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PERIFIT



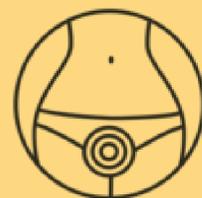
Strengthen your pelvic floor with games

# P E R I F I T

## Strengthen your pelvic floor with games

Perifit is a Kegel exerciser that lets you control video games with your pelvic floor. When you contract your pelvic floor, the bird goes up. When you relax it, the bird goes down. These games were designed by doctors to help properly strengthen the pelvic floor. It works so well that more than 1000 doctors already recommend Perifit to combat incontinence and prolapse and other pelvic floor disorders.

**The Perifit app is totally free and new games are added regularly.**



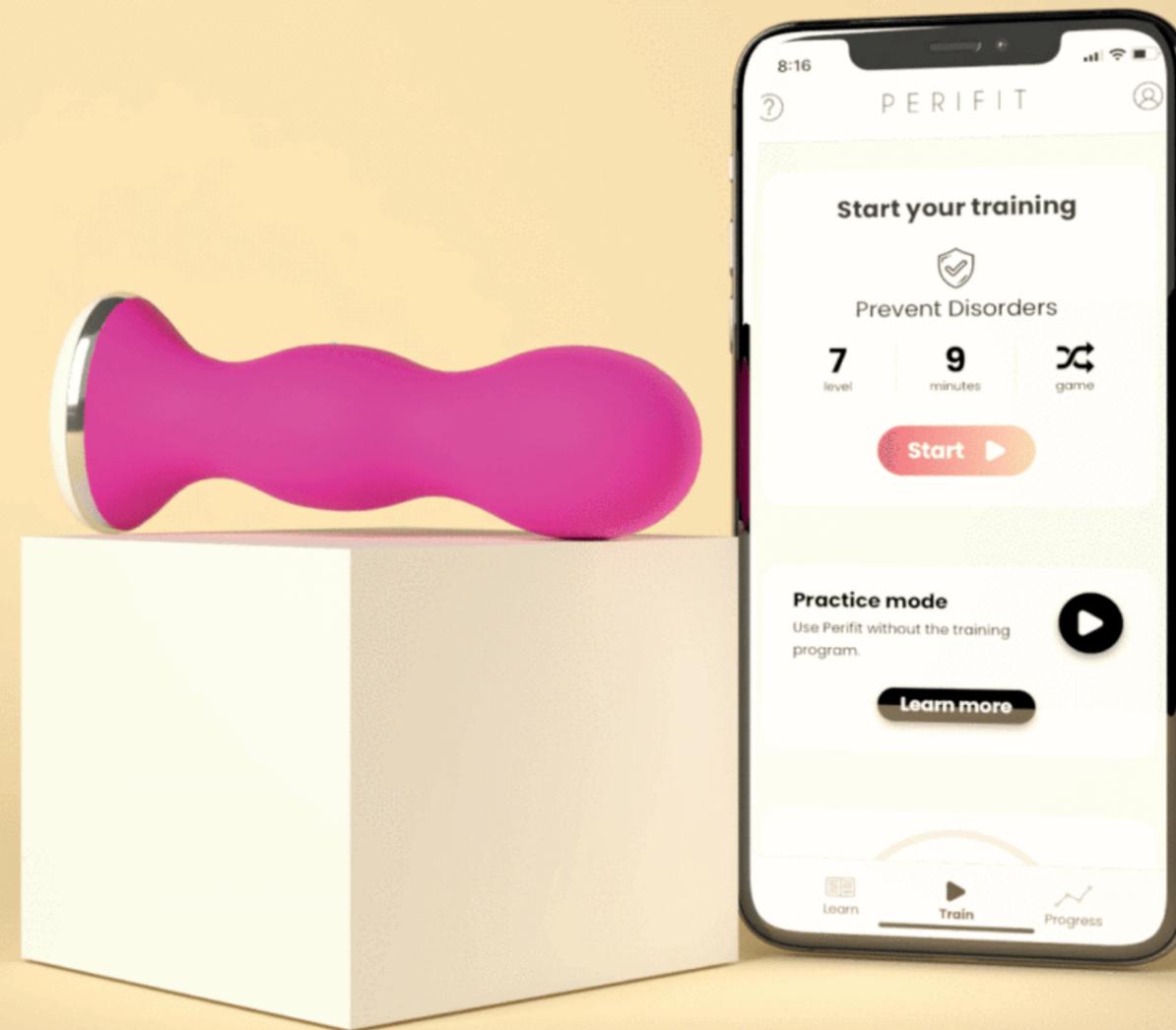
WEAR THE PERIFIT



CONNECT TO THE APP



TRACK YOUR PROGRESS



## Confidence from the inside out

Kegel exercises strengthen your pelvic floor to combat incontinence and pelvic floor issues.

The Perifit is the ultimate Kegel exercise system, designed to help you heal and strengthen your pelvic floor and regain bladder control with real time biofeedback via the interactive app.

Discomforts such as urine leakage, a prolapsed cervix or a sagging vaginal wall can be resolved in this way with the help of regular training.



Reduce Incontinence



Boost Post-Natal Recovery



Increase Sexual Wellness



Treat Prolapse





**Medical grade silicone**

**Two pelvic floor sensors**

**Bluetooth connection**

**LED indicator**

## The Perifit kegel exerciser

The Perifit device is only 26mm wide. It is designed to comfortably fit all body types and accurately measure your lift strength. The Perifit is made of soft body-safe silicone for comfortable insertion. The kegel has a handy drawstring for easy removal.

At the top and in the center of the kegel is a sensor that senses exactly how the exercises are performed. In the bottom of the kegel you'll find its Blue Tooth Low Energy connector that transfers the necessary information to the App.

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Po. NO | 5470598

**Pelvic Floor Trainer - Pink**



Po. NO | 4642226

**Pelvic Floor Trainer - Green**



## Choosing your program

The free Perifit (English) app gently guides you through your initial training. It provides a clear and simple explanation for every exercise, and lots of advice for a perfect workout, every time.

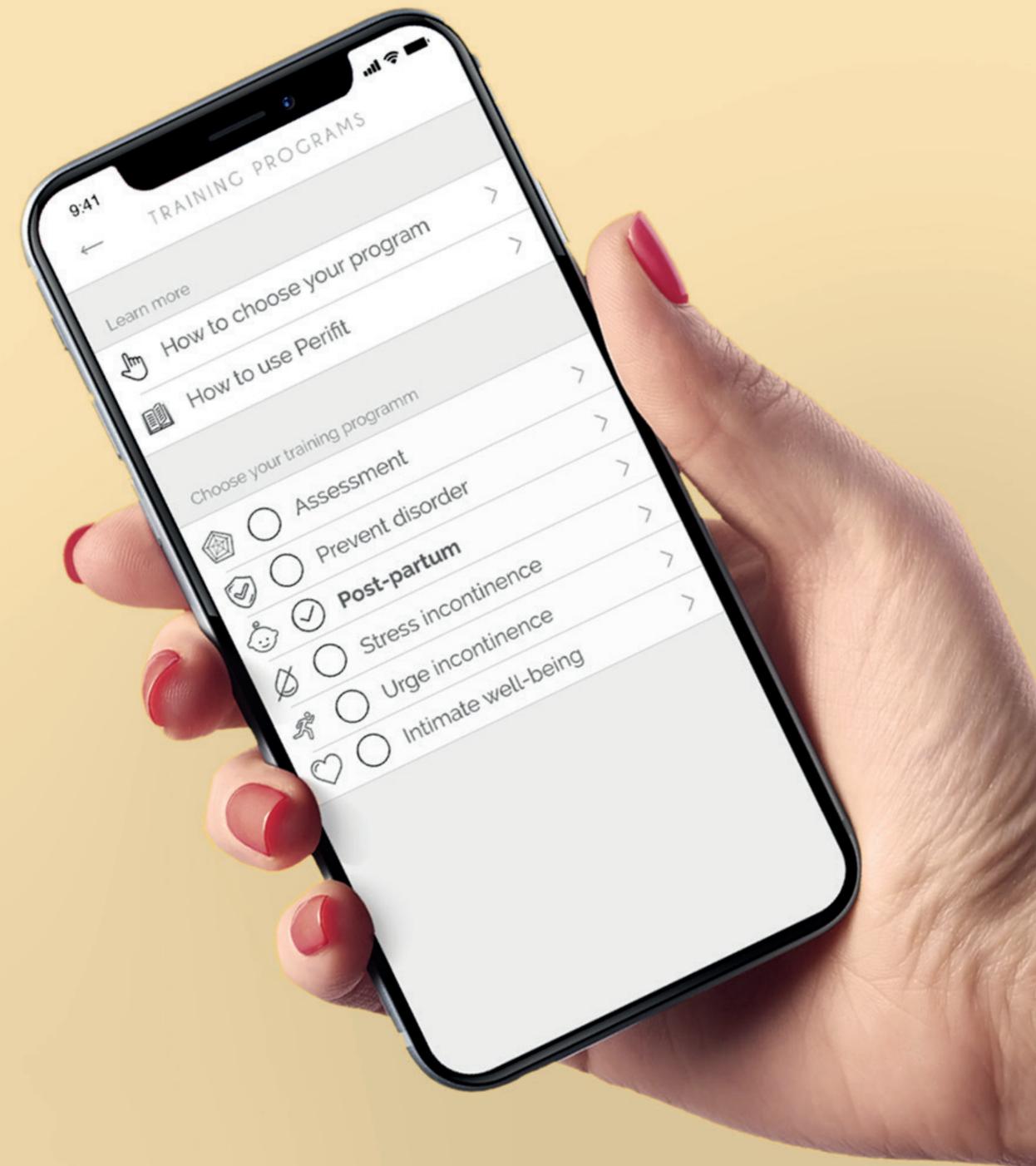
The exercises are suitable for everyone and there are 6 training programs available. This way you can work on stronger pelvic floor muscles at your own pace and level.

Perifit uses proprietary algorithms to assess your personal pelvic floor performance against five key metrics: strength, endurance, frequency, release and accuracy. This allows the virtual coach to train you using a set of custom-designed Kegel exercises for faster improvement.

The free Perifit App is compatible with:

Any iPhone or iPad running iOS 11 or above.

Any Android smartphone and tablet running Android 5 or above.





## Packaging

The Perifit Kegel Exerciser comes in a nice package, together with a comprehensive user manual. In the lid of the box is a Quickstart Guide to make it easy to start exercising right away!

Instructions on where to download the free Perifit App are included.

## No charging needed

You don't have to worry about batteries or lost charging cables: the Perifit has a built-in battery that lasts up to 10 years.



NO BATTERY



PERIFIT



For more information visit [www.perifit.co](http://www.perifit.co)

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For all enquiries please contact our EDC Wholesale sales team.

[sales@edcwholesale.com](mailto:sales@edcwholesale.com)  
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