an example of where your settings should be. Do not increase each setting by more than 10 points at a time.

First, if a program is running, press the P button twice to return to the home screen.

1. Press the P button until PC1, PC2, or PC3 is selected.
2. Press and hold the S button for three seconds, the phase indicator arrow and Hz symbol will flash on and off.
3. Press CH.B (+/-) to set the frequency between 2 Hz and 100 Hz.
4. Press CH.A (+) the μS symbol will flash, press CH.B (+/-) to set the pulse duration between 50 μS and 450 μS .
5. Press CH.A (+), the MIN symbol will flash, press CH.B (+/-) to set the length of the phase time between 1 and 99 minutes. Set the time to zero to end the program on this phase.
6. Press CH.A (+), the WORK / REST or the CONT symbols will flash, press the CH.B (+/-) to select WORK / REST or CONT (continuous).

7. Press CH.A (+), WK will appear and flash, press CH.B (+/-) to set the work seconds between 2 and 99 seconds.
8. Press CH.A (+), RT will appear and flash, press CH.B (+/-) to set the rest seconds between 2 and 99 seconds.
9. Press CH.A (+), RP will appear and flash, press CH.B (+/-) to set the ramp seconds between 0.1 and 9.9 seconds.
10. Press CH.A (+), AL or SY will appear and flash, press CH.B (+/-) to select alternating or synchronous current.

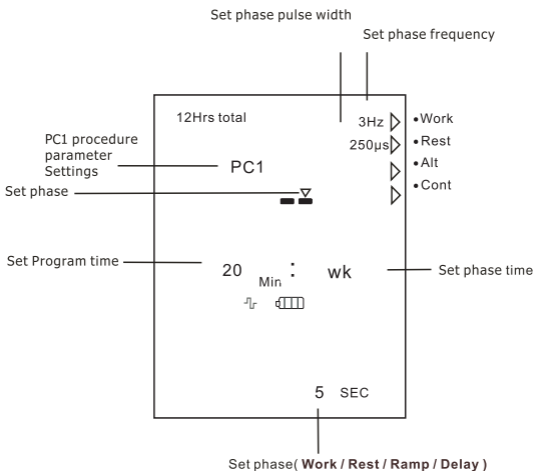
Note: if alternating is selected, the menu will loop back to step 2. P08 is an example of an alternating program with 5 phases.

11. Press CH.A (+), DY will appear and flash, press CH.B (+/-) to set the delay of Channel B starting between 0 and 4 seconds after Channel A.
12. The menu will now loop back to step 2 and the Hz symbol will flash.
13. To set the next phase, press the set button. The phase symbol will flash over the next phase, continue with step 2 to set this phase.

14. When finished setting the phases, press the P button to save the settings and return to the home screen. The program will be saved permanently. Setting the phase time of phase 2, 3, 4 or 5 to zero will cause the program to end at that phase.

Following procedures 1 to 12 can reprogram a customized program.

Custom Program LCD Diagram PC1-3



Program Settings Explained

Each **K-fit** Kegel Toner program has several settings that you will need to understand if you are creating a custom program. Getting to know how these settings work will also help you to understand the specifications for the pre-set programs.

- **Hz** – The number of electrical pulses per second (in Hertz). Generally, 1-15 Hz is for treating slow responding muscle fibers, and 35 Hz – 45 Hz is for fast responding muscle fibers. Values 45 Hz and above are used for treating muscle fatigue and promoting muscle strength and flexibility.
- **µS** – The duration of a single pulse (the 'pulse width'). The wider a pulse is, the more muscle penetration it has.
- **RMP** – (Ramp Up) – How long it takes to achieve full muscle contraction (in seconds).
- **WRK** (Work) – How long the electrical current will keep the muscle tight (working). Again, this is in seconds.
- **RST** (Rest) – The amount of time between each pulse (in seconds). The muscles will rest for this amount of time.
- **ALT** (Alternating) – The device will output an electric current through one channel at a time.
- **SYN** (Synchronous) – The device will output an electric current through both channels at the same time.

Taking Care of Your K-fit Kegel Toner

Accessories and Modifications

Only use **K-fit** approved accessories.

Do not modify the device. Making unauthorized adjustments to the device will invalidate your warranty and could result in injury.

Screen (LCD) Care

LCD is covered with a thin protective layer. This layer helps to protect your LCD from scratches. Cleaners containing alcohol may strip this layer and damage the screen.

Probe Care

Each probe is designed for ease of use and should last up to 12 months with proper care. It should be replaced every 3-6 months with frequent use.

- Never immerse your probe in boiling water or boiling liquids. This could damage your probe.
- When inserting a probe, hold its base. Do not hold it by the wires as this could damage the probe.
- Before use, always clean the probe in warm, but not boiling, soapy water.

Lead Wires and Connections Care

The lead wires and connections are vital to the device, so please treat them with care:

- Always handle the wires carefully.



- Do not stretch or twist the wires as this could damage them. If your wires are damaged, the device may be unable to send electric pulses to your probe.
- Do not cut the wires or attempt to modify the connections.

Battery Care

Take care of the battery:

- Replace the battery when it is low on power (a battery indicator is shown on the LCD when the power is low).
- If you are not going to use the device for a week or longer, please remove the battery.
- We recommend you use a GP 9V alkaline battery.

Technical Specifications

1. Dual channel: individually isolated circuits.
2. Amplitude: 0 – 99 mA
3. Waveform:
 -  Asymmetrical, rectangular bi-phasic with zero DC
 -  Symmetrical, rectangular bi-phasic with zero DC
4. Selectable pulse width: 50 μ S – 450 μ S
5. Pulse Rate selectin: in the continuous mode 2 Hz – 100 Hz.

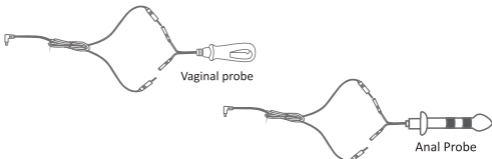
6. Time duration of exercise routine selectable: 1 minute to 90 minutes.
7. Open Electrode Detect: If an open circuit is detected at the output of Channel A or B the output current will be reset at zero.
8. Ramp up time 0.3 – 9.9 seconds.
9. If the battery voltage is below 6.4 (+/- 0.2) volts the unit will not turn on.

Environmental Conditions for use: +50 to +122 degrees Fahrenheit. 0-90% humidity.

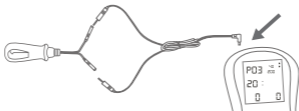
Environmental Conditions for Storage & Transport: +14 to +122 degrees Fahrenheit. 0-90% humidity.

Quick Start Guide

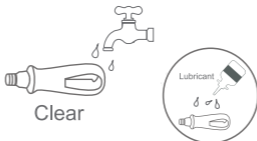
1. Remove all components from your **K-fit** package and get to know your device. One long wire is for the vaginal probe, and the other is for the anal probe.



2. Plug the two pronged end into the probe, and the L shaped prong into the Channel A slot on the top of the device for vaginal probe or Channel B for the anal probe.



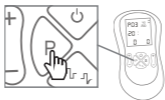
3. Wash with water before use. you also can use a generous amount of water-based lubricant on the end of the probe to make insertion more comfortable as well as improve conductivity.



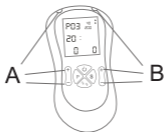
4. Find a comfortable position sitting or reclining and insert the probe – leaving the flange at the base outside of your body.



5. Turn the device on then press the P button until you find the program best suited to your need.



6. When you're ready to begin your workout, press the (+) button on the side that your probe is plugged into to raise the mAs, you will see the mA change to 1 which will start your program. (maximum mAs is 99) If you find the level you've raised your routine to is too high, press the (-) button to lower the mAs.



7. Once you reach the desired frequency, the built in timer will count down through the routine and switch the unit off when your exercise is complete.



8. When the program is finished, remove the probe by pulling gently at its base. Pulling the wires could damage your probe.
9. Clean your probe with warm soapy water - without submerging the wires - wipe your device with an antiseptic wipe or damp cloth, dry, then store the components in the provided cloth bag. (don't use alcohol as it may damage your LCD screen)

