

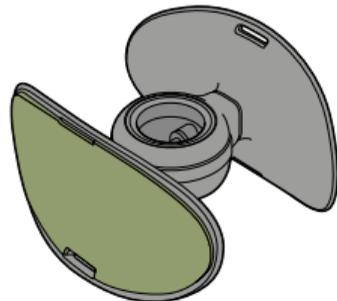


Dear Customer

Your new pelvic floor trainer was developed to exercise deeper-lying muscle groups that tend to be weaker.

The exercises shown here can be performed at home, either alone or with friends. Your pelvic floor trainer offers you intensive resistance training of the inner thigh muscles and supports the training of the pelvic floor muscles by providing resistance to the deeper muscles and enabling you to hold positions more securely. It is also suitable for exercising the arm, chest and finger muscles.

Your Tchibo Team



Pelvic floor trainer

Tchibo GmbH D-22290 Hamburg · 151261AB2X1XVI · 2025-07

www.tchibo.de/instructions



Made exclusively for:
Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany

Product number: 728 292

Safety warnings

Before embarking on the exercises, carefully read all of the following safety warnings and the exercise instructions to avoid accidental injury or damage. Download the instructions for future reference if needed.

If you give the product to someone else to use, refer the person to these instructions.

Intended use

The pelvic floor trainer is designed to strengthen the muscles in the legs and pelvic floor.

The pelvic floor trainer has been designed as sports equipment for domestic use. It is not suitable for commercial use in fitness centres or therapeutic institutions.

Important information

Consult your doctor!

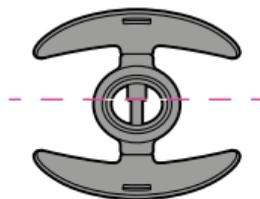
- **Before you start exercising, consult your doctor, especially if you are pregnant, and ask how much exercise is right for you.**
- If you have specific health impairments, such as wearing a pace-maker, have circulation problems, if you suffer from inflammation of the joints or tendons or orthopaedic complaints, you must arrange an exercise programme in accordance with your doctor. Incorrect or excessive exercising can endanger your health!
- Stop exercising immediately and see your doctor if any of the following symptoms occur: nausea, dizziness, excessive shortness of breath or chest pain. You should also stop exercising immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic training!

DANGER to children and persons with physical impairments

- Keep the packaging materials out of the reach of children. They pose several risks, including the risk of suffocation!
- The product is not a toy and, when not in use, must be kept out of the reach of infants. To exclude the risk of injury, infants must not be within range of the product while you exercise. The product is intended for use exclusively by adults or young persons with appropriate physical and mental capabilities. If you allow children to use the product, instruct them on how to use it correctly and supervise their sessions. Parents and other supervising persons should be aware of their responsibility and must allow for the fact that, since children have a natural drive to play and experiment, situations and behaviour may arise for which the product is not suitable. In particular, you should point out to children that the product is not a toy.

DANGER - risk of injury

- Ensure you have enough room to move around while exercising. Ensure that there are no objects protruding into the exercise area. Leave enough space between yourself and other people.
- Always inspect the product before use. If it appears to be damaged, cracked or broken, you should not use it.
- Do not use the product for any other purpose. Do not place anything on it, and do not sit or stand on it.
- Do not compress the product beyond its specified design limits.



A few training recommendations

- Exercise in a warm, quiet place without any distractions.
- Ensure that the room in which you exercise is well ventilated. However, make sure to avoid draughts.
- Wear loose, comfortable clothing. It is best to do the exercises barefoot or in sports socks. Perform the exercises on a yoga mat or similar if necessary. Remove your watch and any other jewellery.
- Wait for 1-2 hours after eating a light meal, and for 3-4 hours after a large meal before starting your exercises.
- Do not exercise if you are tired or unable to concentrate. Drink plenty of fluids before and after exercising.
- Do warm-up exercises before embarking on strength or flexibility exercises. Always finish your exercises with a relaxation period of at least 5 minutes.

- Discontinue the exercises immediately if you begin to feel pain or discomfort beyond normal muscle pain.
- Adapt the exercises to suit your physical condition. If you are not accustomed to physical exercise, take it slowly to begin with. Perform the exercises slowly and deliberately. Exercise 2-5 times a week. Please note: excessive exercising can endanger your health.



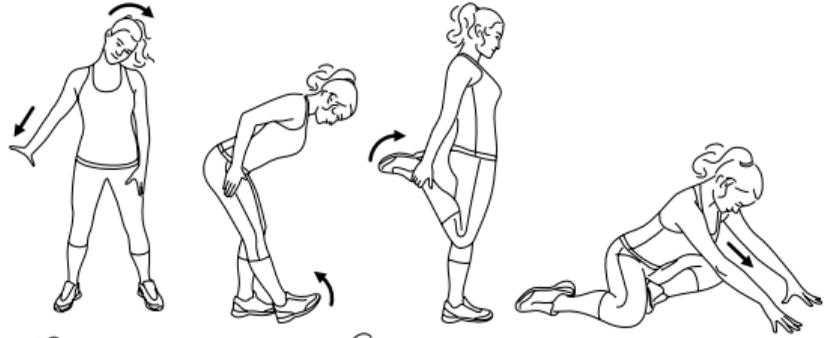
When you do an exercise for the first time, you should perform it in front of a mirror so that you can check your posture.

- Carry out all exercises at an even speed. Do not make any jerking movements.
- Keep on breathing evenly during the exercises. Do not hold your breath!

Before exercising: warming up

Warm up for about 10 minutes before exercising, moving all the following body parts in succession as listed here:

- Tilt your head to the side, to the front and to the back.
- Raise, lower and make circular movements with your shoulders.
- Make circular movements with your arms.
- Move your chest to the front, to the back and to the side.
- Tilt your hips forwards, backwards and swing them to the side.
- Jog on the spot.

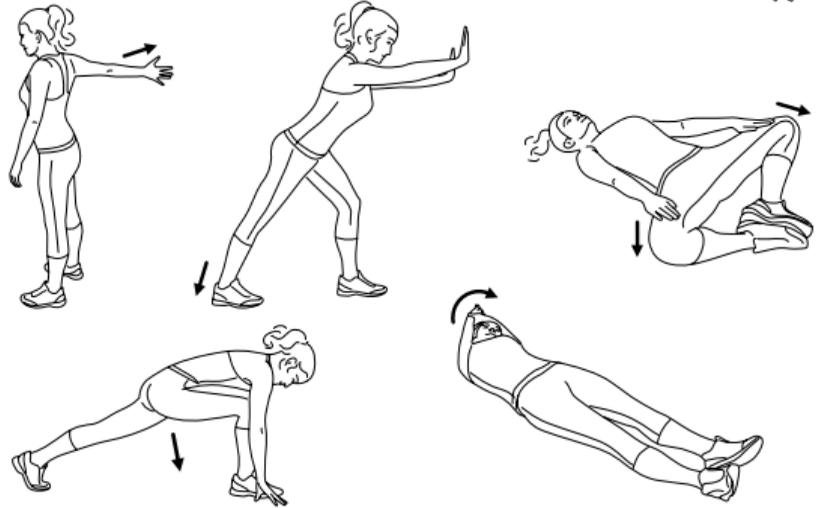


After exercising: stretching

Basic position for all stretching exercises:

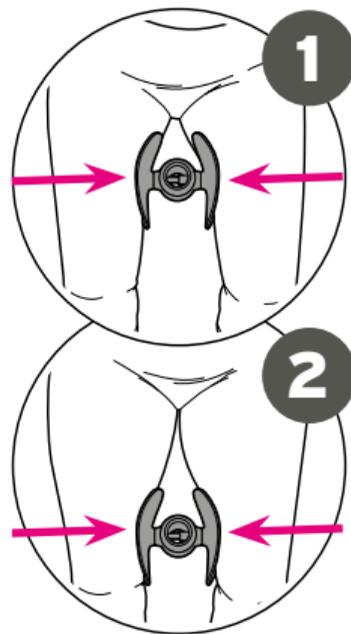
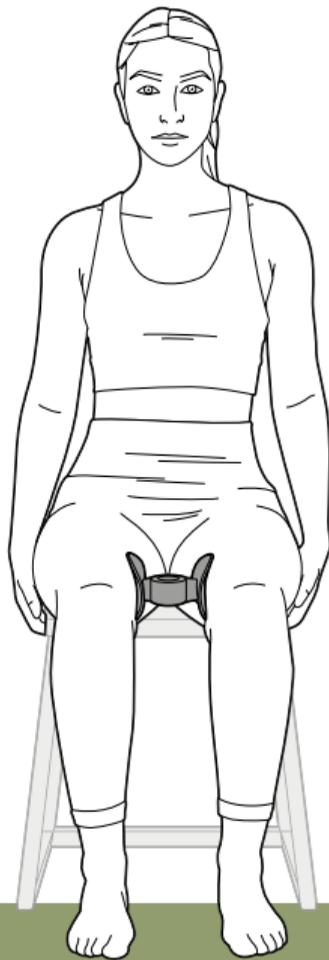
Lift your chest, pull your shoulders down, bend your knees slightly, turn the tips of your feet outwards slightly. Keep your back straight!

Hold the positions in the exercises for about 20-35 seconds each.



Pelvic floor muscles + inner thighs

- Position 1:** Sit upright on a chair with your legs at a 90° angle. Keep your back straight and look straight ahead. Tense your stomach and bottom slightly. Push the pelvic floor trainer up as far as possible between your thighs.
- Position 2:** Slide the pelvic floor trainer to a point just behind the knees. This increases the pressure you exert on the inner thigh muscles.
- Exercise:** While exhaling, squeeze the pelvic floor trainer and tense the pelvic floor muscles. Hold for at least 4 seconds, then relax. Repeat.

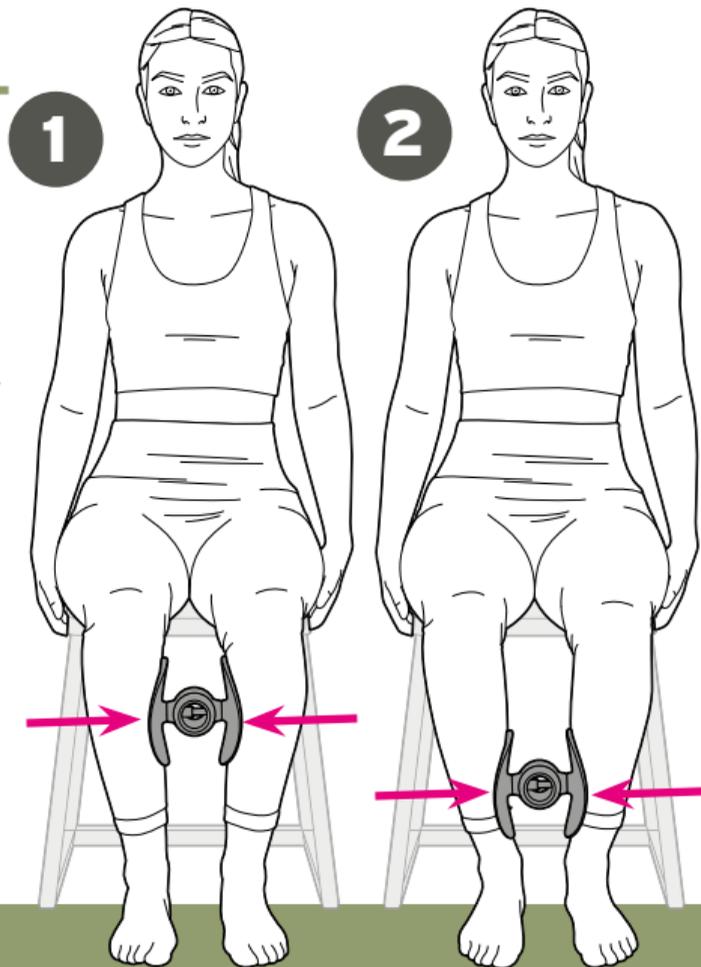


Pelvic floor muscles + inner thighs

Position 1: Sit upright on a chair with your legs at a 90° angle. Keep your back straight and look straight ahead. Tense your stomach and bottom slightly. Clamp the pelvic floor trainer directly under your knees between your lower legs.

Position 2: Slide the pelvic floor trainer to a point just above your ankles. This increases the pressure you exert on the inner lower leg muscles.

Exercise: While exhaling, squeeze the pelvic floor trainer and tense the pelvic floor muscles. Hold for at least 4 seconds, then relax. Repeat.

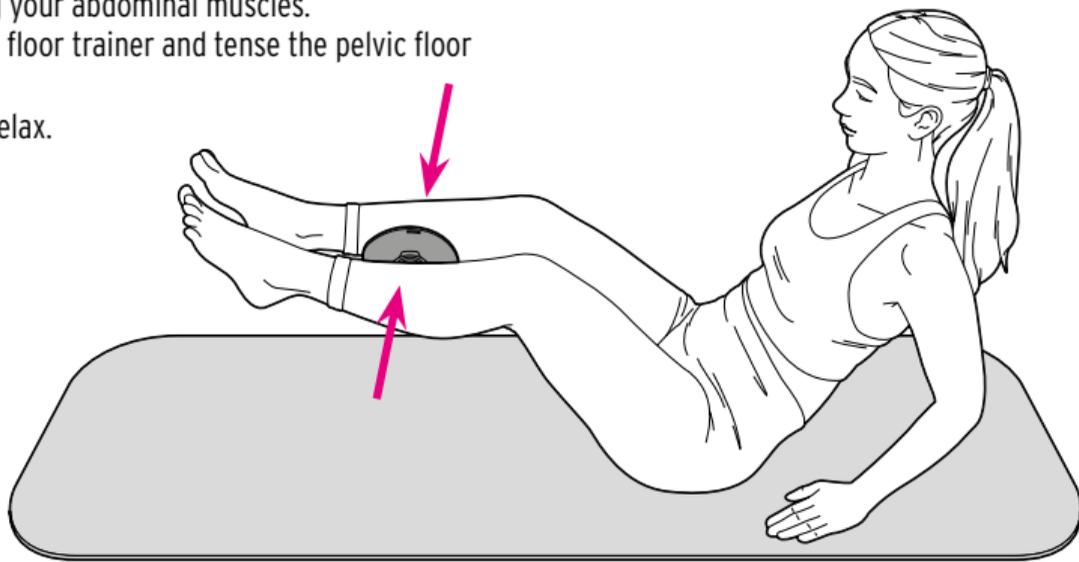


Pelvic floor muscles + inner thighs + abdominal muscles

To intensify the exercises and exercise the abdominal muscles at the same time.

Position: Sit on an exercise mat, back straight, looking straight ahead.
Tense your stomach and bottom slightly. Take your torso weight on your arms. Clamp the pelvic floor trainer between your legs.

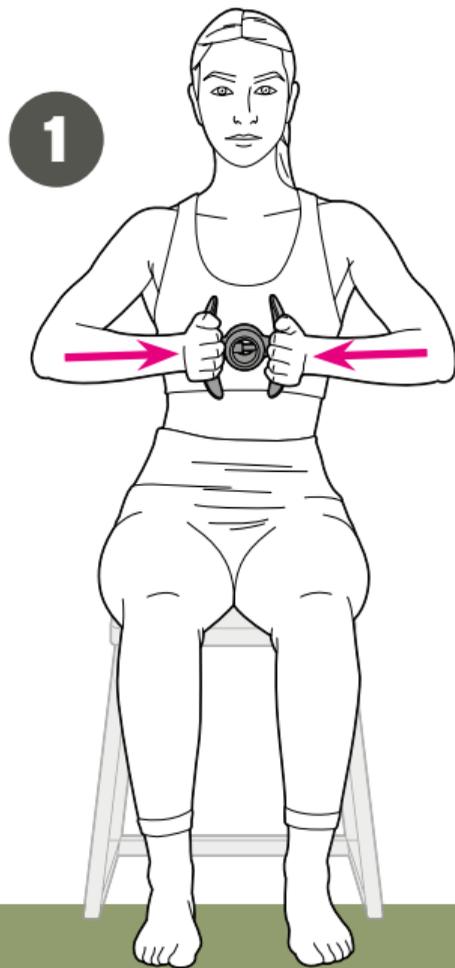
Exercise: Raise your slightly bent legs using your abdominal muscles.
While exhaling, squeeze the pelvic floor trainer and tense the pelvic floor muscles.
Hold for at least 4 seconds, then relax.
Repeat.



Chest and arm muscles

Position 1: Sit upright on a chair with your legs at a 90° angle, hip-width apart. Keep your back straight and look straight ahead. Tense your stomach and bottom slightly. Grasp the pelvic floor trainer with your hands and hold at chest height with your arms bent. Your elbows must point outwards to the sides.

Exercise: Press the pelvic floor trainer together while exhaling. Hold for at least 4 seconds, then relax. Repeat.

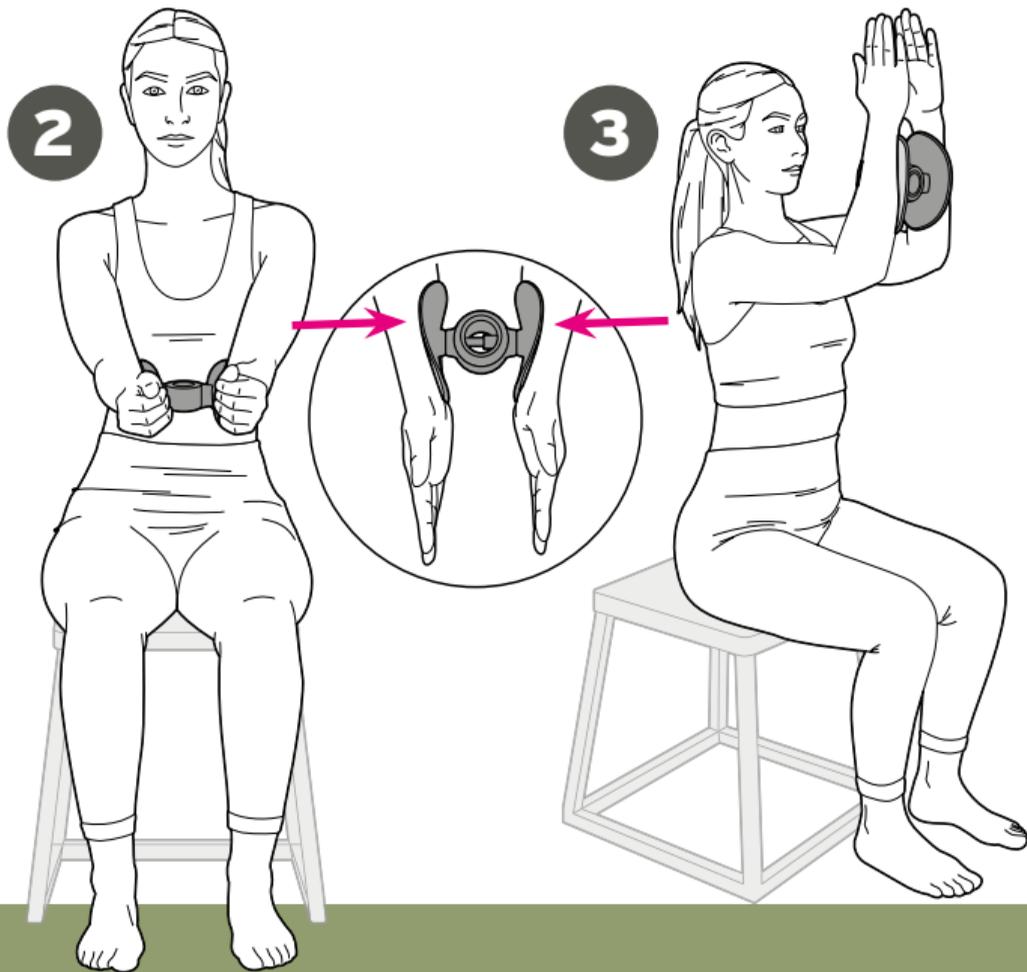


Chest and arm muscles

Position 2: Sit upright on a chair with your legs at a 90° angle, hip-width apart. Keep your back straight and look straight ahead. Tense your stomach and bottom slightly. Clamp the pelvic floor trainer between your forearms. Stretch your arms forwards at chest height.

Position 3: Bend your arms upwards in front of your body at shoulder height.

Exercise: Press the pelvic floor trainer together while exhaling. Hold for at least 4 seconds, then relax. Repeat.

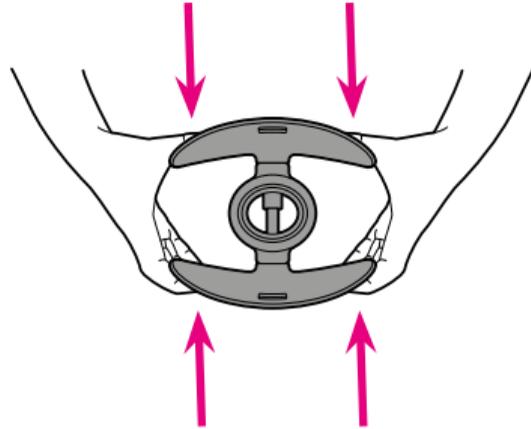


Finger muscles

Position: Grasp the pelvic floor trainer as shown.

Exercise: Press the pelvic floor trainer together while exhaling. Hold for at least 4 seconds, then relax.

Repeat.



Care

The materials of the product are resistant to sweat, but must be cleaned regularly to enable you to maintain a good level of hygiene while training.

▷ If necessary, wipe the product with a damp cloth.

NOTICE - material damage

- Do not use any cleaning agents to clean the product.
- Store the product in a place where it is protected against direct sunlight. Do not expose it to temperatures under -10 °C or over +50 °C. You should also protect it from water, extreme fluctuations in temperature, and high levels of humidity.
- Some varnishes, synthetic substances or floor care products may react adversely with the material of the product and soften it. To avoid unwanted marks on the floor, place a non-slip mat underneath the product if necessary and store it e.g. in a suitable box.



Due to manufacturing processes, there may be a slight odour when you first remove the product from its packaging. However, this is completely harmless.

Leave the product to air well before using it for the first time. The odour will disappear after a short while.