



KegelSmart™ Personal Pelvic Trainer

Thank you for choosing Intimina. Before using your KegelSmart™ Personal Pelvic Trainer, please take a moment to look through this user manual. You can also obtain more detailed information, and download an electronic copy of this document, by visiting www.intimina.com

The Next Evolution in Kegel Training has Arrived

Regain pelvic tone with the first Kegel exerciser that thinks for you. KegelSmart™ uses touch sensors to register your pelvic strength and determine your exercise level. The intelligent program will then automatically adjust the level as your strength improves over time. Let KegelSmart™ guide you through each contraction with gentle vibrations for the easiest and most effective pelvic floor workout.

This product is intended for personal use by adult women. The user must be able to read the user manual. No modification of this equipment is allowed.

Warranty information

Intimina prides itself on developing the best quality intimate health products that are 100% waterproof, made from medical grade silicone and backed by a full 1-year warranty.

Activate warranty

To activate your warranty, find your warranty number on the barcode attached to this manual. Then visit www.intimina.com and click on **Customer Care** on the top right side of the page. Click on **Warranty** and follow the activation instructions.

Warranty terms and conditions

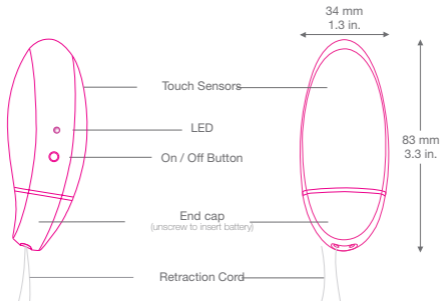
Intimina warrants this device for a period of ONE (1) YEAR, after the date of original purchase, against defects due to faulty workmanship or materials. If you discover a defect and notify Intimina during the warranty period, Intimina will, at its discretion, replace the KegelSmart™ free of charge.

The warranty covers working parts that affect the function of the KegelSmart™. It does not cover cosmetic deterioration caused by fair wear and tear or damage caused by accident, misuse or neglect. Any attempt to open or take apart the KegelSmart™ will void the warranty.

Claims under warranty must be supported by reasonable evidence that the date of the claim is within the warranty period. To validate your warranty, please keep your original purchase receipt together with these warranty conditions for the duration of the warranty period.

Claim Warranty

To claim your warranty, log into your account on www.intimina.com and follow the instructions. This undertaking is in addition to consumers' statutory rights and does not affect those rights in any way.



Materials: Medical grade silicone enclosure (applied part)/ABS/PVC cord

How to use your KegelSmart™

Inserting the battery

KegelSmart™ uses one AAA-battery (1.5V, non-rechargeable). To insert a battery, unscrew the end cap and insert the battery with the + at the top. One AAA-battery should last about 200 regular exercise routines. If the device fails to turn on, or there is a drop in vibration intensity, the battery should be changed. If the device will not be used for a long period, the batteries should be removed.

Turning on and off

To turn on KegelSmart™ press the ● button. KegelSmart™ will turn off automatically at the end of each routine. To manually turn off, press and hold the ● button until the LED light turns off. KegelSmart™ is continuous operation (once turned on device will operate until end of routine and then turn off).

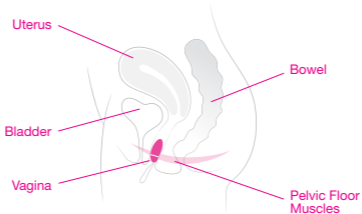
Getting started

Always wash the device before and after each use to ensure complete hygiene, it is 100% waterproof. Find a comfortable position for your exercise. Most women find reclining or lying down best. Lubricate the device to allow for easy insertion.

- 1 Turn the device on by pressing the ● button; the exercise routine will start automatically after 30 seconds.
- 2 Fully insert the device into your vagina, keeping the retraction cord outside the body.
- 3 You will feel a series of 3 quick vibrations which will signal the start of the exercise routine.

www.intimina.com

How to position KegelSmart™

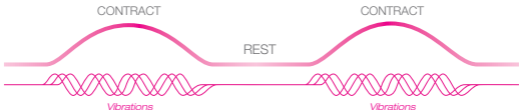


PRECAUTIONS: If you have confirmed you are pregnant or have given birth within the past 12 months, consult your health care provider about the safety of exercising with KegelSmart™. Use only as directed - inserted vaginally to guide you through pelvic floor exercising. Don't use if you have symptoms of a sexually transmitted disease, pelvic infection or any inflammation of the pelvic area.

How to exercise with KegelSmart™

Just 2 simple steps:

- 1 When you feel the vibration, lift and squeeze your pelvic floor muscles, hold the contraction for the duration of the vibration.
- 2 When the vibration stops, release your pelvic floor muscles and rest.



- Each exercise routine will begin with a warm-up of short contract-rest motions; followed by the main workout of longer contract-rest motions suited to your pelvic floor strength level. **Routines are between 3 and 5 minutes long.**
- A series of 3 quick vibrations will signify the end of the exercise routine and the device will turn off automatically.
- To remove your trainer, relax your pelvic muscles, grip the retraction cord and slowly pull out the device.

For best results, complete one KegelSmart™ exercise routine daily. Once you have reached your goal you can maintain your pelvic floor strength by exercising a few times a week. If you experience any discomfort, remove the exerciser immediately. If discomfort continues to occur, consult your health care provider. Daily kegel exercising should never exceed 60 minutes.

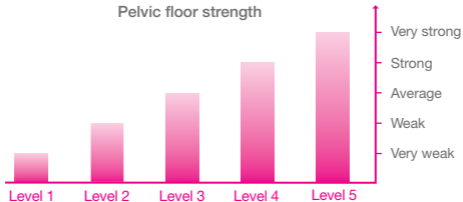
Progressing to the next level

KegelSmart™ will progress you through 5 levels, each with an exercise routine designed to build both muscle strength and tone. At each use, KegelSmart™ will have selected a level for you based on the contraction strength it registered in the previous session. KegelSmart™ will adjust the level up, or down, based on your performance.

How to check your level

Each time you turn on KegelSmart™, an LED light located above the **●** button will flash to indicate your current level of pelvic strength: 1 flash for level 1, 5 flashes for level 5. Turn on the device at any time to check your progress and then turn off manually before the routine begins.

5 levels of pelvic floor strength



Visit www.intimina.com to learn more about easy-to-follow pelvic floor training with KegelSmart™.

Cleaning and storage

Always wash your trainer before and after each use with antibacterial soap or purpose-made products such as our Intimate Accessory Cleaner. Never use cleansers containing alcohol, petrol or acetone as they may interfere with your body's natural balance and damage the silicone of the trainer. Store in the provided antibacterial pouch.

Intimina recommends a water-based lubricant, such as Intimina's Feminine Moisturizer. Avoid using a silicone-based lubricant as this could make the silicone permanently sticky.

Disclaimer: Users of this Intimina product do so at their own risk. Neither Intimina nor its retailers assume any responsibility or liability for the use of this product. Intimina reserves the right to revise this publication without obligation to notify any person. Model may be changed for improvements without notice.

Environmental conditions: For use: 10° - 40° Celsius, humidity 40% - 80%, atmospheric pressure 800 - 1060 hPa. For storage and shipping: -10° - 50° Celsius, humidity 30% - 80%, atmospheric pressure from 500 - 1060 hPa.

Safety



1 European Medical Directive 93/42/EEC. 2 Conforms to ANSI/AAMI Std.ES60601-1& certified CAN/CSA Std. C22.2 No.60601-1. 3 Compliant with hazardous substance restriction. 4 Electrical and electronic devices may not be disposed of with domestic waste. 5 Shock protection type BF. 6 Waterproof submerged up to 1m. 7 Consult instructions before use.

This product will not cause electromagnetic interference with other electrical appliances.

If you have any questions or concerns and wish to find out more information about Intimina products, please visit www.intimina.com or send an email directly to customer care@intimina.com

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INTIMINA™

KegelSmart™

USER MANUAL

