



Kegel8 Vaginal Cones are clinically proven to strengthen pelvic floor muscles to help with maintaining a healthy pelvic floor, avoid bladder weakness, prevent pelvic floor problems such as prolapse and increase intimate sensation for you and your partner. With Kegel8 Vaginal Cones you are one step closer to a stronger, healthier pelvic floor.



Manual kegel exercises made easy

Instructions For Use

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Welcome to Kegel8

Thank you for choosing Kegel8 Vaginal Cones. You are now one step closer to having a stronger, healthier pelvic floor.

Created especially for women, Kegel8 Vaginal Cones are a clinically proven pelvic floor toning system consisting of three vaginal cones of varying weights and sizes.

Using Kegel8 Vaginal Cones to exercise your pelvic floor muscles can:

- Help you stay dry and avoid bladder weakness
- Prevent pelvic floor problems such as prolapse
- Increase sexual satisfaction for you and your partner
- Improve muscle strength and blood flow

If you're not currently experiencing the effects of pelvic floor weakness such as leaks, you can use Kegel8 Vaginal Cones as a preventative measure to strengthen your pelvic floor as part of a fitness regime. This will reduce the likelihood of experiencing incontinence in the future, increase intimate sensation and can even prepare your muscles for pregnancy and natural childbirth.

If you've already noticed you leak urine - when you run, cough, sneeze, laugh or perhaps find yourself often caught off-guard and don't make it to the toilet in time - use the Kegel8 Exercise Plan with these vaginal cones and you should really notice a difference. Your muscle tone will be restored and you will enjoy greater bladder control not to mention increased self-confidence.

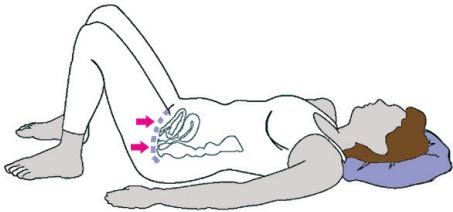
Let's get started!

What are kegels?

Kegel exercises help to strengthen and tone the muscles and ligaments in your pelvic floor. These targeted exercises were first highlighted in a clinical paper published in 1948 by Dr Arnold Kegel - hence the name. Your pelvic floor supports the uterus, bladder and bowel and helps to keep these organs in place as well as being responsible for bladder and bowel control and intimate sensation.

Kegel exercises are a medical recommendation to all women to maintain a healthy pelvic floor and should be carried out like so:

1. Start at your anus and squeeze your muscles as tight as you can, as if you are holding in wind.
2. Holding this squeeze and keeping your muscles tight, squeeze your vaginal muscles and lift them up towards your navel.
3. Once you have held this squeeze and lift, relax you muscles completely.



These exercises can be tough. You may struggle to get motivated to do them daily and you may be unsure that you are doing them correctly. Clinical studies now show how these exercises are more effective when performed with resistance - that means something for your muscles to squeeze against.

The Kegel8 Vaginal Cones have been designed to improve the effectiveness of your kegel exercises by letting you see you are targeting the correct muscles, resistance and an exercise programme to work through to keep you motivated.

About your cones

Your pelvic floor toning system contains three Kegel8 Vaginal Cones of varying weights and sizes to allow you to progress your exercise regime.

Stage 1 Vaginal Cone (pale lilac)



Stage 2 Vaginal Cone (lilac)



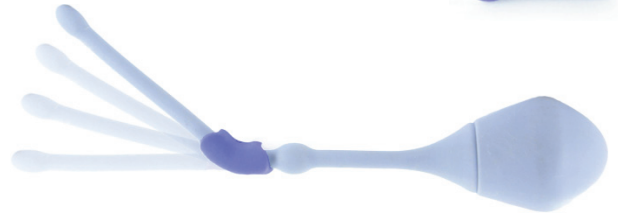
Stage 3 Vaginal Cone (deep lilac)



The larger and lighter the cone, the easier it is to keep in your vagina so you can see how the three varying cones work as a progressive toning system over time.

Kegel8 Vaginal Cones have a unique indicator clip which, when attached to the cone of your choice, creates a curled-up tail that can tell you if you are exercising correctly or incorrectly - when you exercise and squeeze correctly you see the tail move downwards (see page 5).

Indicator clip



Getting started

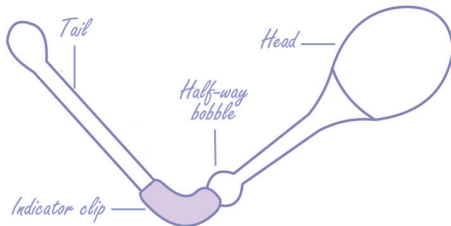
Give your Kegel8 Vaginal Cones a clean before you start. You can use our body-friendly Kegel8 Klean antibacterial spray to give them a wipe down or give them a wash in hot soapy water. Be sure to rinse them thoroughly to avoid any irritation from the soap and dry with a lint-free cloth or tissue.

OK, to begin let's perfect your kegels

1. Choose the largest lightest cone (pale lilac) and attach the indicator clip just beneath the half-way bobble if it's not in place already.
2. Get into a comfortable position. To start with this may be lying down until you become used to inserting the cone but many women sit on the edge of a seat or even stand. Inserting the cone is like inserting a tampon, so you may already have an idea of the position best for you.

Kegel8 Tip:
To ease insertion, we recommend that you use a good quality water-based lubricant such as KE Gel.

3. Hold the cone with the tail pointing upwards and gently insert the head of the cone into your vagina. Continue to gently push the cone into place. Stop when the half-way bobble is at the entrance to your vagina.



4.

Kegel8 Tip:

If the first cone feels uncomfortable and you feel it may be too large, you can start with the next smaller cone.

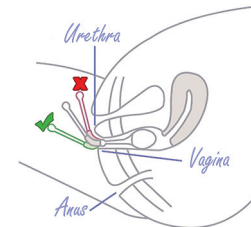
4. Now, standing up or sitting on the edge of a seat contract and tighten your muscles around the cone. Remember, start at your anus and squeeze as if trying to control wind then include your vaginal muscles. You are aiming to squeeze the cone and lift it up towards your navel.

Kegel8 Tip:

If your muscles are quite weak you may find that when standing the cone begins to fall out of place. If this happens you are best to exercise lying down to begin with as this will stop the cone from falling out of position.

Remember, you are looking for the tail of the vaginal cone moving downwards to indicate you are exercising correctly and lifting the head of the cone; lifting the weight.

This may take practice but be patient; bad kegels are pointless and potentially damaging kegels so once you've mastered the squeeze and lift you've made the biggest step to strengthening your pelvic floor for a healthier you.



5.

Beginner's Exercise Plan

Now you've got the knack...

Now you have mastered the perfect kegel, a word about the indicator clip. If you don't want to watch the tail moving downwards and you feel confident in your kegel technique you don't have to apply the clip – it is optional.

Now let's progress your exercising into a routine you can follow for even better results from your Kegel8 Vaginal Cones...

The Kegel8 Exercise Plan

The Kegel8 Exercise Plan has been devised with a Physiotherapist and is split into three types of training, to target the muscles in different ways, with two intensity levels so you can continually improve your pelvic floor strength.

Beginners Exercise Plan

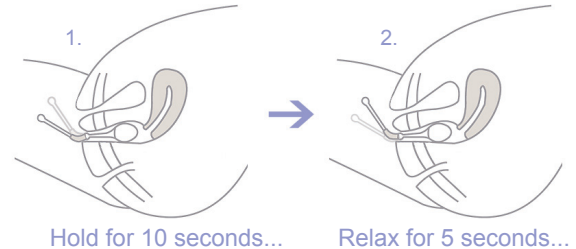
The 3 different types of exercises in this routine should be carried out consecutively. Wear loose, baggy pants if you no longer need to watch the tail of the exercise cone moving. Let's get started!

Exercise 1 - Endurance Kegels

Endurance (or 'slow') Kegels are designed to target slow twitch muscle fibres. These are the muscle fibres responsible for prolonged bladder and bowel control – enabling you to get to a toilet in time or last longer through the night.

Use the Stage 1 Vaginal Cone (pale lilac) to perform slow kegels.

1. Insert the cone into your vagina as described in Getting Started (page 4)
2. Squeeze and lift the cone using your vaginal muscles as described in What are kegels (page 2) and hold steady for 10 seconds.
3. Now release and relax your muscles for 5 seconds.
4. Repeat steps 2 and 3 ten times.



Can't hold your squeeze and lift for 10 seconds? Then hold it for as long as you can count. This may be 8, 7 or just 6 seconds to begin with. Quality is more important than quantity so if you feel your muscles tiring, it is time to rest. Don't worry – if you can't manage ten repetitions or you can't hold your squeeze and lift steady for 10 seconds, you can improve on your performance next time you exercise. Listen to your body and stop when your muscles begin to feel tired and you lose your kegel technique.

If you find ten repetitions easy you can:

- a. Continue to do another 5 (or more) repetitions;
- b. Move onto the Stage 2 Vaginal Cone (lilac), or
- c. Progress onto our Advanced Kegel Exercise Routine (page 10)

Now let's move on to Exercise 2...

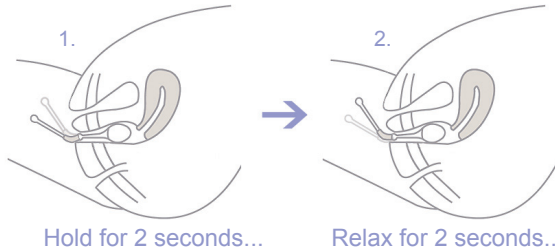
Beginner's Exercise Plan

Exercise 2 - Speed Kegels

Speed (or 'fast') Kegels are designed to target fast twitch muscle fibres. These are the muscle fibres that should respond quickly to support your bladder under sudden bursts of pressure like coughing, sneezing, laughing, jumping and running.

Use the Stage 3 Vaginal Cone (deep lilac) to perform speed kegels.

1. Insert the cone into your vagina as described in Getting Started (page 4).
2. Squeeze and lift the cone as high as you can and hold for 2 seconds. Ensure you squeeze and lift to your best ability.
3. Now release and relax your muscles for 2 seconds.
4. Repeat steps 2 and 3 ten times.



Make sure you relax - this is when blood delivers oxygen to your muscles to help strengthen them. Ensure that for these 2 seconds the cone drops down and your muscles feel relaxed.

Don't perform more than ten repetitions of fast kegels at one time as muscle fatigue can be difficult to identify with such rapid muscle movement. Instead, you can build on this training by:

- a. Doing additional fast kegels each time you put your pelvic floor under pressure i.e. each time you laugh, sneeze etc.
- b. Progressing onto our Advanced Exercise Routine (page 10).

Now let's move on to Exercise 3...

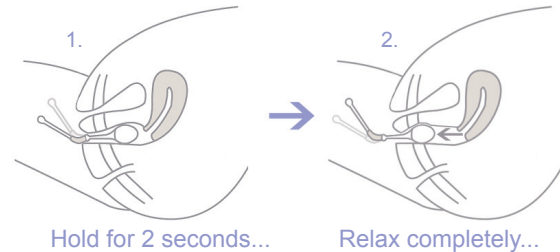
Exercise 3 - Relaxation Kegels

Relaxation Kegels are designed to put you in tune with your pelvic floor muscles so you become more aware of your pelvic floor movement and that you are fully relaxing your pelvic floor muscles. The ability to relax is as imperative as strength for your pelvic floor muscles to stay healthy.

Use the Stage 1 Vaginal Cone (pale lilac) to perform relaxation kegels.

1. Insert the cone into your vagina as described in Getting Started (page 4).
2. Squeeze and lift the cone slowly and hold as high as you can for 2 seconds.
3. Then slowly relax your muscles, lowering the cone all the way down until you feel the head of the vaginal cone at the opening of your vagina as though it could fall out of place.
4. Repeat steps 2 and 3 ten times.

You can use the indicator tail to check your muscles are relaxing. When your muscles are fully relaxed you will notice the indicator tail move upwards.



Advanced Exercise Plan

However strong your pelvic floor muscles are, if you have not yet completed the Beginners Exercise Plan we recommend you do so before progressing onto this Advanced Exercise Plan. This will help familiarise you with the types of exercises this plan uses and enable you to ensure your technique is accurate in preparation for these more challenging exercises.

Advanced Exercise Plan

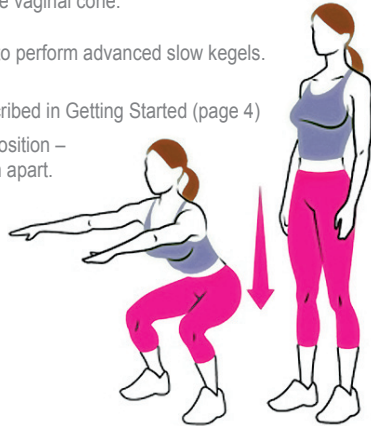
This exercise routine is divided into 3 different types of exercises that should be carried out consecutively. Wear loose, baggy pants if you no longer need to watch the tail of the exercise cone moving. Let's get started!

Exercise 1 - Advanced Endurance Kegels

Advanced Endurance (or 'slow') Kegels are designed to target the slow twitch muscle fibres in your pelvic floor. These are the muscle fibres responsible for pro-longed bladder control – enabling you to get to a toilet in time or last longer through the night. This advanced approach is great for your gluteal muscles and firms your bum as well as challenging you for greater control of the vaginal cone.

Use the Stage 1 Vaginal Cone (pale lilac) to perform advanced slow kegels.

1. Insert the cone into your vagina as described in Getting Started (page 4)
2. Whilst retaining the cone take a squat position – place your feet just a little over hip width apart. Keeping your back straight, bend your knees to a 90° angle, pushing your bum back as if sitting down on a chair.



3. Hold this squat position and squeeze and lift the cone and hold steady for 5 seconds.
4. Keeping your back straight stand back upright then release and relax your pelvic floor muscles for 5 seconds.
5. Repeat steps 2 to 4 five times.

Remember the positioning of the tail of the cone from page 5 (Getting Started) - as you squeeze and lift the cone the tail will move down.

You can develop this training further by increasing the number of repetitions or the length of time that you hold your squat and squeeze. But remember, quality is more important than quantity so if you feel your muscles tiring and you begin to lose technique it is time to rest. Poor kegel control can cause pressure to your pelvic floor.

You could even try doing 3 sets of this exercise per day instead of one long set. Your pelvic floor gets tired quickly so little and often is best.

Now let's move on to Exercise 2...

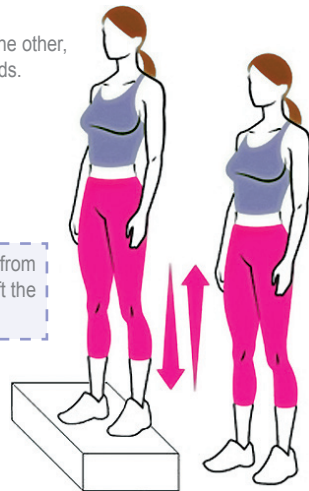
Advanced Exercise Plan

Exercise 2 - Advanced Speed Kegels.

Advanced Speed (or 'fast') Kegels are designed to target the fast twitch muscle fibres. These are the muscle fibres that should respond quickly to support your bladder under sudden bursts of pressure like coughing, sneezing, laughing, jumping and running. This advance approach also engages your core muscles, buttocks and thighs as well as challenging you for greater control of the vaginal cone:

Use the Stage 3 Vaginal Cone (deep lilac) to perform advanced speed kegels.

1. Insert the cone into your vagina as described in Getting Started (page 4)
2. Whilst retaining the cone, position yourself in front of a step – this can be an aerobics step or the bottom step of the stairs in your house.
3. Step up onto the step, one foot after the other, and squeeze and lift the vaginal cone and hold for 2 seconds. Although this is a quick movement, ensure you squeeze and lift to your best ability.
4. Immediately step down the step, one foot after the other, and release your squeeze and relax for 2 seconds.
5. With such quick movements it may help you to chant as you exercise:
(up) squeeze 1,2, (down) release 1,2.
6. Repeat steps 3 and 4 ten times.



Remember the positioning of the tail of the cone from page 5 (Getting Started) - as you squeeze and lift the tail of the cone will move down.

As with all of your kegel exercises, the 2 second relaxation in this routine, although short, is really important. Ensure that for these 2 seconds the cone drops down towards the entrance of your vagina and your muscles feel relaxed.

Don't perform more than ten repetitions of fast kegels at one time as muscle fatigue can be difficult to identify with such rapid muscle movement. Instead, you can build on this training by doing additional fast kegels throughout the day each time you put your pelvic floor under pressure i.e. each time you cough, laugh, sneeze etc.

Now let's move on to Exercise 3...

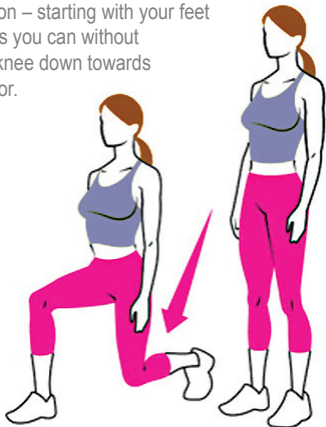
Advanced Exercise Plan

Exercise 3 - Advanced Relaxation Kegels

Advanced Relaxation Kegels are designed to put you in tune with your pelvic floor muscles so you become more aware of your pelvic floor movement and can be sure you are fully relaxing. The ability to relax is as important as strength for your pelvic floor muscles to stay healthy. This advanced approach uses your core muscles, buttocks and thighs and ensures greater control of the cone for better results.

Use the Stage 1 Vaginal Cone (pale lilac) to perform advanced relaxation kegels.

1. Insert the cone into your vagina as described in Getting Started (page 4)
2. Whilst retaining the cone take a lunge position – starting with your feet together stride your left foot forward as far as you can without jeopardising your balance. Bend your back knee down towards the ground without resting it down on the floor.
3. Hold this lunge position and squeeze and lift the cone slowly and hold as high as you can for 2 seconds.
4. Then slowly relax your pelvic floor muscles, lowering the cone all the way down until you feel the head of the cone at the opening of your vagina as though it could fall out of place.
5. Repeat steps 3 and 4 five times whilst holding your lunge position.
6. Keeping your pelvic floor muscles relaxed, stand up bringing your front foot back to your starting position. Now stride forward with the right foot and bend your back knee down towards the ground as you did before.



7. Hold this lunge position and again, squeeze and lift the cone slowly and hold as high as you can for 2 seconds.
8. Then slowly relax your muscles, lowering the cone all the way down until you feel the head of the vaginal cone at the opening of your vagina as though it could fall out of place.
9. Repeat steps 7 and 8 five times whilst holding your lunge position.

You can use the indicator tail to check your muscles are relaxing. Perform the exercise in front of a mirror and when your muscles are fully relaxed you will notice the indicator tail move upwards.

After you exercise

When you have completed your pelvic floor exercises you can remove your Kegel8 Vaginal Cone;

1. Get comfortable. This may be in the same position you took to insert the cone before you started to exercise.
2. Relax your muscles and gently pull the tail of the vaginal cone downwards – much like you would pull the cord of a tampon to remove after use.
3. The vaginal cone is likely to be easy to remove as your muscles will be tired from the exercise.



Kegel8 Tip:

It is important to relax when removing the vaginal cone. If you are not relaxed your muscles may clench the cone causing you to feel you are unable to remove it.

In the unlikely event you are unable to remove the vaginal cone please do not panic and consult your GP.

Caring for your Kegel8 Vaginal Cones

As before use, it is important to care for your Kegel8 Vaginal Cones after use too. Clean them with our body-friendly Kegel8 Klean antibacterial spray or give them a wash in hot soapy water. Be sure to rinse them thoroughly to avoid any soap residue and dry with a lint-free cloth or tissue.

Your questions

When will I start to feel the benefits?

The main reason kegel exercises fail is because we give up on them too soon. Most women feel the benefit within a couple of weeks, and their partners may notice before they do! However we urge you to continue and follow the Kegel8 Exercise Plan daily for 12 weeks. After 12 weeks you can maintain and improve your strength further by exercising with the cones 2-3 times per week.

Can I stop exercising after 12 weeks?

Exercising your pelvic floor is the same as any other exercise – when you stop, the effects of what you have achieved will fade over time. If your lifestyle routine just does not permit you to exercise with your Kegel8 Vaginal Cones daily then set yourself a target of 3 or 4 times per week. In between your exercise sessions we recommend you still perform your 'squeeze and lift' daily with no cone to keep the pelvic floor muscles active – try doing them every time you stop at traffic lights when driving or every time you brush your teeth.

What difference will Kegel8 Vaginal Cones make to my manual pelvic floor exercises?

Clinical evidence shows kegel exercising with resistance (i.e. cones) is more effective than without. That's because by using different weights and sizes you'll get better results. A stronger pelvic floor means you are able to control bladder and bowel leaks and prevent prolapse (pelvic organs such as bladder, uterus and bowel falling out of place) not to mention improve your love life for you and your partner.

Your questions

I don't feel as strong if I exercise in the evening as I do if I exercise in the morning – is this normal?

This is perfectly normal. Like the rest of your body your pelvic floor muscles tire throughout the day from supporting your pelvic organs through daily activities. Don't worry, if you need to exercise in the evening and your muscles feel tired just go for a lighter cone than you might use normally or use the Beginners Exercise Plan – lighter exercise is better than none at all.

I have completed 12 weeks of exercising and can perform kegels with even the heaviest cone but still experience leaks and lack of intimate sensation – what should I do?

Don't give up, results can be slow for some women and bladder leaks can also be due to medication, excess weight or prolapse. Speak with your GP and give us a call to explore your options. Some users progress onto an EMS exerciser such as the Kegel8 Ultra – these exercise the pelvic floor muscles for you using electronic stimulation. Electronic stimulation uses electrical pulses to give intense rehabilitation of the pelvic floor, exercising 90% of muscles, fibres and ligaments compared to the 40% during manual exercising.

Can I use Kegel8 Vaginal Cones while I'm pregnant?

Sadly not, but it is vital you continue to perform the 'squeeze and lift' kegel exercises without vaginal cones. You can start kegel exercising again with Kegel8 Vaginal Cones as soon as you are fit, healthy and healed after the delivery of your baby – on average 6 weeks after labour but everyone is different so speak with your health visitor and don't push yourself if you are not ready.

I have a mirena coil IUD fitted, can I use vaginal cones?

Yes you can safely use Kegel8 Vaginal Cones.

I'm suffering a vaginal/urine infection – can I still use my Kegel8 Vaginal Cones?

If you are suffering from thrush, cystitis or any other form of intimate infection we recommend you stop using your Kegel8 Vaginal Cones until the infection has cleared up. You may be more sensitive to bacteria and feeling sore, swollen and just generally uncomfortable down there. Give yourself a break and let your body recover. If you suffer repeated infections this can be a sign of a weak pelvic floor, so treat the infection then get back on the Kegel8 Exercise Plan as soon as possible.

Important Do's and Don'ts

Do wash your hands before using your Kegel8 Vaginal Cones and follow our recommendations for cleaning the cones.

Do use your Kegel8 Vaginal Cones regularly, daily for 12 weeks following the Kegel8 Exercise Plan then onto a maintenance programme of 2 or 3 times a week.

Do call us or seek medical advice if you have any difficulties or concerns with using your Kegel8 Vaginal Cones.

Don't share your Kegel8 Vaginal Cones with anyone for hygiene reasons.

Don't use your Kegel8 Vaginal Cones:

- During or just after intercourse
- Whilst using a vaginal diaphragm or cap
- During pregnancy
- If you have a vaginal prolapse
- During menstruation
- If you have a vaginal/urine infection

More about us...

At Kegel8 we are passionate about pelvic floor education. Often, we don't think about how parts of our body can fail us until they do and we suffer the consequences.

In both women and men, pelvic floor muscles play a vital role. Not only do they support the pelvic organs, they are imperative to bladder and bowel control and have a great impact in intimacy and on our self-esteem.

Whether you want to be pro-active in keeping your pelvic floor healthy or you have been unfortunate enough to suffer incontinence, prolapse, lack of intimate sensation (and that includes erectile dysfunction for men) or any of the other many effects of pelvic floor weakness, Kegel8 can help.

Visit us at www.kegel8.com for the best in pelvic floor information from around the world, the latest news and medical breakthroughs and, of course, the award-winning range of electronic pelvic floor exercisers, bio-feedback devices and manual pelvic floor trainers.

We are here to help.



Call us: **+44 (0) 1482 496 932**

Email us: **info@kegel8.com**

Visit us: **www.kegel8.com**

Our friendly advisors are available Monday - Friday 9am - 5pm.

Female, fully trained and Kegel8 users, you can feel comfortable in asking us anything.

We are not just a sales team - we are here to help