

VAGINAL TRAINER PERIFIT CARE+ PELVIC FLOOR TRAINER APP CONTROLLED



User manual

CONTROL

- 1) Download an app called PERIFIT from Google Play or the App Store (the app is only in English, but it is completely intuitive).
- 2) Once installed, you will need to create a registration, which is easy and free.
- 3) In the app you will find various articles about pelvic floor, exercises, hints and tips and ultimately lots of features for your own workout.
- 4) You will be surprised by several questionnaires that will create from your answers an exact exercise plan for your need and also a workout program.
- 5) A short press of the "power" button on the base will turn your PERIFIT on and off.
- 6) Once switched on, the green LED will flash.
- 7) Then launch the mobile app and follow its instructions.

MAINTENANCE

After each use, rinse the trainer with lukewarm water and soapy detergent.

You can also use an [erotic cleaner](#), which also helps to remove microscopic dirt.

Simply spray the product, leave it on for about 1 minute and then dry with a towel or cloth that does not leak fibers.

WATERPROOF

The trainer is **water resistant**, so maintenance is very easy.

The trainer can be splashed with water, but you **MUST NOT immerse it in water!**

Waterproof means that you could completely submerge the product in water and enjoy water play.

Due only to the water resistance of the product, this is not possible in this case.

LUBRICATION

Use only [water-based lubricants](#). Other lubricating gels could damage the surface of the aid and it could become sticky.

DRIVE AND CHARGING

The trainer has a built-in disposable battery that lasts up to 10 years of use. The manufacturer provides a five-year warranty on the battery, which means that if the battery runs out within 5 years, you will get a new one from them absolutely free. If the battery goes out of service after five years, they will offer you a new piece at more than 50% off. Just contact the manufacturer through its official website.

STORAGE

Store separately from other erotic aids in a dry and dark place.

PACKAGING CONTENTS

A vaginal trainer.