

Forever Cherry Kegels Exercisers Operating Instructions



ATHENA'S
HOME NOVELTIES

SKU 3417

Our 5-piece weighted, Kegel exercise set is absolutely adorable and designed to improve pelvic floor muscle strength and vaginal health! Each weight is shaped like a cherry with a long flexible stem for easy insertion and retrieval! The hypoallergenic, premium grade silicone is silky smooth and easy to clean. Both beginners and advanced users will enjoy the Forever Cherry experience and the lasting effects. A thoughtful gift for yourself, a pregnant friend or 40th or 50th birthday! Phthalate FREE

Length: 5.9"

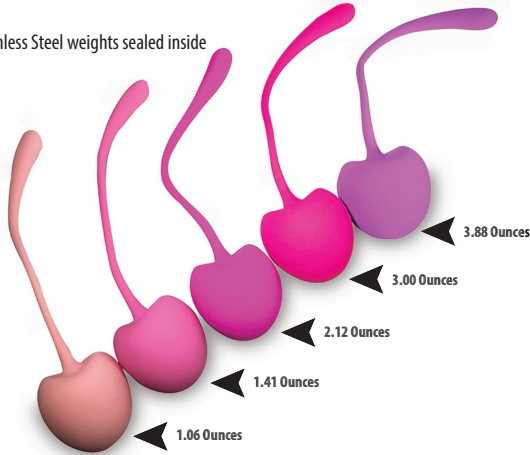
Width: 1.38"

Weights: 1.06 oz., 1.41 oz., 2.12 oz., 3.00 oz., 3.88 oz.

Each Kegel Ball Exerciser comes with an attached silicone retrieval stem.

Features

- Premium Silicone with Stainless Steel weights sealed inside
- Phthalate and Latex free
- Waterproof
- Silicone Warning
- Phthalate free
- Not for use with silicone lubricants
- Waterproof



Forever Cherry Kegel Exercise

Included:

Five Forever Cherry Kegel Exercise Units with Retrieval Stems.

Remove the Kegel exercise unit by gently tugging the retrieval stem.



Kegel Exercise Benefits:

Effective Kegel exercises are crucial to the prevention of many common female reproductive health related issues including urinary stress incontinence, constipation and uterine, bowel or bladder prolapse.

They help women increase or restore pelvic floor health and obtain more pleasure from intimacy. They can be worn during regular activity and continually tug with gravity to stimulate reflexive resistance.

Cleaning and storage

Clean before and after every use. Dry completely. For best results, we recommend using Athena's (antibacterial) Mighty Tidy Toy Cleaner (SKU MTT-1235 4 oz. or SKU MTT-2762 8 oz.) Store in a cool dry location.

Lubrication

Be sure to use ample lubrication with your Kegel exercisers. For great results try Athena's Perfectly Pure Intimate Moisturizer (SKU 5701). Not for use with silicone lubricants.

Follow these simple steps to help extend the life cycle of your toys

Do not store products near extreme cold or heat.

Store in a cool dry location.

Do not store your adult toys in a manner where they are touching. Keep them separated to avoid melting or discoloring.

Do not place lotion bottles or adult novelties directly on furniture surfaces. Place them on a cloth to protect your toys and the finish on your furniture.

Warranty

All sales are final due to the intimate nature of our products. Motorized products are guaranteed for 30 days for a replacement. No refunds will be given. If you receive a broken product, or if your product breaks within 30 days of receipt, please contact your distributor, if purchased at a party, or our Customer Care Liaison, if purchased from our website, for instructions on how to send back your item for a replacement.

All defective product returns must be accompanied by a pre-authorization number. Our Customer Care Liaison can be reached by calling 1-877-ATHENAS or via email at e-mail: customerservice@athenashn.com



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Exercise Options

Insert Kegel Exercise Unit: Find a comfortable, relaxed position, such as sitting or standing. Be sure to use ample lubricant. Beginners should start off with the lightest of the Forever Cherry Kegel Ball, at 1.06 ounces, progressing to the 1.14 ounces, 2.12 ounces, 3 ounces and 3.8 ounces when ready. Gently push the ball into the vaginal opening with the retrieval stem remaining on the outside. Halt just prior to being completely in. Do not force to the back of the vagina or up near the cervix. Safe to use every day.

Kegel Exercises

Use the exercise unit during routine activities. Be sure you're strong enough to hold the exercise unit in place before going out in public.

Sitting exercises: Sit with your legs close together. Attempt to move the balls back and forth. You may not initially be able to move the exercise unit back and forth. This comes with practice. Start by squeezing the balls and then relax for a few seconds.

Standing exercises: The standing exercise uses the weight of the balls and gravity to assist you in working the work PC muscle. While standing, spread your feet about 24" to 36" apart. Practice keeping the exercise unit in your vagina. Each time to you exercise you will be able to keep the exercise unit in place longer for a longer amount of time.

Squatting exercises: Combines basics of sitting and standing exercises. Place feet as wide apart and bend knees into an easy squat. Practice keeping the exercise unit in your vagina. Each time to you exercise you will be able to keep the exercise unit in place longer for a longer amount of time.

Remove the Kegel exercise unit by gently tugging the retrieval stem.

Warning: Consult a physician if user has recently had any type of vaginal surgery prior to use. Do not use if a medical condition prohibits use or if skin is irritated or bruised. Keep away from children.