

Choose The Right Exercise Mode For You

Mode 1 – Training Mode - Timed

You'll be guided through timed slow and fast Kegel exercises showing you when to squeeze and lift your muscles. These exercise routines ensure you get the best results with a perfect balance of slow and fast Kegels to achieve optimum pelvic floor strength.

Mode 2 – Free Training Mode - Freestyle

If you want to practice your own exercises, then you can freestyle in this mode. If you leak when you cough, sneeze, laugh, or run, you'll want to practice fast flex Kegel exercises. If you can't go very long between toilet visits, focus on slow exercises. Use this mode to check your strength whenever you please.

Not sure which exercise mode is the right one for you?

We're here to help! If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

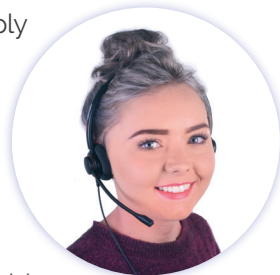
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Our opening hours are 8am-4pm Monday to Friday

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Converting to English

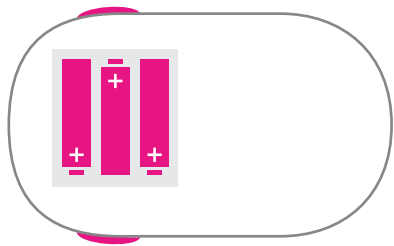
1. Turn off your Kegel8® Biofeedback Trainer
2. Press and hold the Mode Select button for 5 seconds
3. Keep holding the Mode Select button and press the Power button
4. Keep holding the power button and release the Mode Select button
5. Release the Power button

Please read the full manual for contraindications and further advice.

Kegel8® TRAINER



Kegel8® Biofeedback Pelvic Trainer Quick Start Guide



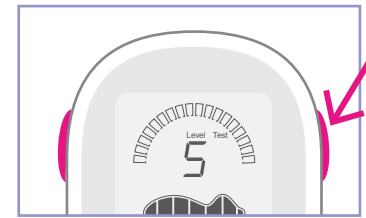
1. Insert the battery

Remove the back cover and insert 3 x AAA batteries before replacing the cover.



2. Clean your probe

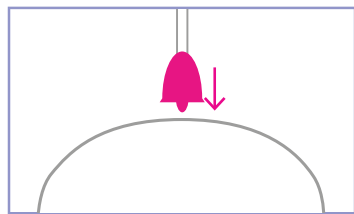
Give your probe a quick clean with a body-friendly, antibacterial spray such as Kege8® Cleaning Spray.



6. Select a exercise mode

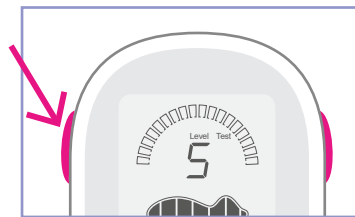
Choose your exercise mode by pressing the Mode Select button on the right. Once you have selected your exercise mode, your Kege8® probe will automatically inflate and you can begin exercising.

See the back page for help selecting the right programme for you.



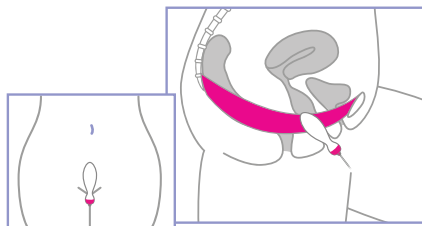
3. Connect your probe

Connect the provided probe directly to the top of the Kege8® Biofeedback Trainer.



4. Turn on your Kege8® Biofeedback Trainer

Press and hold the power button on the left until you hear a beep and the display screen appears.

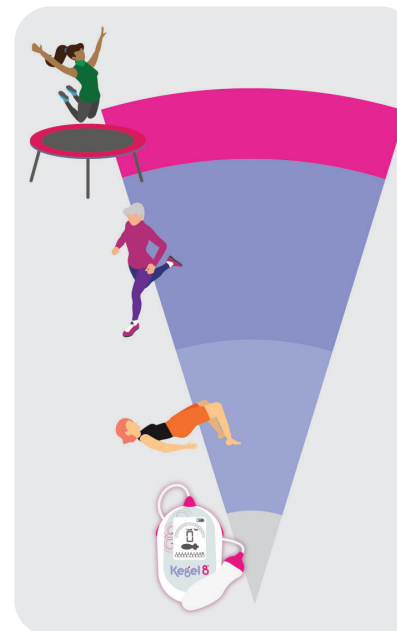


5. Insert your probe

Lubricate and insert the probe until it is around 2 inches inside the vagina.

7. The Squeeze Scale

At the end of the session you will get a score out of 5 - this is your squeeze score. When you use the Squeeze Scale, you'll be able to monitor and check your progress. After all you wouldn't go on a diet without weighing yourself first - so why start Kege8 exercising without knowing how strong your muscles really are.



5

Squeeze Score: 5

You have completed all the exercise cycles, well done. Your pelvic floor is strong! Continue regular exercise cycles to maintain your strength.

4

Squeeze Score: 3-4

Great work, you have reached and completed 3 to 4 cycles. You are confident with your Kegels and you're pelvic floor strength is building.

3

2

Squeeze Score: 1-2

You have completed 1 or 2 cycles. You are heading in the right direction. Stay focused and motivated to improve your techniques.

1

0

Squeeze Score: 0

You have not completed 1 cycle. But don't be disheartened, keep motivated and keep exercising to increase the strength of your pelvic floor muscles. techniques.