

# Hello from Kegelbell!

Kegelbell is the result of many years of collaboration between former philosophy professor Dr. Stephanie Schull, who came up with the idea, and me, Dr. Jörg Knyrim, who developed the product.

I met Steph, whose letter to you can be found on the next page, by chance at a trade fair in 2016. She told me about her idea and story and I was enthusiastic about her concept from the very first moment. I immediately made it my mission to develop this product. Without further ado, we founded Kegelbell, worked on it for three years and have now been on the market in the USA for about four years.

Now I want to finally make this fantastic product known in Europe and bring the important topic of pelvic floor health out of the taboo zone, and thus help as many women as possible.

Kind regards  
Dr. Jörg Knyrim  
CTO Kegelbell  
CEO Kegelbell Europe

# Letter from Stephanie Schull, PhD

Kegelbell was created as an answer to a deeply personal point in my life. My mother, like millions of other women, underwent pelvic mesh surgery to address her bladder leakage and bladder prolapse. Sadly, she's one of the 5% with complications and will have chronic pain for the rest of her life.

When I learned about the surgery, I needed to understand how this could have happened. What had led her here? I was a Philosophy professor at the time, so I dove into the research to find answers.

I was overwhelmed by what I discovered.

75% of women suffer from weak pelvic floor muscles. These muscles are responsible for supporting the bladder, uterus, and vagina. They weaken over time from having children, high-impact sports, menopause and just doing the normal stuff we do in life. This weakening in the muscles results in bladder leakage, pelvic organ prolapse (POP), sexual dysfunction and many other symptoms.

If women make up 50% of the population, why are we not supporting them with safe, effective and natural solutions to strengthen these muscles? Why are women just accepting weak pelvic floor muscles as part of life? How can we expect women to get into the boardroom if we can't even get them out of the bathroom?

There had to be a safe, natural and efficient way for women to strengthen these muscles.

And so, Kegelbell was born.

We're on a mission to connect women with their inner power and give them their swagger back. It's time for more laughing, jumping, exercising, confidence, dancing, running, sex and all the other things that make life worth living.

We need to take care of ourselves so we can live fully and not just get by.

Here's to no more missing out, and to lifting where it counts. We're so excited that you're here.

Cheers,  
Stephanie Schull, PhD  
Inventor & Founder



# The Unboxing

## What you get with Kegelbell



After a customer orders their Kegelbell, they'll receive a stylish yellow box with our logo (and some inspiration!) on it. When they open the box, they'll receive everything they need to get started.



### 2 Inserts

The two inserts are different sizes to ensure the best possible experience. The inserts are made of medical grade silicone and can easily be washed with soap and water.



### 3 Stackable Weights

The three interchangeable weights weigh 30g, 60g, 120g. The interchangeable weights allow for incremental strength building.



### Discrete Storage Bag

We provide a sheer bag that can hold all of the Kegelbell accessories and can be easily stored in your bathroom!



### Instruction Booklet

Quickly become familiar with how to use your Kegelbell with our instruction booklet that walks through the different pieces included and how to get started with your first workout.



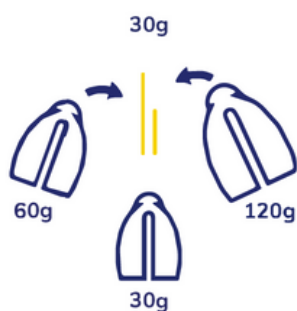
# The Kegelbell Levels

Kegelbell was made with you in mind, which is why the starter kit comes with 8 different combinations and two different sizes inserts. The larger insert is great for getting started, and the smaller insert is for those more advanced in their workouts. This means a variety of workouts to gradually build muscle in 30 g increments!

In just two weeks, you'll start to see some incredible results from just three five-minute workouts a weekly. It's a choose your own adventure experience, and you're in control!

## How much weight will I lift with Kegelbell?

During your first workout (which we cover in the next section), you'll discover your starting weight using the large insert. Once you have your starting weight, you'll work through the following levels.



- Level 1** Insert (30g)
- Level 2** Insert + A (60g)
- Level 3** Insert + B (90g)
- Level 4** Insert + A + B (120g)
- Level 5** Insert + C (150g)
- Level 6** Insert + A + C (180g)
- Level 7** Insert + B+C (210g)
- Level 8** Insert + A + B + C (240g)

If you're looking for more of a challenge, use the smaller insert and apply more lube when inserting Kegelbell. Once you reach Level 8 with both the big and the big insert, it's time for our extension kit!



## How often should you use Kegelbell?

This totally depends on your workout goals. You should plan to use Kegelbell anywhere from one to five times a week. The three basic stages of muscle building are:



### **Steady Muscle Building:**

3 workouts per week for 5 minutes each

### **Fast Muscle Building:**

5 workouts per week for 5-10 minutes each

### **Maintain Muscle:**

1 workout per week for 5-10 minutes

Many women will also start in the Steady Muscle Building plan, and then after a few weeks, reduce the workout regimen to the Muscle Maintenance plan. It's important to keep in mind that this process, as with any other workout, has a learning curve!

## How long is this going to take?

Most individuals see results in just two weeks! That's why we stand by our two-week challenge. In general, it can take up to 12 weeks (3 months) to build new muscle fibers and thicken the muscles. Depending on your initial strength, it can take longer (5+ months) to see significant results. Wherever you are in the process, you can do this! We believe in you.



# Rules for Your Best Kegel Ever

One of the reasons we created Kegelbell is because doing kegels correctly is *hard*. What are you squeezing? How should it feel? How often should you do them? If you've ever asked those questions, you're not alone. Individuals should be doing 100 minutes of traditional kegels a week. But with Kegelbell you reduce time kegeling to just 5 minutes, 3 times a week with weight enhanced Super-Kegels. Here are a few rules to keep in mind to ensure you're safely and effectively kegeling!

## Follow these rules for safe and effective kegeling:

- 1** Wash your hands and the insert bulb before each use. Being sure to rinse off all the soap!
- 2** A pelvic floor muscle contraction is very subtle! If you are feeling big movements, you are likely also using your leg muscles to assist your contraction instead of focusing on building your pelvic floor muscle strength and control.
- 3** There should never be a sense of bearing down or pushing out when performing a kegel.
- 4** If the buttock or lower leg muscles are tightening, the pelvic floor muscles might be too weak and the brain is trying to help out by engaging other muscles. If this happens, focus on just tightening the pelvic floor muscles before any other muscles engage.
- 5** Awareness of the pelvic floor muscles is learned, just like any other muscle building. It may take some time to gain a good awareness of what the muscles are doing.
- 6** If you find yourself getting aroused, that is great, those muscles are the ones that engage during intercourse, so it is perfectly reasonable it could generate an arousal response. Our recommendation is to welcome the connection and bring that awareness into your intimate life.
- 7** Exercises should be performed until muscle fatigue occurs, just like with weight lifting. As the muscle fatigues during exercise, the sensation of the contraction can become less. This can be a frustration for some individuals, but don't give up!
- 8** It's common for individuals to experience increased symptoms (i.e. incontinence or prolapse sensation/discomfort) after beginning a consistent exercise program. This can be due to fatiguing the muscles during the exercises. This will quickly subside as the muscles become stronger.
- 9** Pelvic floor muscle exercises need to be maintained with weekly workouts. Like any exercise program, without proper maintenance, the muscles can become weak.
- 10** Stop using if you feel pain while using Kegelbell and consult your doctor.



# Should you consult a doctor before using Kegelbell?



Kegelbell is a very safe and effective exercise program for almost all women. Be sure to talk to your doctor before starting a Kegelbell routine if you qualify for any of the below.



If you are pregnant or have given birth less than six weeks ago



If you have 3rd or 4th degree Pelvic Organ Prolapse (POP)



If you have had pelvic surgery in the last three months



If you have an IUD or any other surgically implanted device, consult with your physician before using Kegelbell.



If you have an active vaginal infection



If you feel pain while using Kegelbell

If you ever have a question about how to use Kegelbell, feel free to contact us at [hallo@kegelbell.de](mailto:hallo@kegelbell.de).



# Your First Workout:

## Getting Started with Kegelbell

Are you ready to take back control of your body? You're just two weeks away from seeing the incredible results and being on the path to your strongest pelvic floor muscles ever. Follow these nine steps to familiarize yourself with Kegelbell, find your starting weight and be well on your way!



### Step 1:

#### **Familiarize yourself with your Kegelbell.**

Select one of the two inserts to start. The smaller one will be more difficult, but it's important to pick whichever one is most comfortable to get started. Don't worry about the weights for now. Then pick a time when you have 5-7 minutes to yourself, like before or in the shower.



### Step 2:

#### **Wash your hands and the Kegelbell insert with soap and water.**

We recommend keeping the insert somewhat wet after washing to allow for easier insertion. Apply a couple drops of lube to make insertion even easier.



### Step 3:

#### **Stand with your knees slightly bent and legs hip distance apart.**

If you're trying this for the first time outside of the shower, put a towel down underneath you. It's very common for it to fall out during workouts, so the towel keeps your Kegelbell clean.



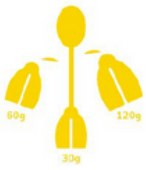
### Step 4:

#### **Insert the bulb like you would a tampon with the cord hanging between your legs.**

First try to hold the smaller bulb for 10 seconds while standing. If it falls out, try the larger bulb for 10 seconds. If the larger bulb falls out within 10 seconds, refer to the laying down series.







### Step 5:

#### Discover your starting weight.

If you can hold the small insert for 10 seconds without it falling out, begin to add on the external weights to incrementally increase the weight. Hold each weight for 10 seconds. If the weight falls out during the 10 seconds, that's your starting weight. Incremental weight additions looks like: A, B, A+B, C, A+C, A+B, A+B+C



### Step 6:

#### For your first full workout, try to squeeze for 10 seconds and then relax for 20 seconds.

The squeeze will start with the muscles around your anus and then move up through the vagina. While the muscles reflexively do the work, try to connect your mind to your body and feel the muscles pulling up and in.



### Step 7:

#### Remove Kegelbell for the 20 seconds and reinsert for the alternating 10 seconds.

Remember to breathe throughout the process. Relaxing is just as important as flexing in the muscle building process. Alternate the squeezing and relaxing for 5 minutes. You can do more, but no need to overdo it!



### Step 8:

#### Keep your Kegelbell nice and clean.

Once you're done using Kegelbell, rinse it off with warm water and soap, pat dry and then store in your storage bag or hanging in your shower.



### Step 9:

#### Keep on lifting where it counts!

As you can hold the weight longer than 10 seconds, count how long you can hold it and then relax for double the count up to 5 minutes. Once you can hold the weight for over a minute, it's time to increase your weight! Refer to the advanced workout series for recommendations.



# Laying Down Series

We love this Kegelbell exercise modification for many reasons. If you're not currently able to hold the bulb in for 10 seconds while standing, this is a great way to get started with your Kegelbell routine. This is also a good option for people who want to experiment with variable resistance or partner exercises.



## Step 1:

**Wash your hands and the larger Kegelbell insert with soap and water.**

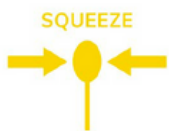
We recommend keeping the insert somewhat wet after washing to allow for easier insertion. Apply a couple drops of lube to make insertion even easier.



## Step 2:

**Insert the bulb like you would a tampon with the cord laying between your legs.**

Begin by gently pulling on the cord while trying to resist the bulb slipping out by contracting your muscles around it. Continue pulling all the way until the bulb falls out.



## Step 3:

**After the bulb falls out, relax for twice the amount of time you were squeezing.**

The squeeze will start with the muscles around your anus and then move up through the vagina. While the muscles reflexively do the work, try to connect your mind to your body and feel the muscles pulling up and in.

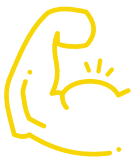


## Step 4:

**Continue the following cycle for 5 minutes: Insert, Pull, Resist, Pull Out, Rest, Repeat.**

Remember to breathe throughout the process. Time relaxing and releasing all tension in the muscles between contractions is just as important as flexing in the muscle building process.





### **Step 5:**

**Over time, you will notice that you'll be pulling harder and your resistance will be stronger.**

Once you notice that, it'll be time to try the standing series again with the large bulb.



### **Step 6:**

**Keep your Kegelbell nice and clean.**

Once you're done using Kegelbell, rinse it off with warm water and soap, pat dry and then store in your storage bag or hanging in your shower.



# Benefits of Kegelbell

Kegelbell women who do five minute workouts at least three times a week will see results in as little as two weeks. The results vary for every woman, but range from general tightness, increased lubrication, stronger orgasms and many more.



## **Benefit #1:**

Toned entrance and walls of the vagina



## **Benefit #2:**

Improved lubrication when aroused, and reduction in the need for supplemental lubes



## **Benefit #3:**

Tighter squeeze during intercourse resulting in more sensation for you and your partner



## **Benefit #4:**

Enhanced orgasm in the form of greater frequency, length, intensity and ability to achieve in a greater number of positions



## **Benefit #5:**

Improved bladder control resulting in fewer leaks or accidents, empty bladder fully on command, improved fecal and gas control and easing in constipation



## **Benefit #6:**

Less frequent accidents when sneezing, coughing, jumping, laughing, exercising, dancing



## **Benefit #7:**

Improved muscle toning, better holding pelvic organs in place, reducing the bulging feeling as a result of Pelvic Organ Prolapse (POP)



## **Benefit #8:**

Increased confidence, well-being and feminine sexuality from improved boliday control

Individual results may vary. We would love to hear from you about the results you're experiencing. Email us at [hallo@kegelbell.de](mailto:hallo@kegelbell.de)



# Maximize Your Kegelbell Workouts

Building your pelvic floor muscle is just like any other muscle building: variety is key. It's important to vary the weight, squeeze time and resistance to continually build muscle. Here are a few different ways to maximize your Kegelbell kit, and make sure that your day-to-day workouts don't get boring!

## **Pro Tip #1:**

### **Change the large insert for the smaller one.**

The larger insert gives your body more to hold onto. By using the smaller insert, your muscles have to work harder to keep the bulb in with equal weight. You'll notice when you switch to the smaller insert that you'll be able to hold less weight than before.

## **Pro Tip #2: Use lube... Generously!**

When lube is applied before insertion, it makes your muscles have to work harder to maintain a grip on the insert. By using lots of lube early on, you'll make the most of each workout.

## **Pro Tip #3:**

### **Incrementally increase your weight.**

The three weights, A, B and C, combine to allow you to gradually build from 30 grams to 250 grams in 30g increments. For those who are really ready to take the next step, we have an extension kit that adds another 250g!

## **Pro Tip #4:**

### **When you can hold a weight for over a minute, it's time to up the ante.**

Once your muscles can hold the insert for at least a minute, that means you're ready to take your muscle building to the next level.



**Pro Tip #5:**  
**Visualization techniques can help you achieve greater overall squeeze.**

- Stopping your urine flow
- Holding gas in
- Squeezing 'sits bones' together
- Pulling your tailbone to your pubic bone
- Lifting the perineum off the chair
- Pulling a tampon back into place
- Imagine your muscles as an elevator (closing the openings and lifting the entire floor)
- Picture your vagina as a drawstring bag. Take a deep breath in. When exhaling, squeeze the muscles like you're trying to close the bag with the drawstring. When you're inhaling, picture yourself opening the bag.
- Imagine the bottom of your vagina has a milkshake with a straw. When exhaling, squeeze the muscle like you are sucking on the straw to get the milkshake. Put attention on the lifting sensation. When inhaling, let the suction go so the milkshake goes back into the cup. Each time you do this, you want to go a little higher.

**Pro Tip #6:**  
**Be adventurous with your workouts.**

Whether you're traveling or trying out a partner exercise, try tugging at the cord gently while resisting it slipping out. Vary the tugging strength and resistance. Enjoy a new challenge but also discover the connection between your pulling and ability to hold the bulb in.

**Pro Tip #7:**  
**Work those 'fast-twitch' muscles.**

To strengthen your ability to squeeze and release quickly, add a fast-twitch minute to your five-minute workout regimen. Alternate between tightening your pelvic floor muscles for 1-2 seconds then relaxing for 1-2 seconds. Also try quick fluttery pulses. It's that easy!



### **Pro Tip #8:**

#### **Try the compass exercises to elevate your muscle control.**

Imagine four sides of your vaginal canal comprised of muscles left-right-forward-back. Then try to isolate each quadrant for the entrance, midpoint, and endpoint of the vaginal canal.

- Hold the insert at the entrance of the vagina and use your muscles to pull the insert up and into your body.
- Practice pulling it in and then pushing it out to feel how the different muscles engaged.
- Insert it high near your cervix and practice squeezing left and then right then forward then back.
- Place it midway in the vaginal canal and practice squeezing left than right then back and forward.
- Place it near the entrance of the vagina and practice squeezing left than right then forward and back.

### **Pro Tip #9:**

#### **Shake, rattle, and roll!**

Have fun while giving yourself a little more of a challenging workout by moving your hips and bouncing your knees a bit to get the weights swinging or bouncing. It is fun and stimulating too! All the different angles and forces will challenge your muscles that much more = great results!



# Frequently Asked Questions

## 1. Why Kegelbell

Doing kegels correctly can be difficult, and doing them enough is even more difficult. Kegelbell takes the guesswork out of kegels, and cuts the time down from 100 minutes a week to 5 minutes, 3 times a week.

## 2. How is Kegelbell different from kegel balls or Jade Eggs?

Kegel balls and jade eggs are limited to the weight inside the body, which makes them too bulky and too light to be effective. All of them are made of unhealthy materials and have dangerous instructions to wear them for hours! (Yikes!) Not only that, but they tend to be porous, which makes them hard to clean, creating an unhygienic situation and not made of high quality material.

## 3. What is Kegelbell made of, and is it safe?

Safety was our number one priority. That's why the insert is made from a medical grade silicone and the external weights are silicone overlay on zinc alloy. We have tested our product extensively at labs and continually monitor through our robust quality assurance program.

## 4. Should I walk around with Kegelbell in?

No. Kegelbell was designed to be used while you're in the shower or during other private moments. You only need to use it for 5 minutes during a workout to see the full benefits, so no need to walk around or wear it for extended amount of time.

## 5. Does the whole thing go inside my vagina?

No. Only the bulb insert, which is about the 2" x 1" goes inside your body. The string hangs outside of your body with the weights attached. We designed Kegelbell with you in mind, which is why we made the most comfortable, effective and non-invasion solution to kegels yet.

## 6. When will I see results?

If using Kegelbell 5 minutes, 3x a week, we expect you'll see results in as little as 2 weeks. That's why we have our 2-week challenge and a money-back guarantee if you're not happy with the results!

For more frequently asked questions, visit our website at <https://shop.kegelbell.de/pages/funktionsweise> or email us at [hallo@kegelbell.de](mailto:hallo@kegelbell.de).





# Kegelbell Progress Tracker

DATE	WEIGHT	WORKOUT	TIME	NOTES

