

USER GUIDE



P E R I F I T

This is a short guide on how to use Perifit.
Please download the Perifit app for more
detailed instructions.



HELLO

Welcome to Perifit, your most
personal trainer.

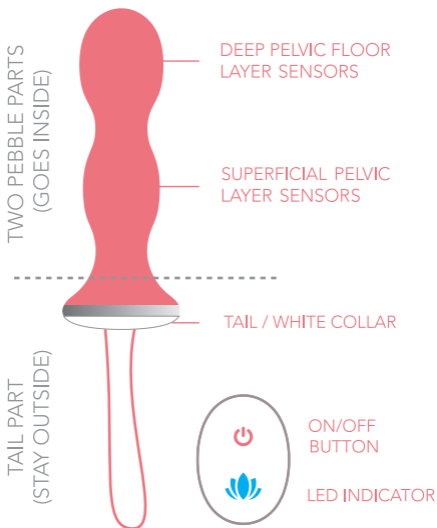
Congratulations on joining the
growing Perifit community.

Designed by world class women
health professionals, Perifit is your
personal kegel trainer.

INCLUDED IN THE PACKAGE

This box contains one Perifit kegel trainer.

PRODUCT STRUCTURE



STEP 1 - INSTALL THE APP

Search "PERIFIT" in App Store or Google Play



Download and install Perifit app through App Store or Google Play.



The app is available for:

- iPhone 4S and newer models (iOS7 and above)
- Android phones version 4.3 or newer that support Bluetooth Low Energy.

PLEASE NOTE:

To use Perifit you will need to have a phone or tablet. Perifit will only works with the official Perifit App.

STEP 2 - TURN BLUETOOTH ON

Ensure the Bluetooth function on your device is turned on.

SETTINGS > BLUETOOTH > ON



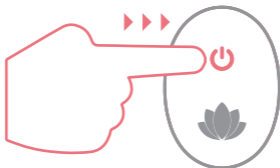
Your device is now set to use Perifit.

PLEASE NOTE:

*Change into loose and comfortable clothes.
Make sure to wash your hands and Perifit
before each use with soaped water.*

STEP 3 - TURN PERIFIT ON

Turn on you Perifit by quickly pressing the button located on the tail.
You will hear a click sound.



When Perifit is ON,
you will see a green light blinking
under Perifit's logo.



PLEASE NOTE:

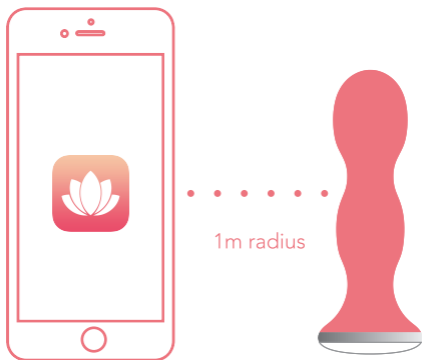
*You don't need to maintain a long press.
Don't forget to turn off Perifit after
exercising to save battery life.*

STEP 4 - CONNECT THE PERIFIT

Make sure:

- Your Bluetooth is ON (Step 2).
- Yo`ur Perifit is ON (Step 3)

Open the Perifit App on your device.



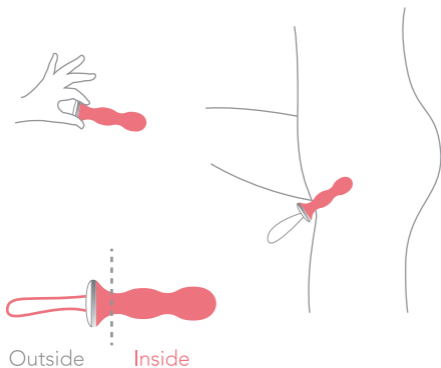
Follow the instructions on the Perifit App.

PLEASE NOTE:

You don't need to manually connect Perifit to your phone via your settings. It will automatically connect when opening the app.

STEP 5 - INSERT PERIFIT

Insert Perifit is easy.
It is similar to a **tampon**.



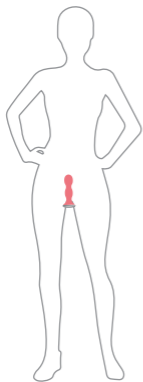
Be sure to fully insert the two pebble shaped parts, but not too high up.

PLEASE NOTE:

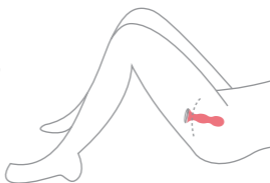
Use a condom on your Perifit before inserting.

If Perifit doesn't feel comfortable, try using water-based lubricant.

STEP 6 - FIND YOUR POSITION



We recommend you try exercising standing up with your legs shoulder width apart.



If this doesn't feel comfortable, try lying down, knees up legs apart

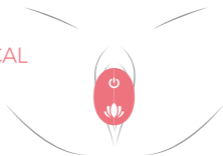
PLEASE NOTE:

For best results, set your targets and keep on exercising in the same position over time.

STEP 7 - ADJUST ORIENTATION

When inserting Perifit, pay attention to the orientation of the Perifit's collar.

VERTICAL



HORIZONTAL

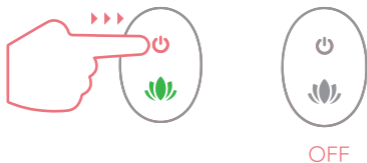


Depending on the exercise program of your choice, use vertical or horizontal orientation.

PLEASE NOTE:

The Perifit App will advise you on which orientation fits the best with your choice of workout and program.

STEP 8 - AFTER EXERCISING



Turn off the Perifit by pressing on the button power. The light will stop flashing.

BATTERY LIFE

Perifit is designed to last for **2 years** under normal use.

If you run out of battery, you can always reach contact@perifit.io and we will replace your battery for a small handling fee.

PLEASE NOTE:

*Specialists generally recommend
3 workout sessions of 10 minutes
per week.*

ABOUT PELVIC MUSCLES

The pelvic floor is a powerful little set of muscles that stretches like a hammock between your pubic bone and your tailbone.

When healthy and toned, they lift up your pelvic organs for a strong core and great control.

HOW TO EXERCISE ?

If you aren't sure what it feels like to exercise your pelvic floor, imagine that you are trying to keep yourself from passing gas.

This muscle movement is what you need to master. But don't keep doing it while you're peeing!

PLEASE NOTE:

The Perifit app provides more guidance. Check out www.perifit.io for videos and on how to perfect your technique.

WHEN EXERCISING

Make sure your stomach, buttocks and thighs remain relaxed and don't hold your breath.

Take a deep breath to relax and as you breathe out, squeeze your pelvic floor inwards and upwards.

CONNECTIVITY

The Perifit has to stay close to your connected device. Holding your phone in your hands when Perifit is inserted is the best way to maintain connection.

If Perifit disconnects during the exercise, it should reconnect automatically.

If not, take out your Perifit, turn off your Bluetooth and restart from Step 2.

PLEASE NOTE:

Perifit works the best when the tail is not obscured by clothing or flesh. Try to find the best configuration for your use.

HOW TO TAKE CARE OF PERIFIT

Clean Perifit before and after every use with warm, soapy water.

Remember to rinse thoroughly.

It is important that Perifit is completely dry before you store it.

Store your Perifit in a clean and dry environment.

DO NOT

- Wash in boiling water
- Sterilize
- Use cleaning agents
- Microwave
- Clean in a washing machine
- Leave it trapped under any object
- Use Perifit during bath



AVOID

- Extreme heat
- Extreme cold
- Sustained pressure



SAFETY INSTRUCTIONS

Do not use Perifit if

- You are in the first trimester of pregnancy
- You have given birth within the last 6 weeks
- You experience persistent pain when inserting or using Perifit, even with water-based lubricant
- You have a medical condition affecting your pelvic health (for example, abnormal vaginal discharge or severe prolapse)

In case of irritation or if you feel any pain during or after use of Perifit, stop using Perifit immediately and contact a qualified specialist

Perifit is an exercise tracker for core muscle strengthening. It must not be used to treat or prevent any medical condition. If you are unsure whether or not you should use Perifit, please consult a qualified medical professional.

For hygiene reasons, do not share your Perifit.

Do not leave your Perifit in for more than one hour at a time.

For further questions, please refer to the FAQs on the Perifit app or write us an email to contact@perifit.io

WARRANTY

Perifit is made from medical grade silicone and is backed by a limited manufacturer's warranty against any defects in materials and/or workmanship, for 1 year from the date of purchase.

Defects discovered within the warranty period should be reported to X6 Innovations,

X6 Innovations reserves the right to exercise its discretion in determining whether or not to replace the defective Perifit free of charge.

This warranty does not cover cosmetic deterioration or damage caused by general wear and tear; physical or natural destruction; accident; misuse; neglect or other external causes.

Any attempt to take Perifit apart will invalidate this warranty. Any warranty claims must be supported with reasonable evidence including proof of date of purchase, alongside these warranty conditions. X6 Innovations must be notified of any defective Perifit.

We will then provide you with a Return Merchandise Authorisation number, which must be displayed on the outside packaging. In the event that X6 Innovations decides to replace your Perifit any replacement Perifit will not extend the life of this warranty.

DISCLAIMER:

Users of Perifit do so at their own risk.

Neither X6 Innovations nor its retailers assume any responsibility or liability associated with or for the use of this product.

X6 Innovations reserves the right to revise and/or update this manual without being obliged to notify any users.