

Welcome,

As one of the first to receive our newly launched YoniFlex Men's pelvic floor trainer, I would like to thank you for your purchase. We are excited to take on this challenge, as so many men suffer in silence with pelvic floor related issues.

The YoniFlex trainer can support men in the following ways:

- Reduce or eliminate bladder leakage
- Improve bladder function
- Improve urine speed and flow
- Reduce Urine dribbling
- Speed up healing after prostate surgery
- Increase blood flow to the genitals
- Improve sensual sensations
- Improve erections
- Improve orgasms and ejaculation control
- Reduce or eliminate bowel incontinence
- Reduce bowel prolapse

What is included with the YoniFlex Men's pelvic floor trainer?

- ☐ 1x YoniFlex Pelvic Floor Trainer
- ☐ 1x Cleo Rectal Probe
- ☐ 2x probe wires
- ☐ 4x Sets of YoniFlex pelvic pads
- ☐ 1x Instruction booklet
- ☐ 1x 9v battery
- ☐ 1x satchel

How to use the YoniFlex men's pelvic floor trainer:

There are two options to use the YoniFlex trainer:

1. Anal Probe
2. Pelvic Pads
3. Both probe and pelvic pads

Cleo Probe:

The Cleo probe comes with your YoniFlex men's trainer. It is a slim anal probe, made out of a single mold, reducing any discomfort from seams. It can be adjusted in depth, if you find the stimulation too deep, or too shallow, you can twist the base counter clockwise, move it to the desired position, and then twist it counter clockwise to lock it in.

Pelvic pads:

Pelvic pads can be placed in one of several locations. If you are not comfortable using a rectal probe, or if you want to add additional support to the probe, you can use pelvic pads.

Program Settings:

Bladder Leakage:

Start with program P03 for the first 4 weeks, using the Yoniflex 1x per day. After 4 weeks, use the program P04 2x a day for the next 8 weeks. Space out the training for at least 8 hours between sessions. After completion of the program, you can use the maintenance program P10 2-3x per week.

Rectal Prolapse:

Start with program P02 for the first 6 weeks, using the Yoniflex 2x per day. After 4 weeks, use the program P09 1x a day for the next 8 weeks. Space out the training for at least 8 hours between sessions. After completion of the program, you can use the maintenance program P10 2-3x per week.

Erectile Dysfunction:

Start with the program P05 1x per day for the first 4 weeks. After 4 weeks, switch to program P08 1-2x per day for the next 8 weeks. Continue with program P08 1-2x per week after completing the 12 week program.

Premature Ejaculation:

Use the program P10 2-3x per week for 12 weeks. After 12 weeks you can continue to use the program P10 once per week.

Sensitivity issues

To increase your sensual sensitivity, use program P11 1x per day for 8 weeks, and then continue to use program P11 2-3 times per week for maintenance.

Constipation Issues:

Use program P11 each day, typically 1 hour before your usual bowel movement time. After 12 weeks, you may continue to use program P11 as needed.

USING THE YONIFLEX TRAINER WITH CLEO PROBE:

- Step 1: Install the included 9V battery
- Step 2: Remove the Cleo probe from their packaging
- Step 3: Remove one of the lead wires from the box
- Step 4: Attach the end of the lead wire with 2 wires to the probe, and the end of the lead wire with one plug to the top of the YoniFlex trainer
- Step 5: Get into a comfortable position - I suggest propped up on your back with your hips elevated by a pillow
- Step 6: Apply lubricant to the probe and insert into Anus. Ensure both of the electrodes are lubricated
- Step 7: Push the power button on your YoniFlex trainer
- Step 8: Push the "P" button to cycle through the available programs.
- Step 9: Start to push the UP arrow on the same side as you have the probe attached to increase the strength of the YoniFlex trainer.
- Step 10. Once you find a comfortable level, sit back and relax, and the trainer will stop once the program has completed.

USING THE YONIFLEX TRAINER WITH PELVIC PADS:

- Step 1: Install the included 9V battery
- Step 2: Remove the Pelvic Pads
- Step 3: Remove one of the lead wires from the box
- Step 4: Attach the end of the lead wire with 2 wires to the pelvic pads, and the end of the lead wire with one plug to the top of the YoniFlex trainer
- Step 5: Get into a comfortable position
- Step 6: Attach both pelvic pads to your skin
- Step 7: Push the power button on your YoniFlex trainer
- Step 8: Push the "P" button to cycle through the available programs.
- Step 9: Start to push the UP arrow on the same side as you have the probe attached to increase the strength of the YoniFlex trainer.
- Step 10. Once you find a comfortable level, sit back and relax, and the trainer will stop once the program has completed.

USING THE YONIFLEX TRAINER WITH CLEO PROBE & PELVIC PADS:

- Step 1: Install the included 9V battery
- Step 2: Remove the Cleo probe and pelvic pads from their packaging
- Step 3: Remove both of the lead wires from the box
- Step 4: Attach the end of the lead wire with 2 wires to the Cleo probe, and the end of the lead wire with one plug to the top of the YoniFlex trainer
- Step 5: Attach the end of the second lead wire to the pelvic pads, and the other to the second port of the Yoni Flex.
- Step 5: Get into a comfortable position - I suggest propped up on your back with your hips elevated by a pillow
- Step 6: Apply lubricant to the probe and insert into Anus. Ensure both of the electrodes are lubricated
- Step 7: Push the power button on your YoniFlex trainer

Step 8: Push the “P” button to cycle through the available programs.

Step 9: Start to push the UP arrow on the same side as you have the probe attached to increase the strength of the YoniFlex trainer.

Step 10. Once you find a comfortable level, sit back and relax, and the trainer will stop once the program has completed.

Additional thoughts:

1. Be sure to clean the Cleo probe before first use and after each use with warm soapy unscented water. Allow to air dry.
2. Pelvic pads - it's best to apply the pads to an area of the body with minimal hair. Unintentional waxing may occur otherwise. You can also trim or shave the hair in the area before using the pelvic pads.
3. When not using the pelvic pads, be sure to place them back on the clear plastic sheet. With proper care, pelvic pads should last 15-20 applications. If the pads lose their stickiness, add 1-2 drops of water to the black sticky side and slide the water around.

Questions? Reach out anytime!

I'm here to support you. Contact me at Tricia@YoniFlex.com anytime, day or night!