



Pelvic Floor Kegal Exerciser Owner's Manual



Thank you for purchasing the Pelvic Floor Kegal Exerciser.
Please read the following content before use and keep booklet for future reference.

INTRODUCTION

Beautiful shape of body/Hip line is indispensable

Are you upset about deformation or flat hips? The main reason for this is that the pelvic floor muscles are not functioning. These regulate the shape of the gluteus maximus and the legs.

The gluteus maximus cannot perform its function without taking the basic parts seriously.

This leads to the deformation and looseness of the hip.

Meanwhile, if the pelvic floor muscles are not working, the effect will worsen, even if you are doing hip training. Not only does the hip not become tightened, but waist and legs will become thicker. By using the Pelvic Floor Kegal Exerciser and training for 2-3 groups for 1 minute every day, you'll be on your way to having tighter hips in 4 weeks.

The Importance of hip

It is important to exercise the pelvic floor muscles and gluteus maximus if you want tighter hips. Even with professional help, it is still difficult to exercise these muscles, it can take a lot of time and expense but with limited results. With the help of the Pelvic Floor Kegal Exerciser, you can strengthen your pelvic floor muscles while activating your thigh adductor and gluteus maximus muscles. In addition to exercising your hip, it also benefits your waist and leg muscles, especially for stimulating a woman's aging muscles. Such training is very effective for women of all ages.

The impact of Pelvic Dislocation

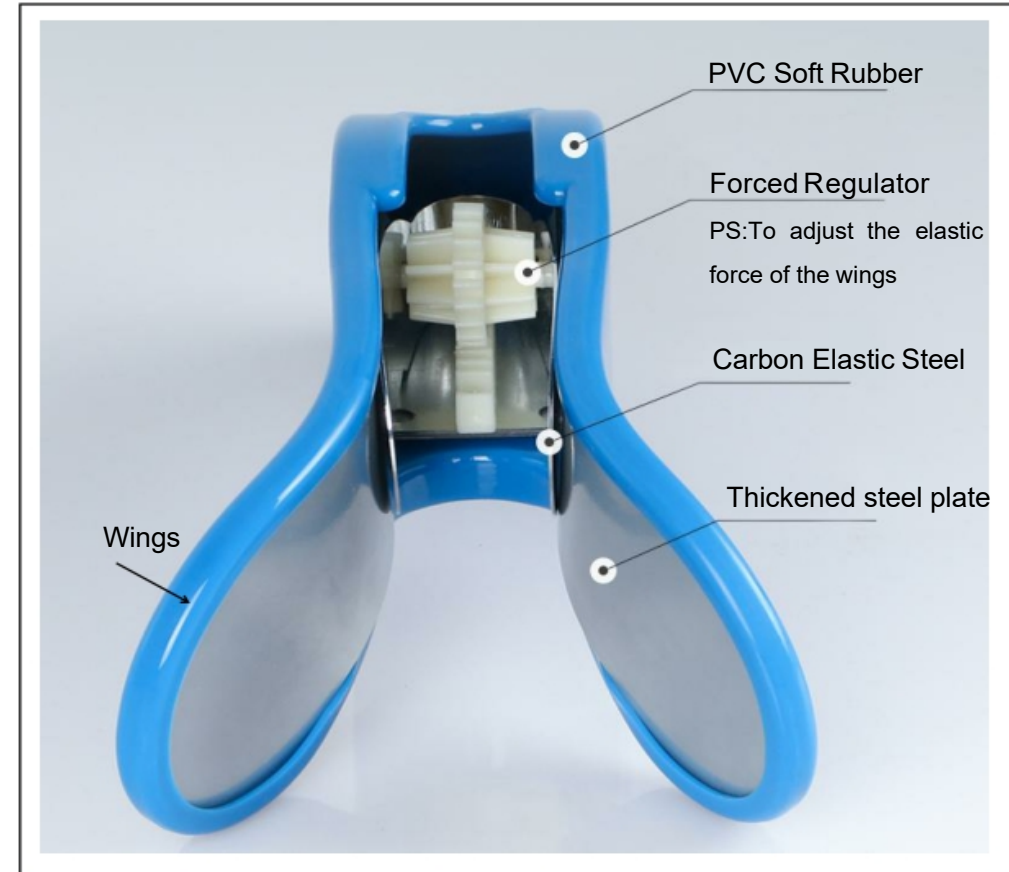
Pelvic anterior tilt is a common problem among white-collar workers, teenagers, professional athletes and the elderly. Many people do not know how to use their hip muscles to ensure they maintain strength and muscle mass. If pelvic misalignment is so severe with no pelvic floor muscles or gluteus maximus being activated, breathing and nerves can be affected, leading to other health issues.

With the Pelvic Floor Kegal Exerciser, you can effectively exercise your muscles, allowing the pelvis to be positioned to maintain pelvic health. Activating the pelvic floor muscles and gluteus maximus and involving the hip muscle groups will help improve your figure and at the same time reduce the burden on the waist as the hip muscle groups are exercised.

Women who are sedentary at work and mothers after childbirth are worried about flat drooping hips, so they choose clothing that is loose and hides their stature. The Pelvic Floor Kegal Exerciser can activate hip muscles in a short period of time, which is recommended for people who work out, whether at home or in the gym, so let's get started in order to keep the pelvis healthy!

Product overview

- 1) Up adjustment increases resistance
- 2) Down adjustment decreases resistance



Workout Guide 1

Action Explanation

- 1) Stand on tiptoe at 40 degrees with your heels closed.
- 2) Clamp the Pelvic Floor Kegal Exerciser between your inner upper thigh (Picture 1) (Place the Pelvic Floor Kegal Exerciser 3-6 cm below the hip, clamp with both thighs are move forward with the front end being pulled. The thighs should be clamped firmly to form a tense position)
- 3) While the adductor muscles of the thigh work slowly, use the inside of the hip and gluteus maximus to exert the force, creating a feeling of closing wings (Picture 2)
- 4) Exhale from the lower abdomen for 5 seconds, then slowly inhale, 8 to 12 breaths at a time. The inner side of the hip seems to be energised, forming the bottom up image of the hip.



【Picture 1】



【Picture 2】

Workout Guide

Special Explanation

1. Pull the front part of the Pelvic Floor Kegal Exerciser so that the wing section is closely connected to the hips.
2. Lie down on your back with the Pelvic Floor Kegal Exerciser in the middle of your inner hip (Picture 3) and then carry out the exercise.



【Picture 3】

Training Demonstration

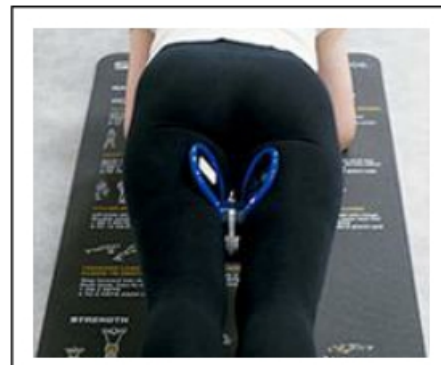
1. Pelvic tilt
From the basic state, while closing the wings, pull the pelvis back and get the abdomen tightened from the lower part of the abdomen upward. (Picture 4)
2. Bridge Shape
 - ① Starting from a push-up position, support the lower shoulders with your elbows, place the molding instrument in the inner hip and keep the feet on tip-toes and a closed state (Picture 5)
 - ② Keep your upper body parallel to the floor whilst keeping the body raised (Picture 6)
 - ③ Lift the abdomen while tilting your pelvis backwards, keeping the wings of the Pelvic Floor Kegal Exerciser closed and breathe naturally for 60 seconds (Picture 7)



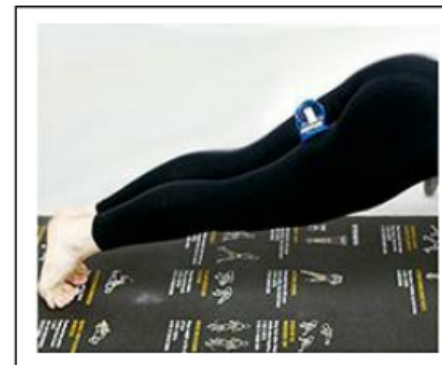
【Picture 4】



【Picture 5】



【Picture 6】



【Picture 7】

