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 6715 Kegel Trainer Instruction Manual  
 220429  
 Print Production  
 5x3" Card

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= Indicates fold

Back

plusOne®

recommended exercises

how to perform a kegel:

The muscles you use to stop urinating mid-flow are your pelvic floor muscles. Kegels are performed by engaging the same muscles in the same way. Focus on lifting the muscle upward while squeezing the vaginal opening closed.

strength training:

Start by squeezing as hard as possible for 5 seconds and then relaxing for 5 seconds. Repeat this 5 times. Perform this exercise up to 3 times a day.

endurance training:

Gently squeeze and hold for as long as possible. Maintain the same squeeze strength by keeping the indicator lights on the remote at the same level, then relax. Perform this exercise up to 3 times a day.

control training:

Squeeze until the first indicator light illuminates. Hold at this level for 5 seconds, trying to keep the indicator light still. Relax for 10 seconds. Then squeeze until the first and second indicator lights illuminate. Hold at this level for 5 seconds, trying to keep the indicator lights still. Relax for 10 seconds. Repeat, adding an additional indicator light each time. Perform this exercise up to 3 times a day.

The battery shall be disposed in accordance with the local laws and regulations. If possible please recycle it. Users shall not take out or replace the battery by themselves, doing so may damage the product.

INCLUDES: kegel trainer, remote control, charging cable, storage bag & instruction manual

cleaning:

Clean thoroughly with mild soap and warm water, before and after each use.

storage:

Store in a cool, dry place separate from other sexual wellness devices; sexual wellness devices of different material can damage each other if left in contact.

quality:

This product is manufactured using body-safe silicone that is harmless to the human body; free from phthalates, BPA and latex.

special instructions:

Do not turn on while charging and/or cleaning. The power button lights will pulsate slowly while charging and turn solid when fully charged. **Low battery alert:** each power button light will flash rapidly when battery is running low. Use only with 5-volt USB wall adapter (standard mobile phone charger). Allow 60 minutes for a full charge. Use water-based lubricant only.

warnings:

Discontinue use if there is any discomfort for you or your partner. Do not expose device to water while charging.

Front

plusOne®

kegel trainer

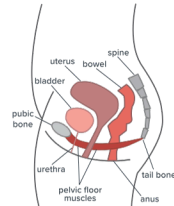


instruction manual

Outside



understanding your pelvic floor



Your pelvic floor is a group of muscles that stretches like a hammock from your pubic bone to your tailbone. It supports internal organs such as your uterus, colon, and bladder. If your pelvic floor is weak, you may experience frequent trips to the bathroom, lower back aches, urine leaks, and a decline in intimate sensation. By using the plusOne® kegel trainer, you can work your way to a strong and healthy pelvic floor.

for complete user manual & more information on ways to use your new kegel trainer:

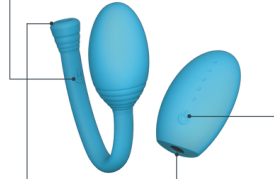
visit [myplusOne.com](http://myplusOne.com)  
 or follow us [@myplusOne](https://www.instagram.com/myplusOne)

power button:

To turn the trainer on, press and hold the trainer power button for 3 seconds. When turning the trainer on, do not squeeze the Kegel Trainer until the remote is connected. To turn the remote on, press and hold the remote power button for 3 seconds. Both LEDs will flash like a heartbeat to indicate the products are on and ready to connect. Once both products are on and flashing, the trainer and remote will automatically connect. Once connected, both LEDs will turn solid. Click the power button on either the kegel trainer or the remote to toggle through the following settings:

1. Training mode (kegel trainer does not vibrate)
2. Vibration setting 1
3. Vibration setting 2
4. Vibration setting 3
5. Vibration setting 4
6. Vibration setting 5

After the 6th setting, the product will toggle back to setting #1 training mode. To turn the trainer and remote off, press and hold each power button for 3 seconds.



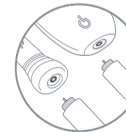
charging port:

To charge both products simultaneously, attach the twin-headed magnetic charging cable to the charging contacts on the trainer and remote.

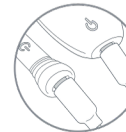
how to insert & use



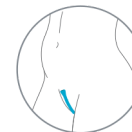
1. The charging contacts are the small metal circles located at the bottom of the remote and at the end of the trainer's tail.



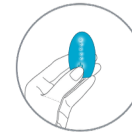
2. Line up the magnetic charging heads with the contacts on the trainer and remote.



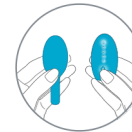
3. The cables will magnetically attach themselves into place. The power button LED lights will pulsate slowly to indicate charging.



Insert the trainer by gently sliding the larger, rounded end into the vagina until it sits comfortably. The tail of the trainer should remain outside the body, curling up towards the belly button.



Once the product is inserted, on, and in training mode, perform your pelvic exercises. If the exercises are performed correctly, the indicator lights on the remote will illuminate. The stronger the squeeze, the more lights will illuminate.



If the lights do not illuminate, reposition the trainer internally and/or make sure the trainer is connected to the remote by gently squeezing the trainer in your hand.

Inside