

Become a
Kegel Ninja!

PelviFly & Kegel Ninja Trainer application guide
and **kGoal** device instruction manual

From the Founder

We have been working passionately to develop and grow PelviFly, and are extremely happy to present the results of over 4 years of our collaboration with women, physicians, and physiotherapists specializing in women's health.

Inspired by change and persistent in what we want to achieve, we have been looking for new solutions to support women and help them overcome certain barriers and deal with old problems. We strongly believe that by helping women find their true strength, we stay committed to building a better tomorrow.

This is why we spare no effort to support women in dealing with their everyday inconveniences and to show that there's nothing to be ashamed of.

Thank you for being part of PelviFly!

Urszula Herman, PhD
PelviFly Founder



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How to start?

Download the free **PelviFly & Kegel Ninja Trainer app**.

Google Play



App Store



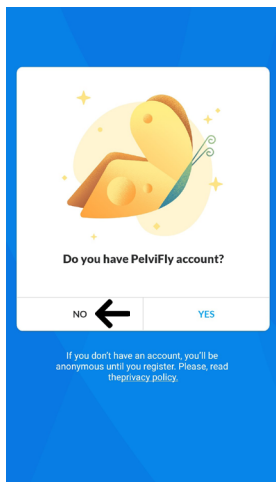
LOGGING IN TO THE APP FOR THE FIRST TIME

You're a new user of the PelviFly system and **you don't have an account yet**. You'll set it up after you install the app.

WITH THE APP INSTALLED ON YOUR PHONE, GO THROUGH THE FOLLOWING STEPS:

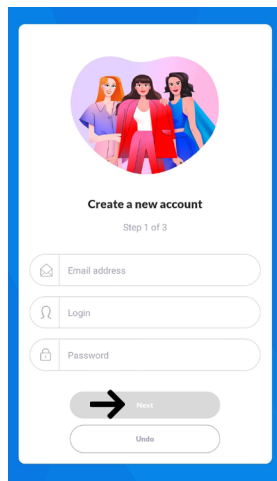
Do you have a PelviFly account?

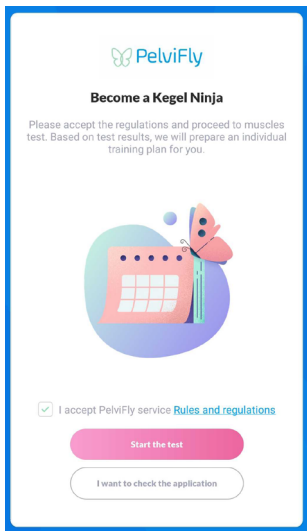
Tap **NO** on the screen



Enter your e-mail address, login,
and password.

Choose **NEXT** on the screen





After you accept the terms and conditions, set up your account. The app will show you have a muscle test to perform. You can do it at any time.

In order for the device to establish a correct connection with the app, make sure to turn Bluetooth and the location feature on first.

14-DAY TRAINING PLAN

Once you perform the muscle test, a 14-day exercise plan will start, letting you become familiar with all the features of the app.

Your training plan will be designed based on your muscle test results. After this period, you will be able to continue exercising using the free plan or extend the range of features available in the app by purchasing a **SMART** or **CARE** plan.

Getting ready for the muscle test



External part - control arm

Signal light (diode) and charging port

*See how to perform
a muscle test*

*On/off
+ calibration button*

*Intravaginal part
(squeeze pillow)*

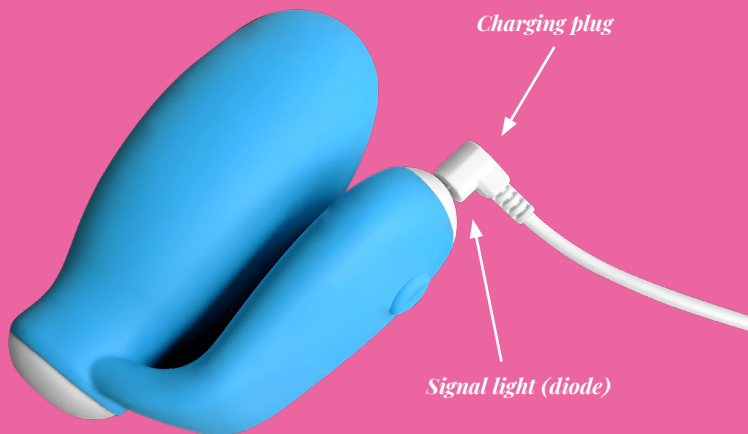
*It adapts to your anatomy and
receives information about the
contraction and relaxation of
your pelvic floor muscles*

*Pump button
(comfort vent)*

1. Charge the device before first use. Take out the USB charger from underneath the plastic lid of the box and connect it to kGoal. The signal light (diode) is also a charging port where you plug the charging cable in. When the device is charged, the signal light (diode) will turn solid green.

The device may not be used while charging.

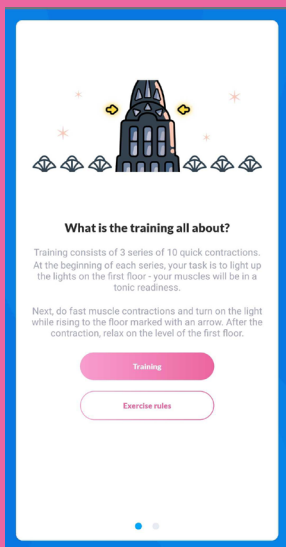
The charging frequency depends on the number of your training sessions – usually the device needs to be charged more or less every 2 weeks. ***The charging time is about 1.5 hours.***



2. Device maintenance

kGoal is made of Class VI medical grade silicone. You can clean it using water with soap. Make sure not to wet the signal light (diode) and the pump. You can also use disposable disinfectant wipes to clean it. We suggest cleaning the device before and after every training session.

3. Before the test, and then before each training session, you'll have access to a set of ***principles of exercising*** the pelvic floor muscles.



You'll also receive information on
how to get ready to start exercising.



Your task

Pump the air out of the device

Hold kGoal in your hand and compress the squeeze pillow. With your hand squeezing the pillow, press the comfort vent to let the air out of the pillow.

It should appear deflated.

NEXT



Your task

Insert kGoal squeeze pillow into your body

Relax your muscles and insert kGoal's squeeze pillow into your body, with the control arm facing forward. Lubricant is recommended for every use.

NEXT



Your task
Pump up the device

With your pelvic floor muscles relaxed, press comfort vent with the tip of your finger to reset the air pressure inside the squeeze pillow. The device will adjust to the shape of your body.

NEXT



Your task
Calibrate your kGoal device

Press on / off button briefly to reset the vibration feedback. Status light will light up green for a moment.

During calibration please do not change your body position - it might affect the results.
Example: when you are lying down and move your head up, you make your muscles tight and it affects calibration results.

NEXT

What is the test like?

The muscle test consists of 6 stages during which we'll check your ability to relax and control your muscles and measure the strength and endurance of your muscles and the speed of contraction.

Based on the test results, we're able to adapt the exercises to the condition of your pelvic floor muscles. The test lets us also monitor your progress. **The app gives you access to your test and training results.**

What's the next step after the test?

You'll be able to exercise under a 14-day free trial.



AFTER THE 14-DAY TRIAL

Choose the plan you wish to exercise in. There are three training plans to choose from - **CARE**, **SMART**, and **BASIC**.

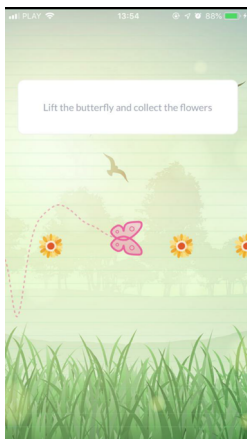
Payments are made using an app that will take you to the Stripe payment gateway. You'll be able to connect your payment card. You will be charged monthly for the plan you have chosen. You can cancel the subscription of the paid plan at any time and switch to the BASIC plan.

Card payment is definitely the most secure form of online payment. Moreover, in the event of a technical error resulting in an unauthorized transaction, there is a warranty that the money will be returned to the card. Online payments are additionally secured by the so-called chargeback mechanism. Chargeback is a reverse money transfer. You can always claim unauthorized charges back from the card provider, meaning your bank.

What do you get with the PelviFly system?

Muscle tests and exercises in the form of games

By tensing your muscles, you can control the flight of a butterfly, play basketball, or fly a rocket! **Training sessions with vibration** stimulate the muscles and increase the blood supply and improve the sensation in the pelvic floor area. Vibration makes it also easier to contract and relax the muscles. In order to help you keep your training regular, **we will send you reminders and training summaries.**



Telecare and a network of outstanding specialists

In the app you can choose a specialist who will have an remote consultation session with you, adapt your training plan to your problems and needs, review and assess your training results and the progress you make, and advise you on how to improve your everyday habits. Choose from among medical professionals and coaches from around the world to assist you in your training.

Advancing to higher levels

There are 36 tasks to motivate you to keep training on a regular basis. You'll be able to monitor them in your progress path.



Safety

Before you start your training, consult a gynecologist.

If you have any pelvic floor disorders or if you're pregnant or right after childbirth, you should consult a gynecologist first. We do not recommend using the kGoal device in the 1st trimester of pregnancy or in the postpartum period.

If you feel pain or experience any other inconvenience when using the device, stop the training and consult a physician.

Warranty

- The kGoal intravaginal probe is not subject to returns unless faulty/defective on purchase.
- kGoal comes with a 1-year warranty. The warranty is valid from the date of purchase and covers only manufacturing and material defects.
- The warranty does not cover deterioration in appearance caused by everyday use, battery defects, damage resulting from accidents or misuse of the device.
- The manufacturer's liability under the warranty is limited to replacement or repair of the device.

- kGoal's manufacturer – Minna Life and PelviFly – bear no liability related to the use of the product. kGoal's users use it at their own risk.

Failure to follow the principles described in this manual may lead to the destruction of the device.

System requirements

kGoal is compatible with devices running on Android or iOS. Your smartphone needs to have Bluetooth 4.0 or higher to let you establish a proper connection with the kGoal device.



Thank you!

