

# INTIMINA™

## Laselle™ Weighted Exercisers

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USER MANUAL





## Laselle™ Weighted Exercisers

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Thank you for choosing Intimina. Before using your Laselle™ Exercisers, please take a moment to look through this user manual. You can get even more detailed information by visiting [www.intimina.com](http://www.intimina.com)

Laselle™ Exercisers are offered in three different weights that can be used individually or combined to help effectively strengthen your pelvic floor. The exercisers are made of body-safe, phthalate-free silicone and provide you with an object to flex your muscles around, which ensures that you use the correct technique.

## Getting started

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Creating a tailored pelvic floor strengthening routine is easy to do. Select an exerciser or exerciser combination that you find comfortable.

Please visit [www.intimina.com](http://www.intimina.com) to download the complete Laselle™ Exercise Guide—a step-by-step guide on how to perform your pelvic floor exercises, personalize your training, progress to higher weights, and find the workout rhythm that's right for you.



28 g / 1 oz  
Light Resistance



38 g / 1.3 oz  
Moderate Resistance



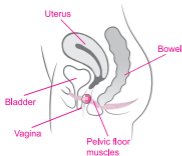
48 g / 1.7 oz  
Higher Resistance

## How to insert and position

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Keeping the retraction cord outside the body, insert the exerciser(s) into the vagina with a firm but gentle push, using some water-based lubricant for added comfort.



The exerciser(s) should be positioned about 2 cm / 1 in. inside the vagina.

## How to use

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- 1 Contract your vaginal muscles around the ball(s).
- 2 Draw upward and hold in place for 2-10 seconds.
- 3 Relax your muscles so the ball(s) returns to the starting position and repeat.

To remove the exerciser(s), relax your vaginal muscles, grip the retraction cord and slowly but firmly pull the cord. If the exerciser does not come out easily, try sitting or lying down, then relax your body, and repeat the removal instructions.

The daily use of Laselle™ Exercisers should not exceed 60 minutes. If you experience any discomfort, remove the exerciser(s) immediately. If discomfort continues to occur, consult your health care provider.

Please visit [www.intimina.com](http://www.intimina.com) to download the complete Laselle™ Exercise Guide.

## How to link multiple exercisers

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For a more challenging workout, you can combine Laselle™ Exercisers to add resistance and increase the area to squeeze around.

- 1 Thread the retraction cord of the leading ball through the outer ring of the other ball.
- 2 Pass the leading ball back through the resulting loop.
- 3 Pull tightly to make sure the balls are linked securely.



## Cleaning, storage and safety

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The lifespan of your exerciser(s) will be greatly increased with proper maintenance and care.

Always wash your exerciser(s) before and after each use. You can choose to wash with antibacterial soap and wipe clean with a lint-free cloth or use purpose-made products such as our Intimate Accessory Cleaner. Never use cleansers containing alcohol, petroleum or acetone as they may interfere with your body's natural balance and damage the silicone of the exerciser.

We recommend that you use a water-based lubricant such as Intimina's Feminine Moisturizer. Avoid using a silicone-based lubricant as this could make the silicone of the exerciser permanently sticky.

For hygienic storage, keep your exercisers in the provided pouch.



### **Additionally we recommend the following:**

- Do not try to open the balls as they are sealed for your safety
- Do not scrub with rough or scouring materials
- Do not store in direct sunlight
- Do not expose to extreme heat or boil
- Consult your physician before using if you have an implanted device or have had surgery on your intimate areas
- To avoid spreading infection, do not share your exercisers
- Stop using if you experience discomfort
- Keep out of the reach of children
- Do not use if damaged in any way—if you have concerns contact **customercare@intimina.com**

**IMPORTANT: If you have confirmed you are pregnant or have given birth within the past 12 months, always consult your health care provider before continuing your exercise routine.**

If you have any further questions or concerns and wish to find out more information about Intimina products, please visit [www.intimina.com](http://www.intimina.com) or send an email directly to [customercare@intimina.com](mailto:customercare@intimina.com)

**Disclaimer:** Users of this Intimina product do so at their own risk. Neither Intimina nor its retailers assume any responsibility or liability for the use of this product. Further, Intimina reserves the right to revise this publication and to make changes from time to time in the contents hereof without obligation to notify any person of such revision or changes.

**Model may be changed for improvements without notice.**

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Country of origin: China



[www.intimina.com](http://www.intimina.com)