

ASD321

PelviPulse Pro Men's Pelvic Floor Trainer Instruction Manual

Model: ASD321 | Brand: Generic

INTRODUCTION

Thank you for choosing the PelviPulse Pro Men's Pelvic Floor Trainer. This device is designed to assist in strengthening your pelvic floor and core muscles through guided vibration technology. Please read this manual thoroughly before use to ensure safe and effective operation.

IMPORTANT SAFETY INFORMATION

- Consult a healthcare professional before using this device if you have any pre-existing medical conditions, especially those related to the pelvic area, or if you are experiencing pain.
- Do not use the device if it is damaged.
- Keep out of reach of children.
- This device is for personal use only.
- Discontinue use immediately if you experience any discomfort or pain.
- **Note:** Pelvic floor muscle training is not suitable for everyone. Especially in cases of pelvic pain or known excessive tension of the pelvic floor muscles, it is necessary to consult a professional doctor to formulate an appropriate training plan.

PACKAGE CONTENTS

Ensure all items are present in the package:

- Pelvic Floor Trainer (1 unit)
- Charger (1 unit)

PRODUCT FEATURES

- **Smart Core Activation with Guided Vibration:** Utilizes guided vibration technology for precise activation of deep pelvic floor and core muscles.
- **4 Customizable Vibration Modes:** Offers four scientifically designed modes for progressive training, adapting to various strength levels.
- **Ultra-Quiet & Discreet Design:** Features an ultra-low noise motor ($\leq 25\text{dB}$) and a slim pad shape for discreet use.
- **Ergonomic, Portable & Travel-Ready:** Lightweight (350g) and compact design supports proper posture and is easy to transport.
- **USB-C Rechargeable & Long-Lasting Battery:** Charges via USB-C and provides extended use on a single charge. Made from skin-friendly ABS+silicone.

SETUP

Charging the Device

Before first use, fully charge the PelviPulse Pro trainer. Connect the provided USB-C charger to the charging port on the device and to a suitable power source. The charging indicator will show the charging status. A full charge typically takes a few hours and provides several days of regular use.



Figure 1: USB-C charging port location on the device.

OPERATING INSTRUCTIONS

It is recommended to practice 3-4 times a week, 20-30 minutes each time. After 2 months of consistent training, the condition of pelvic floor muscles will be significantly improved.

1. **Preparation:** Ensure the device is charged. Urinate before starting your training session.
2. **Placement:** Place the PelviPulse Pro trainer on a chair.
3. **Positioning:** Sit down on the trainer, keeping your back straight. Ensure the device is comfortably positioned under your pelvic area.
4. **Activation:** Use the one-click operation button to start the device and cycle through the vibration modes.
5. **Exercise:** Open your legs slightly, tighten your pelvic floor muscles (as if stopping urination), then slowly exhale and relax the pelvic floor muscles. Repeat these tightening and relaxing movements in conjunction with the device's vibrations.

How to use it?

It is recommended to practice 3-4 times a week, 20-30 minutes each time. After 2 months of consistent training, the condition of pelvic floor muscles will be significantly improved

Place the trainer on the chair after urinating



Then sit down, keeping your back straight.



Open your legs, tighten the pelvic floor muscles, then slowly exhale to relax the pelvic floor muscles; repeat the tightening-relaxing movements with a Kegel pad.



Note: Pelvic floor muscle training is not suitable for everyone. Especially in cases of pelvic pain or known excessive tension of the pelvic floor muscles, it is necessary to consult a professional doctor to formulate an appropriate training plan.

Figure 2: Step-by-step guide on how to use the PelviPulse Pro trainer.



Figure 3: Example of device use in a seated position.

MODES AND SETTINGS

The PelviPulse Pro features 4 customizable vibration modes. These modes are designed for progressive training, allowing you to adapt the intensity to your strength level.

Changing Modes

Press the power/mode button (often a single button for one-click operation) to cycle through the available modes. Each press will switch to the next mode. The device may indicate the current mode via an LED light or vibration pattern.

Enhance Exercise Effect

4 gear vibration frequency, strong power
all-round massage point design
stimulate muscle contraction
exercise more efficient



Figure 4: Device controls and illustration of vibration modes.

Progressive Training Stages

The modes can be aligned with your training progression:

Gear 1 (Primary strength): Suitable for beginners (e.g., 0-2 months of training).

Gear 2 (Intermediate strength): For users with some experience (e.g., 2-4 months of training).

Gear 3 (High strength): For advanced users (e.g., 4-6 months of training).

Gear 4 (Frequency conversion training): For experienced users seeking varied intensity (e.g., more than 6 months of training).

One-Click Operation

One click start/shift gear, no need for complex settings
suitable for postpartum women or first-time users

Scientific Exercise Upgrade in Stages

1  0-2 months
gear Primary strength postpartum

2  2-4 months
gear Intermediate strength postpartum

3  4-6 months
gear High strength postpartum

4  More than 6
gear Frequency conversion training months
postpartum

Figure 5: One-click operation and recommended training progression.

MAINTENANCE

- **Cleaning:** After each use, wipe the device with a soft, damp cloth and a mild, non-abrasive soap. Ensure the device is completely dry before storing. Do not submerge the device in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the device frequently. Charge it regularly, even if not in constant use.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery.	Charge the device using the provided USB-C charger.
Vibration is weak or inconsistent.	Low battery.	Recharge the device.
Device stops working during use.	Battery depleted.	Recharge the device.
Discomfort during use.	Incorrect positioning or mode intensity too high.	Adjust positioning or switch to a lower vibration mode. If discomfort persists, discontinue use and consult a healthcare professional.

SPECIFICATIONS

- **Model Number:** ASD321
- **Brand:** Generic
- **Color:** Black
- **Material:** Plastic, Silicone
- **Controls Type:** Push Button
- **Number of Resistance Levels/Modes:** 4
- **Operation Mode:** Automatic
- **Power Source:** Hybrid (USB-C Rechargeable)
- **Noise Level:** ≤25dB
- **Weight:** Approximately 350g
- **Dimensions:** Approximately 22cm (length) x 15cm (width)



Figure 6: Device dimensions.

WARRANTY AND SUPPORT

This product comes with a manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support or customer service inquiries, please contact your retailer or the manufacturer directly.

Manufacturer: lanqingshangmao

Manufacturer Part Number: shangmao