



K-fit

Quick-Start/Troubleshooting Guide

Thank you for utilizing K-fit on you toning journey. We trust that you will receive incredible toning benefits from our device and we are committed to supporting you every step of the way. Please feel comfortable reaching out to our customer support staff, who are real users themselves. We are dedicated to maintaining an open conversation about toning the pelvic floor and we look forward to answering your questions.

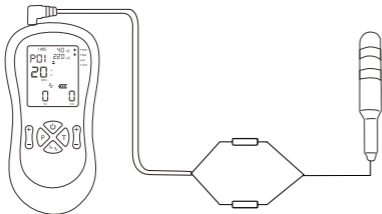
Reach out to our US based customer support team at-
customer care@kfitkegeltoner.com
702-285-5944

K-fit
630 Hickory St NW
Unit 120-128
Albany OR, 97321

We have created this quick-start guide with the invaluable help shared by hundreds of real users, like yourself. Many thanks to you and the rest of our K-fit family for your .

Good Luck and Happy Toning!

Device drawing



Device components



Toning Unit



Vaginal Probe



Accessory Wires



User Guide



Quick-Start Guide



Cloth Storage Bag

K-fit Kegel Toner, Pelvic Muscle Trainer Checklist

- 1 x Toning Unit, Pelvic Muscle Trainer
- 1 x Vaginal Probe
- 2 x Accessory Wires
- 1 x User Guide
- 1 x Quick-Start Guide
- 1 x Cloth Storage Bag

Phrases you will read in this guide-

mA's – This stands for milliamps and is the strength measurement of each program. The higher the mA's the stronger your workout will be.

Probe – The insertable portion of your toning device.

Toning Unit – This is the controller where you choose your program and adjust its settings.

Waveform – The shape of the wave of energy being produced. This will change how you feel the program.

μ S – The size and duration of a single pulse of energy. The higher the value, the larger the target area.

Hz – This is the number of electrical pulses per second. The higher the number, the stronger the muscle contraction and the less of a ticking sensation you will feel.

Quick-Start

1. Remove the plastic from the battery installed in the back of your device before reinserting.

2. Connect the probe wires to the accessory wire by pressing the probe pegs into the water-proof sleeves at the end of the accessory wire very firmly. The water-proof sleeves are tight, please keep pressing to ensure the toner will be able to communicate with the probe. Plug the accessory wire into your toning unit. When using the treatment mode, insert in Channel A. When using the test mode, insert in Channel B. Wash the probe with soap and water before use.

3. You may choose to use your toning unit standing or reclining. Choose a position that will allow you to retain the probe without bending the wires too sharply as might occur in a fully seated position. Some users may not be able to retain their probe while standing at first, but over time as your tone increases this may become easier. Once you are in position, apply a generous amount of water-based lubricant to your probe. Do not use oil-based lubricants such as Vaseline or coconut oil as these will interfere with conductivity. Using a water-based personal lubricant is crucial to achieving optimum conductivity. Please use lubricant, even if you feel moist enough for insertion.

4. Insert your probe into your body before powering on your toning unit. The base or tail-end of the probe should be just outside the body, or easily grasped at the entrance to the vagina. During your exercise, your probe may be drawn up into the vagina. This is normal with strong muscle contractions. Wait until your program has ended and you have powered off the unit then gently pull the probe back out. Do not pull on the wires during your program as this may put undue tension on the wires and cause them to weaken. Conversely, your probe may slide out or be ejected during exercise depending on the tone of your vagina. Make sure to remain aware of this during your first few sessions to ensure the probe's electrode panels are not exposed at any time. Probe placement is based on your comfort. You can sweep the probe side to side during your program to alter the placement and therefore sensation of your probe. Be prepared to make adjustments until you find your own perfect fit.

5. If you have chosen to plug your electrode into channel B on the right side of your toning unit, the Test channel, then you should press the T button to view the specifications for your program. The Test program will run through all 8 programs during the 3 minute cycle. You will be able to adjust the intensity of each setting as needed using the +/- keys on the right side of your toning unit. This program is ideal for new users who want to experience all of the settings to find out which one they like the best. You may continue using the Test program until you are comfortable with the stimulation and ready for more work.

6. Alternatively, if you have chosen to plug your electrode into channel A on the left side of your toning unit, press the P button to cycle through the different preset programs. You may choose to start at P01 and use every program in succession: P01 the first morning, P02 the first evening, P03 the 2nd morning, and so on. This will help to condition your muscles as well as help you to determine which programs work best for you. Try keeping a journal of your experience so that you can track your progress as well as your feelings about each program. Record the program used, the waveform, the strength of mA's you were comfortable at, and any episodes of dysfunction you experienced before or after.

7. Once your program is selected, you may change the waveform of the pulse if you wish. This is done using the bottom button in the circle of four at the center of your device. There are two wavy lines on it. It is automatically set on the strong waveform, which is best for users with normal nerve sensation. Press the button to toggle between the soft and strong waveform. Try soft to start and move to stronger (the one with a square top and square bottom) if you are comfortable doing so. Average users will feel comfortable with the strong waveform. If you aren't comfortable, then use soft for the first few weeks before trying strong again. You may discover that your body is comfortable with this change after adjusting to regular stimulation in the area.

8. Press the (+) button on the side that you have plugged your probe into to begin your workout. If you find that you can't raise the mA's above 10 when pressing the (+) button, it may be because the probe is unable to sense enough moisture against the conductive plates or because it is not in contact with skin. Remove the probe and add more lubricant then reinsert and begin again. If this doesn't help, please ensure the long wire is fully seated in the toning unit and the probe wire is pressed firmly into the insulated connectors. You may also exchange the long wire with the second one included in your kit as there may be a break in the original. Most users will begin to feel their muscles contracting at about 25 mA's, but everyone is different. You can start higher or lower, wherever you are most comfortable. Your goal is to be at a minimum of 30 mA's. This is where your muscles will usually be doing enough work to begin seeing real benefit. If at any time you feel the pulses are too strong simply press the (-) button and the strength will decrease. Please note that these programs operate on a work/rest cycle and will drop to 0 during the rest phase of the program. You can set your toner as high as 99 if you are comfortable doing so. The stronger the pulse, the harder your muscles will work. The harder they work, the stronger the muscles will become. This is true with any workout, from your arms to your legs to your pelvic floor.

9. Users who have had hysterectomies or have internal adhesions may find their first workout uncomfortable. Spinning or sweeping the probe away from your scar can help. You should also use plenty of lubricant to ensure good conductivity and to prevent the current from "jumping the gap" or traveling from moisture through

air to moisture again, which can cause a prickling sensation.

10. Oil based lubricants, such as coconut oil, will interfere with conductivity and may damage your probe. Only use water-based lubricants, such as KY Jelly. If at some point you find that your toner doesn't feel as strong as it used to be, your battery may need to be changed. Please replace with a fresh one.

11. Please note that all replacement and accessory probes are sold with a universal connector and will require the use of the long accessory wires included in your kit.

Troubleshooting

My unit won't turn on.

Make sure the plastic has been removed from your battery. Replace the battery you are using with a fresh 9V battery. Ensure the battery terminal prongs have not become compressed by removing the battery and using the tip of a knife to bend the prongs back out into the battery compartment.

My unit won't go over 10 mA's.

You must use a water-based lubricant, even if you feel moist enough for insertion. You must insert your probe fully; you cannot test it in the air or by touching only one electrode panel. Check that the wires are fully seated. If the probe pegs are not pressed completely into the water-proof sleeves of your accessory wire then your toner won't register that a probe is attached. Drive the pegs in VERY firmly to ensure you have a good connection. Your probe is a disposable component and should be replaced every 6-12 months. Each probe is warranted for a full 6 months from the date of purchase. Your toner will stop going over 10 mA's when the probe has reached the end of its life.

How long will I need to use this to see results?

K-fit should be viewed like every other workout you perform. If you ask how long it will take to have 6-pack abs, the answer will depend on where you are starting at. You will absolutely get there no matter where you are in your journey if you have commitment and make good all-around choices in the rest of your life.

That being said, most average users who commit to a daily workout and who are comfortable working at a minimum of 30 mA's will begin seeing results in a couple of weeks. Users with moderate to severe incontinence as well as scarring and other issues will of course take longer.

Which Program to Choose?

For Channel A:

P01 – **Stress**: The strongest program that works at 40 Hz. Heavier lifting with a longer rest cycle suitable for Stress urinary incontinence.

P02 – **Stress**: A more gentle program for those just beginning a muscle toning routine, suitable for Stress urinary incontinence.

P03 – **Urge**: This program is 15 minutes long and is suitable for Urge urinary incontinence.

P04 – **Mixed**: This program applies current in a broader waveform, suitable for Mixed urinary incontinence.

P05 – **Other**: This program is designed to help relax the pelvic muscles, suitable for Pelvic floor muscle pain.

P06 – **Mixed**: This program is multiphase and will increase in strength over time, suitable for Mixed urinary incontinence.

P07 – **Mixed**: This program is multiphase and decreases in intensity over time, suitable for pelvic floor muscle rehabilitation 42 days after delivery.

P08 – **Mixed**: 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.

Note: You should choose the program based on your issue and feeling: choose one mode that you feel challenged, but comfortable using which is best for your treatment.

For Channel B :

This program is a testing program with a treatment time of 3 minutes. Suitable for new users to adapt to this product.

