









Usage tips



- Use balls at least 15-30 minutes a day.
- Even during daily activities when you have the balls inside the muscles will be trained. Our body is smart enough, so when the balls are inside the muscles will hold balls naturally, without any special efforts.
- Increase weight from lightest to heaviest.
- To remove the balls out of vagina, relax your muscles and pull the strap.
- When you are trained enough try to hold just the ball inside without the strap.
- Increase the weight.

1.  +  = 58 g / 2.05 oz

2.  +  = 68 g / 2.40 oz

3.  +  = 78 g / 2.75 oz

4.  +  = 90 g / 3.18 oz

5.  +  = 100 g / 3.53 oz

