

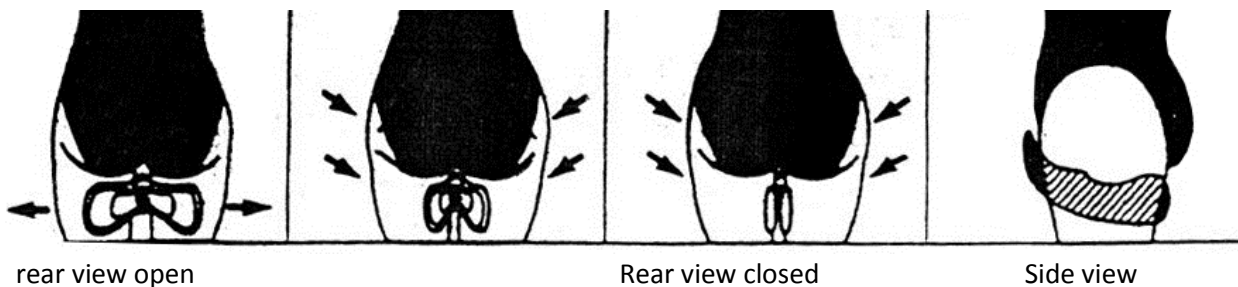


Dimensions: 9.8cm x 21cm x 22cm  
Weight: 200g

Material: PP/Carbon Steel

Workout device  
To be used between your thighs

Its unique design makes the workout device simple to be used by everybody. It is very important to stand comfortably to achieve the best results. It is recommended to wear comfortable clothes.



- Hold the workout device on the point of the saddle and place it between your thighs as illustrated. Do not place the workout device directly under the pelvic floor area as you may not be able to press together the wings correctly.
- When you have installed the workout device pull it forward until the wings adapt to the inner side of the thighs. So you produce the perfect pressure.
- Engage your pelvic floor muscles, buttocks and legs to move the wings to close.
- You can check progress by measuring how far you have closed the wings using the spread of your fingers.
- On closing the wings of the Pelvic Floor Exerciser, a permanent resistance is exercised on the muscles of the pelvic floor.

#### DISPOSAL

- Dispose of all packaging, paper, cartons, plastic and plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.