

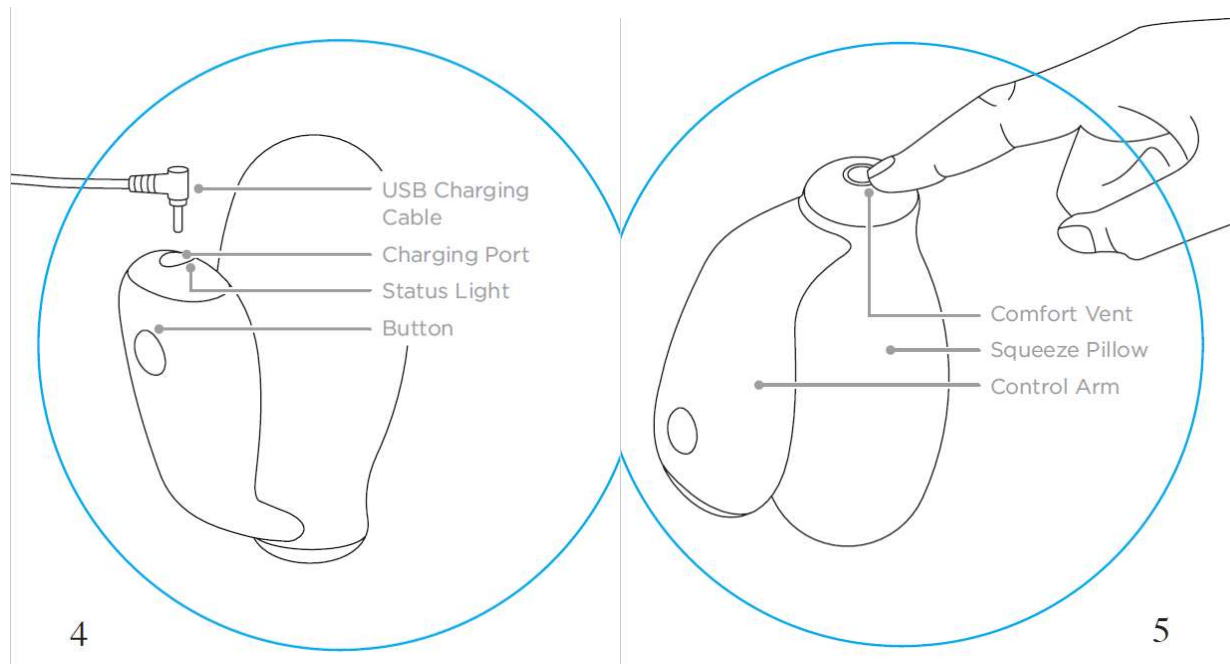
Therapy Holdings L3-010 User Manual

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1 Product Diagram



2 Getting Started

First, make sure kGoal Classic is not over- or under-inflated. To do this, press the Comfort Vent with your finger, while making sure not to squeeze the Squeeze Pillow, then release the Comfort Vent. If you travel (especially by plane or to a different elevation), it is normal to have to equalize kGoal Classic's inflation level with the Comfort Vent before using it again.

Press and hold the Button on kGoal Classic for at least 1 second to turn it on or off. When kGoal Classic turns on, the Status Light should light up in white and when it turns off, the Status Light will turn off.

kGoal Classic requires the free smartphone app for iOS or Android for any/all functionality beyond providing biofeedback when it detects pelvic floor muscle activation.



Search for “kGoal: Smart Kegels”. Create your account and follow the instructions to complete the welcome sequence.

In general, the app should connect automatically to kGoal Classic when it is launched (if kGoal Classic is turned on). You can also manually connect to kGoal Classic by pushing the “Connect” button in the Settings screen of the app. When kGoal Classic is successfully connected, the Status Light will turn blue.

Once you’ve connected to the app, hold kGoal Classic in your hand and select the Moving Target workout in the app. From the Workout Instructions screen, you’ll be able to see visual biofeedback in the background when you squeeze the Squeeze Pillow with your hand. The harder you squeeze, the higher the biofeedback should go. If you have Vibration Biofeedback enabled in the app Settings, the motor will also buzz when you squeeze kGoal Classic.

To use kGoal Classic, insert the Squeeze Pillow vaginally. If you want, you can deflate the Squeeze Pillow using the Comfort Vent before insertion; if so, please reinflate the Squeeze Pillow once it is in place. You can also partially pre-deflate before insertion and leave the inflation level alone after kGoal Classic is in place. kGoal Classic can be used in a variety of positions including lying down, sitting, standing or even moving around (although it is best to get the hang of things without moving at the beginning).

When you first click on a workout, the app will take you to the instructions screen for that workout, with a button to start the workout when you’re ready.

kGoal Classic measures pressure in the Squeeze Pillow, which changes when you do a Kegel. You’ll need to calibrate it at the beginning of each workout so that kGoal Classic doesn’t accidentally measure the resting pressure exerted by your body. kGoal Classic will auto-calibrate at the beginning of each workout, so as long as you have your pelvic floor muscles relaxed when you select a workout then you should be all good. But if your muscles aren’t relaxed, or sometimes if you shift your weight during a workout, you can always recalibrate manually at any time. Just make sure your pelvic floor muscles are fully relaxed when you do. There are two ways to recalibrate. You can briefly press the Button on kGoal Classic, or you can press the Calibrate button in the corner of the Workout screen on the app.

To actually do a pelvic floor muscle contraction (Kegel), imagine you’re trying to stop peeing in mid-stream without using your hands. That is a Kegel. You can also visualize a squeezing and lifting sensation in your pelvic floor. Avoid flexing your abs, thighs or butt muscles. If you put a finger on the skin of your perineum, you should feel it move when you do a Kegel. Mind your posture -- if you are leaning around or shifting your weight it can interfere with kGoal Classic’s measurements (and undermine your workout gains)

3 The App

There are 4 sections or tabs in the app: Dashboard, Workouts, Settings, and Help. You can navigate between them using the buttons on the Navigation bar at the bottom of the screen

The Dashboard is where you can find your exercise history data, including active streak (how many days in a row have you worked out), a customizable graph showing your workout scores from all past workouts, and your lifetime squeeze count

The Workouts tab is where you choose which workout/game you want to do. kGoal Classic comes with a list of 5-minute games/workouts you can choose from, or you can create your own Custom Workout. When you select a workout, kGoal Classic will instantly auto-calibrate, so it's a good idea to already be positioned in place with your pelvic floor muscles fully relaxed when you choose a workout. If you shift your weight or need to calibrate again at any time (in general, you'll know you need to recalibrate if you're seeing biofeedback from kGoal Classic even when you're not doing a Kegel), that's no problem -- just press the Calibrate button in the top right corner of the app screen (or briefly press the Button on kGoal Classic, which will also trigger a calibration). Remember to make sure your pelvic floor muscles are fully relaxed whenever you calibrate, though.

You will first see an Instructions screen explaining how that game/workout functions, and then you can press a button to begin the workout whenever you're ready. Each workout will guide you through actions that target different aspects of pelvic floor muscle function, including strength, endurance, motor control, fast-twitch response, and relaxation.

After you finish (or exit) a workout, the app will show you a Workout Summary screen that provides scores for the overall workout and each sub-category of muscle function (Strength, Endurance, and Control, which encompasses motor control and muscle relaxation/down-training). The scores are on a 0-10 scale, where 10 is the best. But be aware that, due to variance in different users' bodies, the numbers are a relative tool and not an absolute one -- in other words, there is no universal threshold for what numbers are "good" or "bad". If your scores are improving over time (on average; it's normal for there to be day-to-day fluctuations) then you're on the right track.

You can see and control your account credentials in the Settings (e.g. see your email address, change your password or sign out). You can also manually connect or disconnect to kGoal Classic. There are also toggle switches to enable or disable the vibrational biofeedback in the kGoal Classic device (separately for the Squeeze Pillow and the Control Arm). You can also set Workout Reminders by clicking on the Workout Reminders button. Lastly, you can see which version of the app is installed, change the language, or access the Terms of Service, Privacy Policy and Welcome Video.

The Help section contains the Instruction Manual, as well as a Frequently Asked Questions (FAQ) section. Lastly, you can contact us at help@kgoal.com if you have any questions and we'll get back to you within 1 business day.

4 kGoal Classic Device

kGoal Classic has a non-removable, rechargeable battery. Use the charging cable that came with kGoal Classic to recharge it. You can plug the other end of the cable into any USB port (e.g. computer, charge adapter for your phone or other devices, etc). When charging, the Status Light on kGoal Classic will be pulsing in green. When it is done charging, the light will change from pulsing to continuously on, still in green.

The battery life depends on whether you have the vibration / tactile biofeedback enabled, but should be at least 2 hours of usage per charge and usually more. It should take about 90 minutes for kGoal Classic to fully recharge.

When kGoal Classic turns on, the Status Light will turn on (white). When kGoal Classic connects to the app, the Status Light will turn blue. When kGoal Classic is charging, the Status Light will be pulsing in green. When it is finished charging, it will change to continuously green (no longer pulsing). If the Status Light flashes red, that means the battery needs to be charged.

kGoal Classic is not waterproof, so don't submerge it or hold it under running water. If you need to clean it, wipe it down with a damp washcloth or sanitary wipes.

When kGoal Classic travels, especially by plane or to a place with different elevation (like the mountains), it is common for it to become over- or under-inflated. It's no big deal, though -- just press the Comfort Vent on the bottom side of kGoal Classic to open the valve for a second (making sure you're not squeezing the Soft Air Pillow). That will let kGoal Classic equalize the pressure in the Soft Air Pillow.

5 Usage Recommendations

Please note that Kegel exercise is not necessarily right for everyone. In particular, those with pelvic floor muscles that are hypertonic, or too tense, should not be doing Kegel exercise, since this can exacerbate pelvic pain or other problems that hypertonic pelvic floor muscles can cause. More generally, the ultimate authorities on your body / pelvic floor muscles are you and your doctor or physical therapist -- checking with them about any questions or problems is always the right idea. kGoal Classic does offer Down Training workouts which are intended to support pelvic floor muscle relaxation practice (basically the opposite of Kegels / strengthening) if you need to practice relaxation and can comfortably use kGoal Classic.

There is a good bit of flexibility regarding how often you should exercise. Exercising every day, for 5-15 minutes per day, is probably the optimal regimen, but we know that doesn't fit into everyone's schedule. Our experience has been that doing at least 5 minutes of pelvic floor exercise per day, 4 days per week, generally results in measurable improvements in pelvic floor muscle function (i.e. kGoal Classic workout score averages) within 8-12 weeks. But exercising more frequently will generally lead to faster and/or larger improvements. Listen to your body and be sure not to over-exercise.

6 Warranty & Fine Print

kGoal Classic has a 2-year warranty that covers any defect or malfunction -- if it stops working during the first two years after purchase we'll send a replacement at no cost to you. For warranty claims, please contact us at help@kgoal.com and we'll reply within 1 business day.

We never share identifiable user data with third parties. Please refer to our [full privacy policy](#) here for more details.

We take data security and privacy extremely seriously and use industry-standard data security practices, including encryption and other security measures built into the Bluetooth Low Energy protocol, those provided by Amazon Web Services (whose servers are used for cloud data storage), and phone security based on user passcode login.

7 Regulatory

Here are some additional details that we are required by law to include.

To access the regulatory information about this product, including FCC ID, IC Certification number, and model number, go to the bottom of the Settings screen in the app.

15.19 This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

15.21 Changes or modifications not expressly approved by Therapy Holdings, Inc. could void the user's authority to operate the equipment.

15.105 This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help