

Your PelviWeights have been designed for active weight training in combination with your choice of vaginal balls.

As with any exercise program, you should consult your doctor or physiotherapist before embarking on a new exercise programme to ensure it is suitable for you, and seek their advice if you become concerned at any stage about your symptoms.

PelviWeight instructions are based on the Position Stand on Progression Models in Resistance Training for Healthy Adults (American College of Sports Medicine 2002).

You should read these instructions carefully and be sure that you understand them completely before beginning your exercise program.

Active Strengthening Principles

Muscles that you can move voluntarily can be trained through active exercise and this includes your pelvic floor muscles. External weights can be used as part of a strength training program for your pelvic floor muscles. The goal of strength training is to promote a stronger, thicker and firmer pelvic floor muscle support.

Active Training Guidelines

- For the first one to two weeks, start with a weighted product that features a loop outside the body (eg Smartballs or Luna Beads) and that you can confidently hold in your vagina. If you are not yet confident that you can hold your vaginal device, follow the manufacturer's instructions for exercising until you are.
- Squeeze the muscles around your pelvic openings (urethra, vagina and anus) and lift the weight inside
- Keep squeezing and lifting the vaginal balls using your pelvic floor muscles for as long as you can, ideally between 3-10 seconds
- Breathe normally as you lift your balls and avoid holding your breath at any time during this exercise
- Relax your pelvic floor muscles completely to lower the weight back to your starting position
- Repeat this action up to 8-12 times, resting briefly between each attempt. This is ONE SET of exercise
- Rest for 2-3 minutes before commencing your next set of exercise
- Try to perform 3 sets of exercise on the same day using your vaginal balls
- Perform your weighted pelvic floor muscle exercises 2-3 days per week, ideally on alternate days ensuring a rest day from your weights between training days.

Progressing Training

When you have mastered the correct technique, you can then challenge your pelvic floor muscles to work harder.

Applying the active training guidelines described, you can lift an increasingly heavier weight by introducing components of your PelviWeights progressively and slowly over a period of weeks or months.

- Initially, hook only the empty stainless steel bolt (14g) to the loop of your vaginal balls
- As you progress, add the stainless steel nut to the bolt (making a total of 30g)
- Add one gemstone weight
- Add a second gemstone weight
- Add a third gemstone weight
- Add a fourth gemstone weight
- Add a fifth gemstone weight

The weight progressions available to you will depend on which set of PelviWeights you are using, as specified on the label of your PelviWeights packaging.

WARNING:

Always assemble your chosen Pelvi-Weight combination before hooking the PelviWeights to the loop of your vaginal balls.

Adopt positions that are comfortable for you when you use your PelviWeights. PelviWeights rely on gravity to provide resistance for your exercises. Therefore you must be upright, so that your muscles are working to "lift" the PelviWeights against the pull of gravity.

Some women may prefer to stand with legs slightly apart. Others may prefer to bend one leg at the knee and lift it, by placing that foot on a step.

Try to vary your postures over the course of your exercise program.

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With your chosen weight combination hooked to the loop of your vaginal balls, and in your chosen position, use your pelvic floor muscles to lift your weights, following the instructions in the Active Training Guidelines to the left.

Exercise in front of a mirror and you may see your PelviWeights "lift" when you exercise, providing visual feedback that you are contracting your muscles effectively

When resting between sets, ensure that you relieve your pelvic floor muscles of the weight of the PelviWeights by either

- taking the weight of the PelviWeights in the hand while you rest or
- unhooking the PelviWeights

Aim to exercise at the same weight level for 1-2 weeks before adding additional weight.

Research shows that at least three months of regular exercise is necessary to strengthen the pelvic floor muscles. Once you can easily achieve the number of repetitions in the Active Training Guidelines, with your maximum weights in place, you can:

- maintain your strength by exercising at the same level one or twice per week or
- consider using heavier PelviWeights if available to progress further.

Monitoring your response

• Monitor your body's response to increasing the load. You may find you need to vary the size of your weight, the number of repetitions and the length of your rest according to how your pelvic floor responds to your training session.

• You should not experience pelvic floor pain or discomfort at any time during or after your exercise session.

• If you are unsure about how to actively strengthen using vaginal weights or monitor your response to training, be sure to seek professional advice.

WARNING:

* PelviWeights should only be used for active weight training (see instructions overleaf). Be sure that you have read and understood this leaflet thoroughly before embarking on an exercise program with PelviWeights.

* Take care not to drop your PelviWeights. Dropping PelviWeights can cause gemstones to break and can cause injury.

* PelviWeights should never be adjusted or assembled whilst hooked to the loop of a vaginal device. PelviWeights should be hooked to a loop only once the selected weight combination is fully assembled.

* As with any exercise program, you should consult your doctor or physiotherapist before embarking on a new exercise programme to ensure it is suitable for you, and seek their advice if you become concerned at any stage about your symptoms.

ABOUT PELVIWEIGHTS

* PelviWeights are assembled in Australia from premium quality 316 non-corrosive stainless steel and machined gemstones. Because gemstones are natural products, some weight variation is inevitable but weights are generally accurate within 10% each way, and the overall weight of the set is accurate within 5% each way.

* PelviWeights use natural gemstone weights. Because these are natural products, some colour variation is inevitable and should be considered part of the natural beauty of the gemstone.

* All PelviWeight components can be safely washed in soap and water, and should be washed before first use.

ARE PELVIWEIGHTS RIGHT FOR YOU?

* PelviWeights may not be suitable for women with a prolapse, as the prolapse may preclude accurate positioning of the vaginal balls to which the weights attach. Smartballs Teneo Uno claim to be useable by women with a prolapse but we advise that women make this decision for themselves, in consultation with their health care provider.

* No product should be used in the vagina during menstruation. Manufacturers of all vaginal devices advise against their use in pregnancy.

* Women who are uncertain about using a pelvic floor exercise product or who experience any difficulty in doing so, are advised to discuss their specific needs with a health professional.

* As with any exercise program, you should consult your doctor or physiotherapist before embarking on a new exercise programme to ensure it is suitable for you, and seek their advice if you become concerned at any stage about your symptoms.

PELVIWEIGHT PRINCIPLES:

PelviWeights are designed to utilise the force of gravity to provide progressive resistance while you exercise your pelvic floor muscles.

They cannot be used alone, but are designed to be combined with any vaginal balls or weights device that features a loop outside the body.

The assembled PelviWeights are hung from the loop of the vaginal device. The guidelines overleaf describe how to exercise with the PelviWeights.

PelviWeights are generally available in 2 popular weight combinations:

Each weight combination includes:

- * Stainless steel rod weighing 14g
- * Stainless steel eye bolt weighing 16g
- * Plastic hook
- * Velvetene bag
- * Instructions
- * 5 gemstone weights of either Red Jasper or Pink Rhodonite.

Additional weight combinations may be available from time to time, depending upon gemstone supply.

PelviWeights for active pelvic floor muscle weight training



Progressive external weights for use with your choice of vaginal balls

Featuring premium quality 316 stainless steel and natural gemstone weights