

UNIVERSAL MANUAL • ENTIRE CATEGORY

INSTRUCTIONS FOR USE

Kegel Balls & Kegel Exercisers

This document is the **universal manual for use covering the entire product category of Kegel balls and Kegel exercisers** (balls, eggs, weighted balls, vibrating balls and pelvic floor trainers). It contains the shared safety, usage and care information that applies across the whole category.

SAFE MATERIALS

DISCREET PACKAGING

EASY CARE



Category
Kegel Balls & Kegel Exercisers

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Universal manual

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IMPORTANT

Keep all of this information for safe and correct use. Also keep the product packaging, as it contains the operating instructions and information about the product, batteries and charging. For more information, scan the QR code on the packaging.



Your safety is our top priority. Before using the product, carefully read and follow all the instructions below.

- Keep out of reach of children, as small parts may be swallowed.
- Use the product only if you are in good physical condition.
- Do not use the product on other people against their will. Use the product only with the consent of everyone involved.
- Use the product safely to avoid injury. Use the product at your own risk.
- If a person has any health problems or concerns, they should consult a doctor before using the product.
- Do not use the product on injured or irritated skin.
- If unpleasant skin irritation or physical discomfort occurs, stop using the product immediately. If symptoms persist, consult a doctor.
- To prevent illness and infection, do not pass the product on to third parties.
- Read the information on the product packaging carefully to avoid allergic reactions (e.g. to latex).
- Do not use the product if it is obviously not working properly, overheats, or shows visible defects.
- Do not freeze or heat the product.
- The product is not suitable for commercial use.
- Do not inflate inflatable products beyond the diameter stated on the packaging.
- The product is not suitable for medical use.
- Charge the product only with a suitable charger in an electrical outlet. Follow the instructions for the relevant power adapter.

**WARNING**

No liability can be accepted for damage or accidents caused by improper use, use of force, modifications, or failure to follow these safety instructions.



- Before first use, clean the product with warm water and mild soap. To prevent damage to the device, make sure no water gets into the battery compartment. Do not immerse the device in water.

If relevant:

- Charge the product or insert batteries (if included). For safety reasons, lithium batteries are usually charged to only 40–50% for transport.
- Check that the retrieval cord is securely attached to the product.
- If necessary, switch the product on first. Then insert it into the vagina.

**IMPORTANT**

Balls of varying weight are suitable for effective pelvic floor training. Some balls have no retrieval cord, or only a very short one, and are therefore not suitable for anal use, as they may slip too far into the rectum.

1

Apply lubricant

Apply a sufficient amount of lubricant to the surface of the product. Important: a water-based lubricant is recommended.

2

Get into a comfortable position

To reach a comfortable position for inserting the product, lie down or squat while spreading your legs.

3

Insert the product

Insert the product into the vagina. Important: the product is in the correct position when you cannot feel it while at rest.

4

Turn on vibration (if relevant)

To start the vibration, switch the product on using the control unit. If not relevant, continue with step 7.

5

Adjust the intensity (if relevant)

To change the vibration setting, carefully press, turn or slide the control unit.

6

Turn off vibration (if relevant)

Press, turn or slide the control unit back to its starting position. Important: if the product switches off automatically when the battery is depleted, do not switch it on again — charge it at an electrical outlet instead.

7

Remove the product

If necessary, slowly remove the product from the body using the retrieval cord.

Tips for pelvic floor muscle training with love balls (if relevant):

- For effective pelvic floor muscle training, use the balls once or twice a day for about 15 minutes. You can go about your usual activities during training. Training is most effective if you keep moving continuously.
- To intensify the training, some balls have a “vibrating” core and/or weights inside. Movement while walking or standing causes the inside of the balls to vibrate.
- To avoid overloading the pelvic floor muscles, and the muscle soreness that results, be careful not to overdo the training, especially at the start. Only use heavier weights once you have gained some experience.
- If you are unable to hold the balls in place without much effort at the start of training, try using larger or lighter balls first.

Optional (if relevant):

- Some vibrating balls are also suitable for stimulating other erogenous zones. Turn on the vibration and slowly glide the vibrating egg over the breasts, nipples, abdomen, buttocks, mons veneris, testicles, etc.



The following rules apply to the rechargeable and battery-powered models in this category (vibrating balls, vibrating eggs).

- Charge the product only with a suitable charger in an electrical outlet. Follow the instructions for the relevant power adapter.
- Charge the product or insert batteries (if included). For safety reasons, lithium batteries are usually charged to only 40–50% for transport — fully charge the product before first use.
- If the product switches off automatically when the battery is depleted, do not switch it on again — charge it at an electrical outlet instead.
- To extend the life of batteries and rechargeable batteries and prevent damage to the product, remove the batteries from the product after each use, or unplug the product once the rechargeable battery is fully charged.



- After each use, let the product cool down before putting it away.
- After each use, clean the product with warm water and mild soap, and disinfect it with a disinfectant solution suitable for this product. To prevent damage to the product, make sure no water gets into the battery compartment. Do not immerse the device in water.



- Store the product in a clean, cool and dry place. Moisture can damage the batteries and motor. Avoid direct sunlight.
- To prevent chemical reactions, store the product separately and not together with other products made of different materials.

**The balls fall out during training.**

Try larger or lighter balls at the start — following the instructions in the “Pelvic floor training and optional features” chapter.

Vibration does not work or is weak (on vibrating models).

Check the battery charge level according to the “Charging & battery” chapter.

The retrieval cord is hard to pull out.

Never pull with excessive force; check that the cord is properly attached to the product according to the “First use” chapter.

Pelvic floor muscle soreness persists after training.

Reduce the intensity and duration of training according to the “Pelvic floor training and optional features” chapter. If problems persist, consult a doctor.

**CAUTION**

If the problem persists even after trying the steps above, stop using the product and contact Lechtivo.cz customer support.

Do not throw away packaging material or old devices. Recycle items whenever possible. Sort packaging by material and dispose of it with household waste. Do your part to protect the environment and hand in old devices at local collection points in accordance with national laws and applicable guidelines. Before handing in old devices at a collection point, remove any loose batteries and rechargeable batteries from them. Before disposing of old devices, make sure you have deleted all personal data from them.

Electronic waste

- The crossed-out wheeled-bin symbol means that this product must be handed in free of charge at an electronic-waste collection point so that it can be recycled for the best possible reuse of raw materials.

Batteries

- Batteries do not belong in household waste. As a consumer, you are legally obliged to hand in used batteries at public collection points or at places where batteries are sold.
- Batteries containing hazardous substances are marked with a symbol and one of the chemical symbols: Cd (cadmium), Hg (mercury), Pb (lead).
- Lithium batteries and battery packs may only be handed in at collection points if they are discharged. To prevent short-circuiting, insulate the terminals (e.g. with adhesive tape) before handing them in.



ENVIRONMENT

By recycling, you contribute to protecting the environment and to the best possible reuse of raw materials.



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ONLINE VERSION

You can find the current version of this manual at www.lechtivo.com.