



## When in doubt, reach out!

Our company is US based and all of our customer service reps are in the US. If you have a question, write in and you will get a response within hours, not days. We stand behind our products and if anything goes wrong, we will make it right! [customer@kfitkegeltoner.com](mailto:customer@kfitkegeltoner.com)



Please visit our website [www.kfitkegeltoner.com](http://www.kfitkegeltoner.com) to download your user guide, find tips and support and connect with other users on our forum. Your success is our priority!

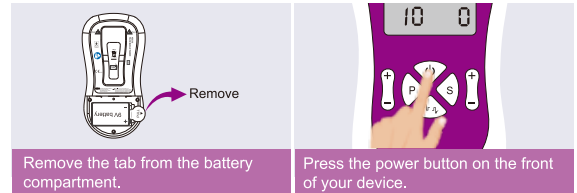
## Thank you for investing in a K-fit Kegel Toner !

Here are some common questions from first time users



### It won't start!

Remove the tab from the battery compartment and press the power button on the front of your device, it is the button with a circle on it. Then you have to tap the + button on the side of the toner that your probe is plugged into to get your program to start and for your toning unit to begin delivering current. The + button starts the program and raises the current, all the way to 99mA's as needed. Keep tapping!



Remove the tab from the battery compartment.

Press the power button on the front of your device.



### No Feeling?

The vaginal canal has very few nerve endings with most clustered at the vaginal opening and cervix. It is normal to have low internal sensation. Your toner will go all the way to 99mA's. Just keep tapping the + button until you feel the current at a strong, but comfortable level. Aim for at least 30mA's.



## Why is my toner dropping to 0?

That is the rest portion of the exercise. Your toner will cycle between the last mA you set and 0mA's during the entire program. You can see this in the top right corner of the screen as a little arrow that points to Work and then Rest to let you know where you're at in your program.



## Feeling less intense over time.

Great! That means that your body is getting stronger. You can feel free to increase the mA's to the new level you are comfortable at.



## What are these extra wires?

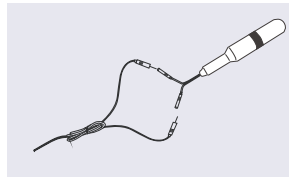
Your kit comes with one wire for your probe to connect to and a spare for future use. Hang on to it for later!



## Why is it stopping at 10mA's?

Your probe is both a sensor and conductor. The two metal rings or panels on each probe must BOTH be in contact with skin for the toner to release current. If the toner does not receive a signal from both metal conductors, then it won't release current. This can happen if the probe is activated in the air or if the wires are not fully connected. The tubes at the ends of the accessory wire are water-proof and deeper than you might assume. You need to press the probe pegs in VERY firmly to get a complete connection. Always insert the probe in your body before powering on.

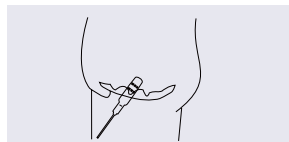
Remember, you can only adjust the mA's on one side of the toner that your probe is plugged into. If your probe is plugged into the left side of the toning unit then only use the left +/- keys. If it's on the right then only use the right +/- keys. Do not use both. The side without a probe plugged in will always stop at 10mA's.



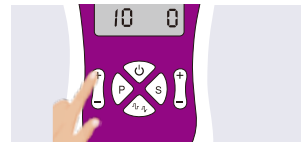
Connect the probe to the long electrode wire.



Insert the terminal of the long electrode wire into Channel A (the left jack).



Insert the probe approximately 5.5 cm into the vagina; this is the optimal position for stimulating the pelvic floor muscles (the second metal ring should be fully inserted).



Select the intensity corresponding to Channel A below, and slowly press the "+" button to turn up the intensity until you feel it is moderate.