



The interactive biofeedback device to act against weakness in the pelvic floor muscles.



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No.: XFT-0010CK-GB
Rev.: C3

Pelvic Muscle Trainer

| XFT-0010CK |

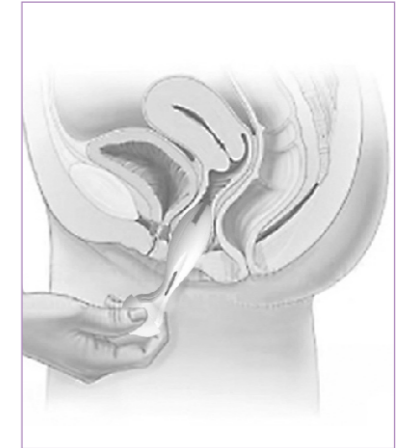
Instructions for use

Quick Star

» Open the battery compartment on the back of the trainer and insert three AAA batteries.

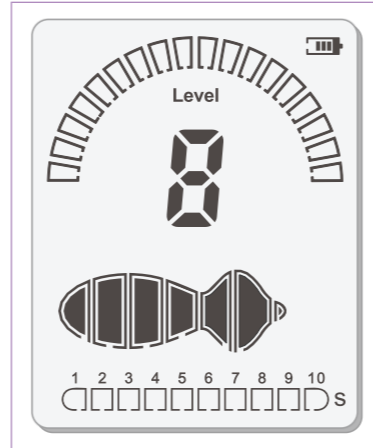
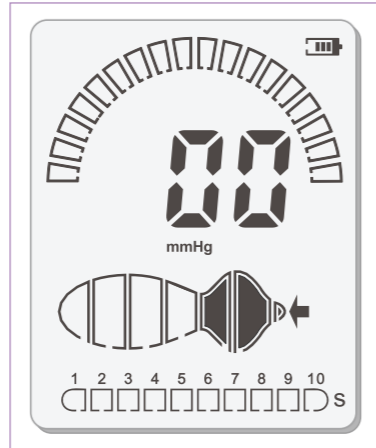
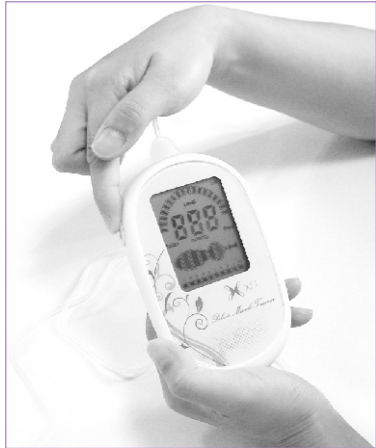
» Connect the probe to the trainer.

» Firstly, smear the surface of the probe with the right amount of water-soluble lubricant. Then hold the end of the probe with tube, gently insert it into the vagina. It is appropriate when the convex part touches the labia. You can also adjust the angle and depth of insertion.



Quick Star

- » Turn on the trainer by pressing the power button for 1 second.
- » When entering the mode selection interface, the trainer will inflate the probe automatically. Please begin exercise after the inflation is completed.
- » The trainer will show the current muscle strength level after each exercise.



Pelvic Muscle Trainer

Warranty Card

Model No.:

Buyer's name:

Purchase Date:

Phone No.:

Retailer:

Postcode:

Address:

Manufacturer: Shenzhen XFT Medical Limited
 Add: Room 203, Building 1, Biomedicine Innovations Industrial Park,
 #14 Jinhui Road, Pingshan New District, Shenzhen, China
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Retailer Seal:

Guarantee

1. The XFT-0010CK Pelvic Muscle Trainer is provided with a two-year warranty starting from the date of purchasing.
2. We will not provide free repair for the malfunctions caused by the following behaviors:
 - 1) Disassemble or modify the product without authorization;
 - 2) Accidentally blow or drop the product during use or transportation;
 - 3) Lack of reasonable maintenance;
 - 4) Operate not according to the instruction;
 - 5) Repaired by unauthorized repair store.
3. When asking for guarantee service, please take with the guarantee card.
 - 1) It is charged according to the stipulation for the repair service out of the warranty;
 - 2) Please take the product to the retailer when asking for guarantee service.

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Dear Client,

We greatly appreciate that you have decided to purchase the XFT-0010CK Pelvic Muscle Trainer, please keep it in a safe place and use as directed. The user manual explains the trainer and its application. In addition, it contains numerous important notes and suggestions regarding treatment. Therefore, you are requested to read the manual carefully and thoroughly before use.

Intended Use

The Pelvic Muscle Trainer is intended to guide females to do pelvic muscle exercise (Kegel exercise) for the purpose of rehabilitation of weak pelvic floor muscles in the treatment of stress and urge urinary incontinence.

Application

The product is applied to female pelvic muscle exercise.


Network Security Control:

- » Data interface: The trainer and mobile APP are connected by the Bluetooth 4.0, and the data such as the air pressure and time are transmitted to the APP.
- » User Access Control: Before using the APP, user needs to create a new medical record file on the APP for Bluetooth pairing.
- » Bluetooth connection: After the APP sends a command signal, the trainer should be able to be paired with it. After the connection is successful, the APP will display air pressure and time.
- » Bluetooth transmission distance: The Bluetooth communication range between the trainer and the APP is 0–4 meters in the open area.

Product Contents

















No.	Contents	Quantity	Unit
1	Trainer	1	pc
2	Probe	1	pc
3	Instruction manual	1	pc
4	Plastic case for sensor	1	pc
5	Nylon bag	1	pc


Specifications

Product Name:	Pelvic Muscle Trainer
Model:	XFT-0010CK
Input Voltage:	DC4.5V (LR03*3)
Classification:	Type BF Equipment 
Prevention:	The Trainer: IP22 Sensor: IPX7
Class of Pollution:	Class 2
Dimensions:	130 mm * 82mm * 35mm
Weight:	141 g
Working conditions:	Temperature: 5°C~40°C, Humidity: ≤80% Air pressure: 86kPa~106kPa
Storage conditions:	Temperture: -20°C~55°C Humidity: ≤93% Air pressure: 70kPa~106kPa
Component:	Probe: 1 pc Size: Ø33*105mm Weight: 35g

For Your Health and Safety

List of Symbols Definition

	Type BF Equipment
	Non-Ionizing Radiation
	Refer to the user manual
	Contraindications
	Warning
	Date of Manufacture
	Manufacturer
	This product must not be disposed of with other household waste
	Serial Number
	CE Marking
	European Authorized Representative
	Fragile
	Keep upward
	Keep dry
	Means the transport package cannot be rolled during handling
	Protected against the effects of temporary immersion in water

 IP22 It can prevent the intrusion of solid objects larger than 12mm, and it can prevent dripping intrusion when tilted at 15 degree

 MD Medical device

Contraindications

- » Patients with complications (heart disease, high blood pressure).
- » Mental disorders.
- » Patients with pelvic inflammatory diseases (herpes, venereal disease, vaginitis, cervical infection).
- » Women with caesarean or pelvic surgery.
- » Women with barrier contraception devices or pessary.

Attention

- » Carefully read the user manual before using.
- » We divided the notices into “Note”, “Danger”, “Warning”.
- » Please put the user manual to the place where you can refer to at any time.

Notice

- » Pregnant woman is not suggested to use the product. If you need to use it, please consult your doctor before use.
- » If you use the product on a regular basis to treat your urinary incontinence and exercise your pelvic floor muscle, but do not bring good effect, please contact your doctor.
- » This product is for personal use, do not share with others.
- » Do not put it to the place where the infant or person who cannot express himself can reach.

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- » When using the probe, smear the surface of it with the right amount of water-soluble personal lubricant (e.g. Durex or KY water-soluble personal lubricant).
- » Any serious incident that has occurred in relation to the device please report it to the manufacturer and the competent authority of the Member State;

⚠ Danger

- » It is forbidden to use the product with the following electronic medical devices.
- » Life support electronic devices such as artificial card iacpacemaker.
- » High-power or high-frequency surgical equipment.
- » Wearable medical electronic device such as ECG monitor.

⚠ Warning

- » Do not use the product with other medical devices or pigmentum (include spray).
- » Do not use XFT-0010CK Pelvic Muscle Trainer during the first 6 weeks following childbirth or pelvic surgery as it may interfere with healing.
- » Use of XFT-0010CK Pelvic Muscle Trainer during active symptoms of any pelvic disease such as herpes, a sexually transmitted disease (STD), vaginitis, or yeast infection may cause discomfort and aggravate your symptoms.
- » Do not use the product near a shortwave or microwave therapy equipment (< 1m).
- » The product should be used under the instruction of a professional clinician.

- » Do not use the XFT-0010CK Pelvic Muscle Trainer at the same time with a barrier contraceptive device (such as diaphragm or cervical cap) or a pessary (pelvic support device) as it may interfere with the proper use of these devices.
- » No modification of this equipment is allowed.

Electromagnetic Compatibility (EMC)

This equipment generates, uses, and radiates radio frequency energy. The equipment may cause radio frequency interference to other medical or non-medical devices and to radio communications.

If this equipment is found to cause interference, which can be determined by turning on and off the equipment, the operator or qualified service personnel should attempt take following actions:

- » Reorient or relocate the affected device
- » Increase the separation between the equipment and the affected device
- » Power the equipment by another source
- » Consult the service engineer for further suggestions.

Caution: it is customer's responsibility to assure that this equipment and vicinity equipment comply with the contents of IEC 60601-1-2 4th Edition.

Cleaning and Storage

Can I use the product during the menstruation?

It is not recommended to use during the menstruation. Please consult your doctor firstly if needed.

The lifetime of the probe

Change the probe after it has been normally used for six weeks. Please contact XFT China if you need new probe.

The probe supplied by XFT can only be used with the product.

- » Remove the sensor and deflate by disconnecting the sensor form the airway tube.
- » Wash the sensor with mild soap and water, rinse thoroughly and dry with a clean cloth.Wipe the screen the screen with a damp cloth.
- » Wipe the screen the screen with a damp cloth.
- » Change the probe after it has been normally used for six weeks. Please contact XFT China if you need new probe.
- » The sensor supplied by XFT can only be used with the product.
- » Store the trainer and probe in the storage case at room temperature.
- » The product is designed to use for five year, please return it to the retailer or deal with it according to the national electronic equipment recycling symbol.

Frequently Asked Questions

How often should I do the exercises?

- » We recommend you use XFT-0010CK Pelvic Muscle Trainer twice a day (morning and night), and the rest of time, you can do the exercise without the device.

What benefits will I get from strengthening my pelvic floor muscles?

- » Prevention or significant improvement of urinary incontinence.
- » Increased sexual pleasure, vaginal tone, moisture and response.
- » Prevention of pelvic organ relaxation.
- » Strengthening and toning of the pelvic floor muscles before or after pregnancy.

Why is it important to do quick contractions?

- » Quick contractions provide strength necessary to control urinary incontinence during a sneeze, cough, laugh or when you step out into the cold.

What are the most of common causes of pelvic floor weakness?

- » High impact exercises such as running
- » Hormonal changes during menopause
- » Excessive body weight
- » Straining from chronic constipation
- » Pregnancy and vaginal childbirth
- » Smoking and chronic coughing

Caution: do not use any device that might send out RF signals, including cell phone, radio transceiver and radio control products, which might cause operation parameters beyond the standards. Please shutdown these devices when you are near the equipment. Operator has the responsibility to warn user or any others to comply with this rule. Caution: manufacturer will not be responsible for any unauthorized actions that cause interference.

Table 1

Guidance and manufacture's declaration — electromagnetic emission		
This equipment is intended for use in the electromagnetic environment specified below. The customer of the user of the equipment should assure that it is used in such and environment.		
Emission test	Compliance	Electromagnetic environment — guidance
RF emissions CISPR 11	Group 1	This equipment uses RF energy only for its internal function. Its RF emissions are very low and are not likely to cause any interference in nearby electronic.
RF emission CISPR 11	Class B	This equipment is suitable for domestic establishments and those directly connected to the public low-voltage power supply network.
Harmonic emissions IEC 61000-3-2	N/A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	N/A	

Table 2

Guidance and manufacture's declaration — electromagnetic immunity			
This equipment is intended for use in the electromagnetic environment specified below. The customer or the user of the equipment should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment — guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15 kV air	±8 kV contact ±2kV, ±4kV, ±8kV, ±15 kV air	Floors should be wood, concrete or ceramic tile. Humidity should be at least 30% if it is synthetic materials.
Electrical fast transients/ bursts (EFT) IEC 61000-4-4	±2kV 100kHz repetition frequency	±2kV 100kHz repetition frequency	Main power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±0.5kV, ±1kV line-to-line ±0.5kV, ±1kV, ±2kV line-to-ground	±0.5kV, ±1kV line-to-line ±0.5kV, ±1kV, ±2kV line-to-ground	
Voltage dips IEC 61000-4-11	0% UT; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°	0% UT; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°	Mains power quality should be typical commercial or hospital environment. UPS power is recommended if this device needs to be used continuously.
Voltage interruptions IEC 61000-4-11	0% UT; 250/300 cycle	0% UT; 250/300 cycle	


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RATED power frequency magnetic fields IEC 61000-4-8	30A/m 50Hz or 60Hz	30A/m 50Hz or 60Hz	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
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Note: UT is the A.C. mains voltage prior to application of the test level.

Table 3

Guidance and manufacturer's declaration – electromagnetic immunity			
This equipment is intended for use in the electromagnetic environment specified below. The customer or the user of the equipment should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000-4-6	3Vrms 150 kHz to 80 MHz	3Vrms	Portable and mobile RF communications equipment should be used no closer to any parts than the recommended separation distance that calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance:
	6Vrms in ISM and amateur radio bands between 150 kHz and 80 MHz (a)	6Vrms	
Radiated RF IEC 61000-4-3	10 V/m 80 MHz to 2.7 GHz	10 V/m	$d=1.2 \sqrt{P}$ 150kHz to 80MHz $d=1.2 \sqrt{P}$ 80MHz to 800MHz $d=2.3 \sqrt{P}$ 800MHz to 2.7GHz at RF wireless communications equipment bands (Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the device).

			Where “P” is the maximum output power rating of the transmitter in watts according to transmitter manufacturer and “d” is the recommended separation distance in meters. Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey (b), should be less than the compliance level in each frequency range ©. Interference may occur in the vicinity of equipment marked with the following symbol: 
Note1: At 80MHz and 800MHz, the higher frequency range applies. Note2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			
a)The ISM (industrial, scientific and medical) bands between 0.15 MHz and 80 MHz are 6.765 MHz to 6.795 MHz; 13.553 MHz to 13.567 MHz; 26.957 MHz to 27.283 MHz; and 40.66 MHz to 40.70 MHz. The amateur radio bands between 0.15 MHz and 80 MHz are 1.8 MHz to 2.0 MHz, 3.5 MHz to 4.0 MHz, 5.3 MHz to 5.4 MHz, 7 MHz to 7.3 MHz, 10.1 MHz to 10.15 MHz, 14 MHz to 14.2 MHz, 18.07 MHz to 18.17 MHz, 21.0 MHz to 21.4 MHz, 24.89 MHz to 24.99 MHz, 28.0 MHz to 29.7 MHz and 50.0 MHz to 54.0 MHz.			
b)Field strengths from fixed transmitters, such as base stations for radio (cellular / cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which this is used exceeds the applicable RF compliance level above, this should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating.			
c)Field strengths should be less than 3V/m in the frequency range of 150k-80MHz.			

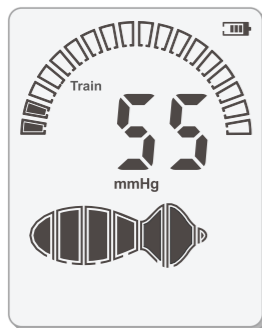
Troubleshooting

Problems	Solutions
The trainer can't be turned on	» Check the batteries orientation or replace the batteries
The "Inflation" icon is not displayed	» Check the tube/connectors for proper connection, or replace sensor.

Disconnect appears » Reconnect the probe to the trainer

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3. End of Training



After exercise, press power button, take out the probe, clean and store it.

Note: In Train mode, the trainer will automatically shut down in 5 minutes if there is no operation.

Table 4

Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment wireless communications equipment

Test frequency (MHz)	Band ^{a)} (MHz)	Service ^{a)}	Modulation ^{b)}	Maximum power (W)	Distance (m)	IMMUNITY Test Level (V/m)
385	380-390	TETRA 400	Pulse modulation ^{b)} 18 Hz	1.8	0.3	27
450	430-470	GMRS 460, FRS 460	FM ^{c)} ± 5kHz deviation 1 kHz sine	2	0.3	28
710	704-787	LTE Band 13, 17	Pulse modulation ^{b)} 217 Hz	0.2	0.3	9
745						
780						
810	800-960	GSM 800/900, TETRA 800, IDEN 820, CDMA 85, LTE Band 5	Pulse modulation ^{b)} 18 Hz	2	0.3	28
870						
930						
1720	1700-1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1, 3, 4, 25; UMTS	Pulse modulation ^{b)} 217 Hz	2	0.3	28
1845						
1970						
2450	2400-2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse Modulation ^{b)} 217 Hz	2	0.3	28
5240	5100-5785	WLAN 802.11 a/n	Pulse modulation ^{b)} 217 Hz	0.2	0.3	9

NOTE: If necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT or ME SYSTEM may be reduced to 1 m. The 1 m distance is permitted by IEC 61000-4-3.

- a) For some services, only the uplink frequencies are included.
- b) The carrier shall be modulated using a 50% duty cycle square wave signal.
- c) As an alternative to FM modulation, 50% pulse modulation at 18 Hz may be used because while it does not represent actual modulation, it would be worst case.

Table 5

Recommended separation distances between portable and mobile RF communications equipment and the equipment

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Nerve and Muscle Stimulator as recommended below, according to the maximum output power of the communications equipment.

This device can be used under the environment that radiated RF disturbances are controlled. User should maintain a minimum distance between portable and mobile RF communications equipment to prevent electromagnetic interference. Following recommended distance is calculated according to the maximum output power of the communication equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150kHz-80MHz $d=1.2 \sqrt{P}$	80MHz-800MHz $d=1.2 \sqrt{P}$	800MHz-2.7GHz $d=2.3 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance “d” in meters can be estimated using the equation applicable to the frequency of transmitter, where “P” is the maximum output power rating of the transmitter in watts according to the transmitter manufacturer.

Note1: At 80M and 800MHz, the separation distance for the higher frequency range applies.

Note2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and refraction from structures, objects and people.

Understanding of Pelvic Muscle

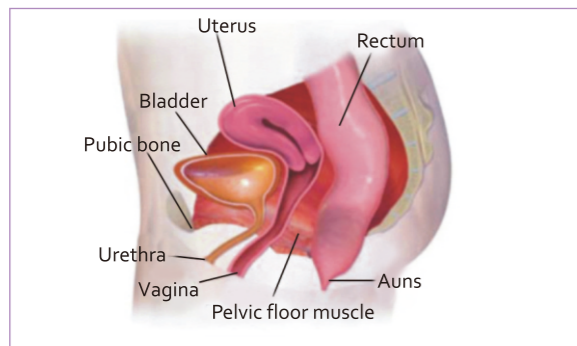


Figure 1

Pelvic Floor Muscles (Figure 1) is composed of muscle fibers of the levator ani, the coccygeus, and associated connective tissue which span the area underneath the pelvis.

Pelvic Floor Muscle consists of two types of muscle fibers:

Slow twitch fibers: Hold on for long periods support abdominal organs and also works constantly to keep urine up inside the bladder until a suitable time or place for urination is found.

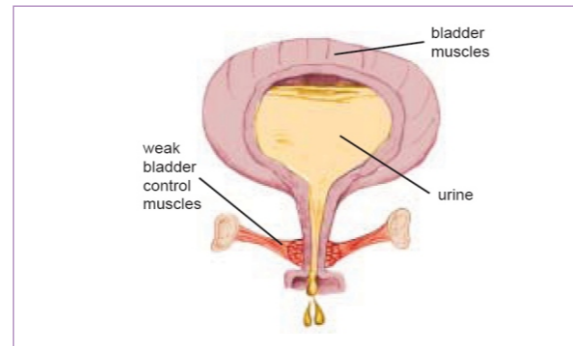
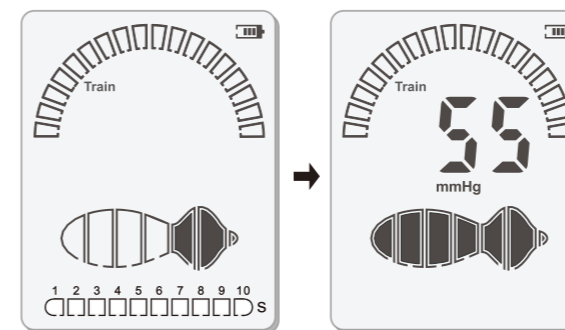


Figure 2

Fast twitch fibers: Designed to act strongly and quickly, but does not hold on for long periods. Acts as an extra closing force during a laugh, cough or sneeze. This extra force stops the bladder muscle (Figure 2), the detrusor, from contracting as well. It puts you in control. Which is the muscle one needs to get hold of.

Train Mode

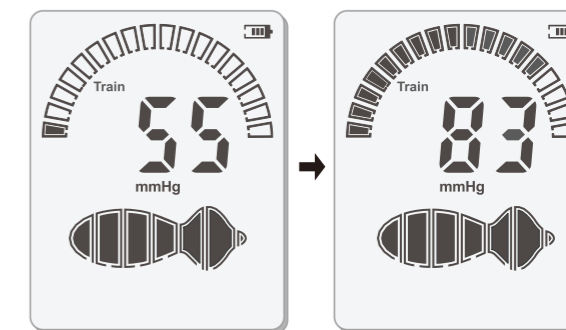
1. Inflate



The trainer inflates automatically, after inflation completed, icon gasbag will be full, after two seconds, the buzzer will sound for one second and it comes to free training.

Note: During the inflation, if the air tube is not well – connected, the device will automatically shut down in 5 seconds.

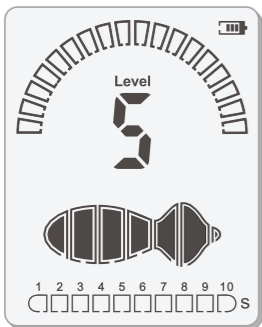
2. Free Training



In this mode, the screen only shows the pressure value, user can do Kegel exercise according to her own needs. The harder you contract, the higher value it will show on the screen (100mmHg is the highest value).

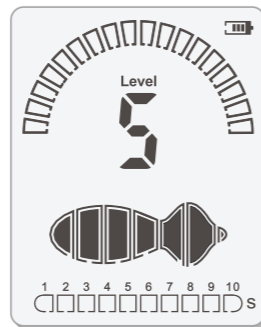
Note: Less than 55mmHg of the gasbag means air leak, device will re-inflate.

4. Test Report



Once the test is complete, the patient is given the current muscle fiber strength level that can be achieved, with the Class I and Class II fiber strength assessments flashing alternately (first flash the Class I fiber strength, then the Class II fiber strength).

5. End of Test



After the test, the trainer will automatically shut down in 30 seconds if there is no operation; If the mode button is pressed in 30 seconds, the trainer will enter the corresponding mode.

How to Exercise the Pelvic Muscle Correctly?

- » Don't squeeze other muscles at the same time. Be careful not to tighten your stomach, legs, or other muscles. Squeezing the wrong muscles can put more pressure on your bladder control muscle. Just squeeze the pelvic muscle.
- » Placing a hand on the lower abdomen is a reminder to keep the belly soft and relaxed, to refrain from tightening other muscles such as the stomach, buttocks, or leg muscles, or to hold the breath, all of which increase intra-abdominal pressure, working against the Kegels.
- » Don't hold your breath.
- » Repeat, but don't overdo it. These muscles are voluntary control like muscles in your leg. Exercise retraining program would be gentle and slow. Standing position: preventing your bottom and thigh muscle contracting, stand with feet wide apart and toes turned in. In this

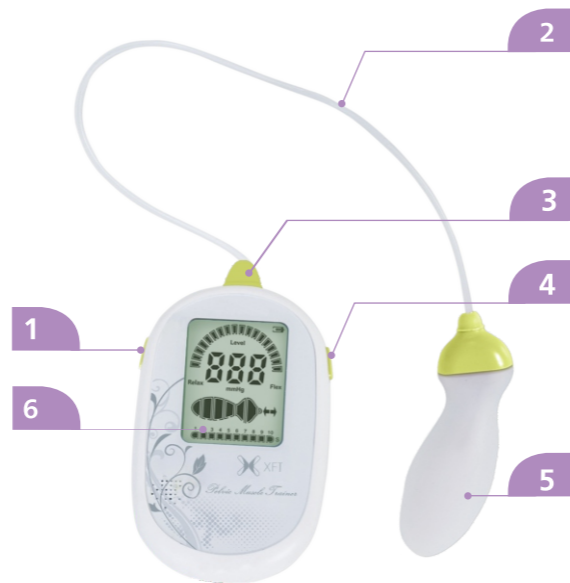
way, any feeling that happens between legs while trying to do a squeeze/lift/hold while standing up, is bound to be from your pelvic floor muscle contracting.

Functions and Features

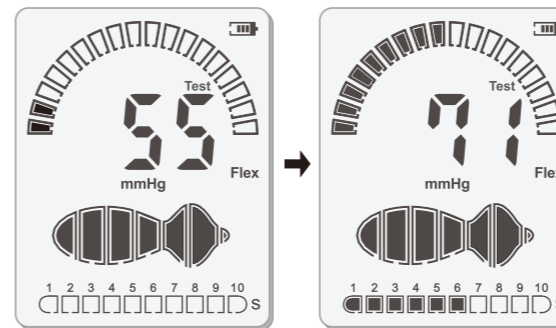
- » Pneumatic and biofeedback technology help users do Kegel exercise safely and effectively.
- » Auto-inflation, easy-operation.
- » Screen displays the current strength degree of the user.
- » Screen shows the contraction level after each exercise.
- » Unique probe can work with three different positions (lying, sitting and standing).
- » Low battery warning.
- » Bluetooth communication, it can be used with mobile APP (Optional) .

Product Illustration

- 1 Power / Mute
- 2 Airway Tube (connecting the trainer and tube)
- 3 Tube connector
- 4 Mode selection
- 5 Probe
- 6 Screen



2.2 Flex



When the Relax is complete, the trainer will display a "Flex" prompt and you will be prompted to contract your muscles for 6 seconds. The stronger your muscle contraction, the higher the air pressure displayed on the screen (up to 100mmHg).

3. Fast Flex & Relax Test

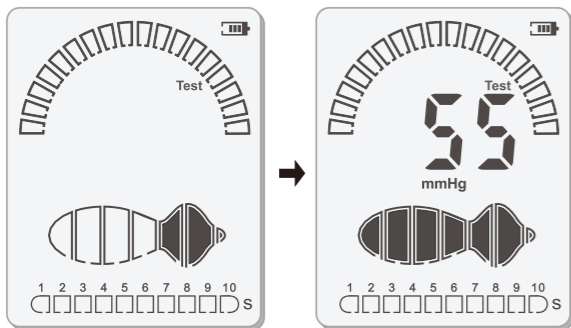
After the Slow Flex and Relax exercise, the trainer will "beep" three times and count down for 10 seconds to enter the "Fast Flex/Relax" stage, the interface will show alternate flashes of 1 second flex and 2 seconds relax; follow this prompt to carry out the cycle of rapid muscle contraction and relaxation exercise. One rapid flex and one relax is one cycle, for a total of 5 cycles; at the end of the 5 cycles, a 10-second relaxation (rest) period is entered. After the 10-second rest period, the trainer will "beep" three times to end the test and give an assessment of the Class I and Class II fiber strength.

Note: Less than 55mmHg of the gasbag means air leak, the trainer will re-inflate.

Pelvic Muscle Trainer

Test mode

1. Inflation and Preparation Phase



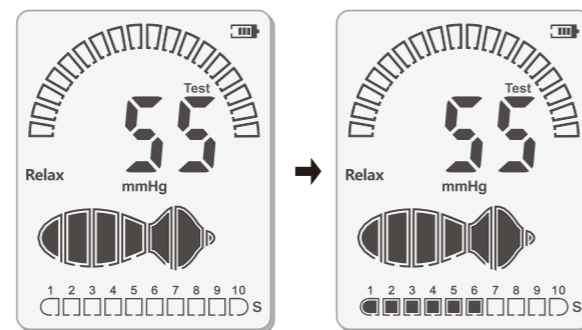
After entering test mode, the trainer will inflate the airbag automatically. After 2 seconds, the buzzer will sound for 1 second; and after 4 seconds, a beep will sound to indicate the start of the assessment. The user then enters a 30-second preparation phase, during which the user is required to contract the pelvic floor muscle at least once with maximum effort. At the end of the preparation phase, a 5-second countdown is performed, after which a "beep" will indicate the start of the assessment.

If the airway tube is not connected or not connected properly during inflation, the trainer will automatically switch off after 5 seconds.

2. Slow Flex & Relax Test (Class I Fiber Strength Test)

After the Test Mode began; the first was a Slow Flex Test (Class I Fiber Strength Test) for a total duration of 20 seconds; follow the steps: relax for 2 seconds – contract for 6 seconds – relax for 2 seconds – relax for 10 seconds.

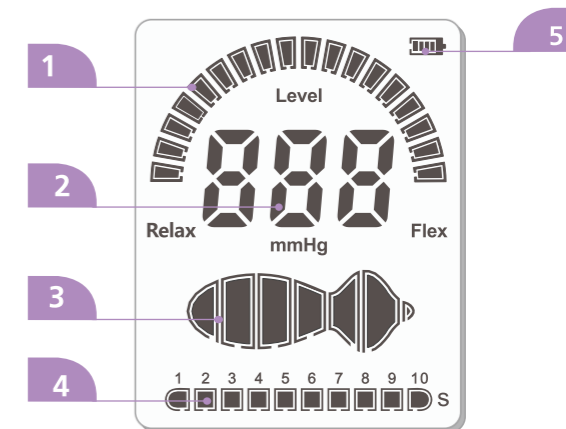
2.1 Relax



When inflation is complete, the trainer will show a "relax" prompt, which will last for 2 seconds to relax the muscles (Note: when the muscles are not fully relaxed, the "relax" icon will flash continuously).

Display Explanations

- 1 Pressure condition of the probe
- 2 Air pressure, Level and Mode
- 3 Inflation state of the probe
- 4 Time(10s), contract/relax time
- 5 Power level

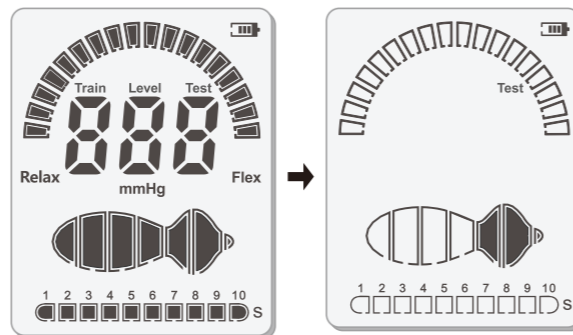


Operating Instructions

1. Preparation (See Quick Start)

- » Insert three AAA batteries in the battery compartment, ensure the correct battery direction.
- » Connect the probe to the trainer, do not turn on the trainer until the sensor is inserted into the vagina.
- » Choose a comfortable position (lying, sitting or standing)
- » Hold the probe and gently insert it into your vagina. Adjust as needed to fit your unique shape. (Water or water-soluble lubricant may be used if needed)
- » Hold the trainer in the other hand or place it where it can be easily read.

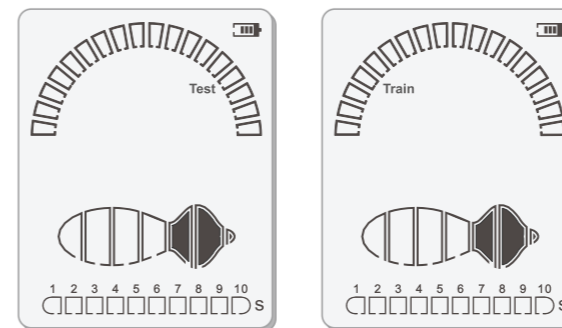
2. Turn on the trainer



Press the power button for 1 second, the trainer will boot, and the screen will show all the icons, after 3 seconds, it comes to mode selection. If no operation, icon "Test" flashes for 5 seconds, and then it comes to auto-inflate in mode Test. Within 3 minutes of booting, the trainer and the APP can connect by Bluetooth. If there is no connection, the trainer will have 3 beeps. If the Bluetooth connection is OK, the trainer returns to the "initial interface" and continues. The APP indicates that the Bluetooth connection is successful, and the APP reads the trainer version information.

After powering on, you can press the mute button to turn off or turn on the sound prompts (note: the power-on memory sound on state).

3. Mode Selection



It comes to mode selection after the trainer is turned on, press the mode selection button, the mode icon will flash for 5 seconds, then it comes to inflation in corresponding mode. The default mode is Test. If there is a Bluetooth connection, the trainer automatically uploads the current mode to the APP.

Note: If there is no operation after power on, "Test" flashes for 5 seconds and then automatically enters the test mode after 2 seconds of display.

Two modes for choice

Test mode: User needs to contract or relax the pelvic muscles according to the guide of the trainer, after that, the trainer will show the pelvic muscle level of the user.

Train mode: The screen only shows the pressure value, user can do Kegel exercise according to her own needs.