

smilemakers



PELVIC PARTNER

Pelvic Floor Trainer

INTIMATE ESSENTIALS FOR HEALTHY HABITS

Smile Makers makes self-care easy, bringing comfort, confidence, and connection to every part of your routine - today and for the future.

Pelvic Partner is thoughtfully designed to help strengthen pelvic floor muscles and support your intimate health.

Scan to get started with Pelvic Partner.



Pelvic Partner

This pelvic floor trainer features first-of-its-kind 360° squeeze sensor technology. Each squeeze triggers a gentle vibration that only stops when you fully relax – giving you real-time feedback to build awareness, strength, and control.

Easy access
ON/OFF button

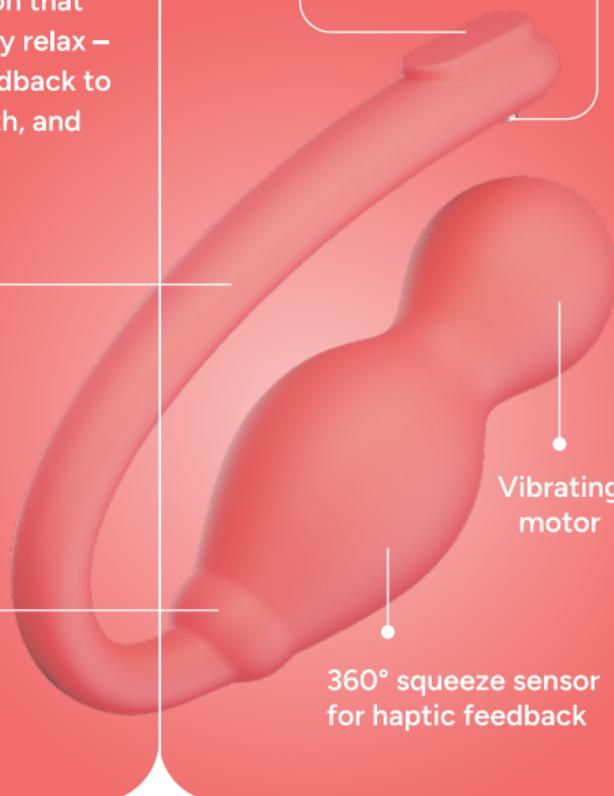
Magnetic charging

Flexible tail, firm
5.5 in. long tail

Weight:
78 grams

Comfort ring

360° squeeze sensor
for haptic feedback



Force/ N

7

6

5

4

3

2

1

0

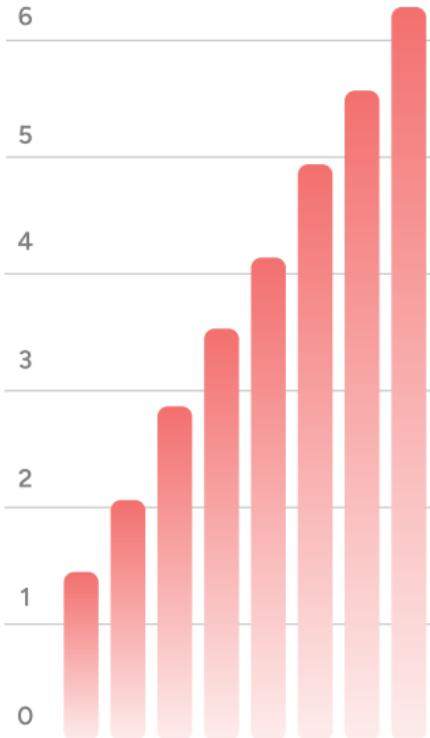
Level modes

Each level requires a bit more squeeze strength to activate the vibration, helping you personalize your workout and meet your body where it's at.

Pelvic Partner auto-calibrates to your resting pressure upon insertion. If it vibrates constantly, cycle through the levels until it stops – that's your starting point.

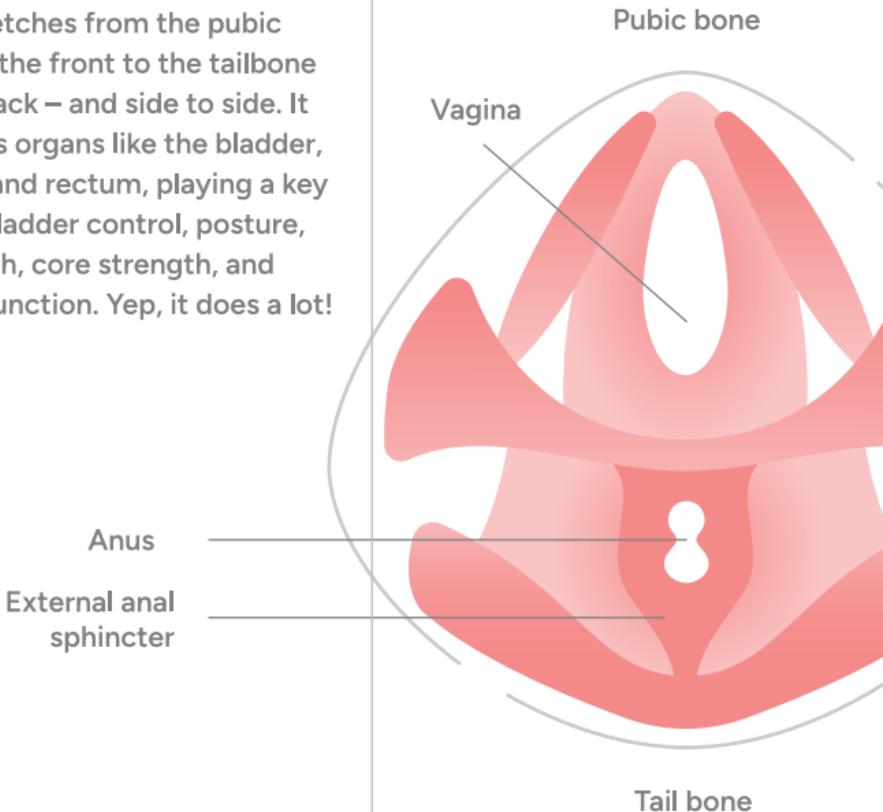
Not sure which level you're on? The number of pulses = your current level, (e.g. 3 pulses = Level 3).

L1 L2 L3 L4 L5 L6 L7 L8

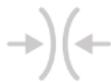


About the pelvic floor

The pelvic floor is a hammock-like group of muscles that stretches from the pubic bone at the front to the tailbone at the back – and side to side. It supports organs like the bladder, uterus, and rectum, playing a key role in bladder control, posture, childbirth, core strength, and sexual function. Yep, it does a lot!



Pelvic floor exercises



Also known as Kegels, these are short muscle contractions that involve a squeeze, hold, and full release. The relax part is just as important as the squeeze.



Pelvic Partner gives you guided resistance, real-time feedback, and confidence in your technique.



Note: These exercises are great for strengthening the pelvic floor and preventing future issues. But if you experience pelvic floor tension or pain, check in with a pelvic health professional first.

Before using



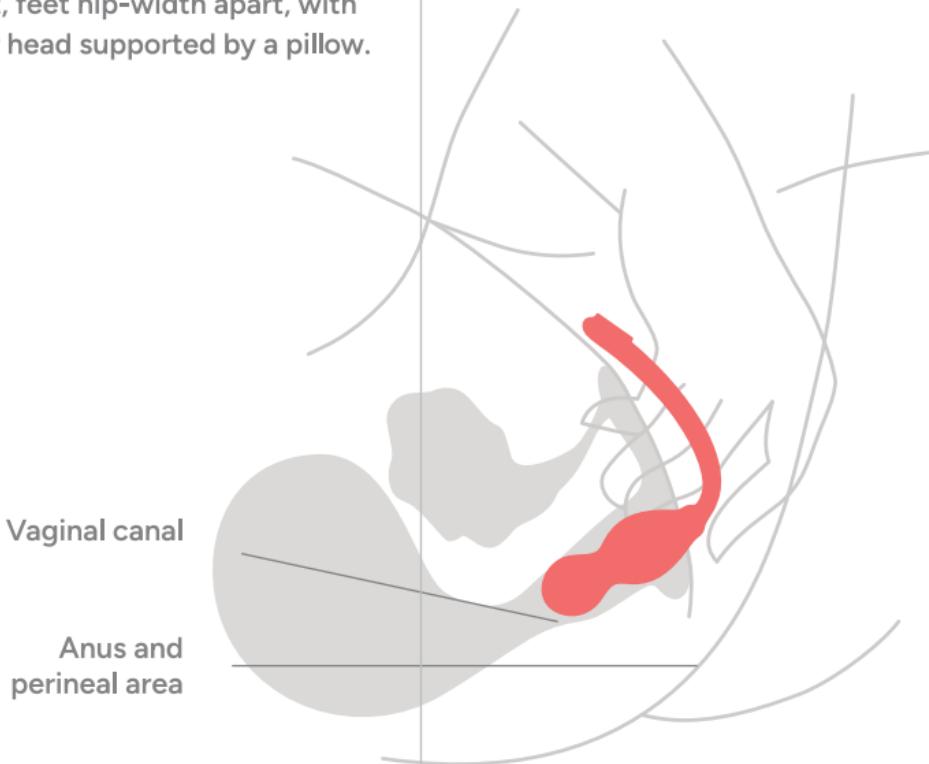
Please do not use Pelvic Partner if you:

- Are pregnant or gave birth vaginally within the past 6 weeks
- Have been diagnosed with a hypertonic pelvic floor or vaginismus
- Are experiencing severe pelvic or back pain
- Have had recent surgery
- Have a current infection (UTI, vaginal, bladder)
- Have a history of urinary retention
- Have a neurological condition that affects muscle control

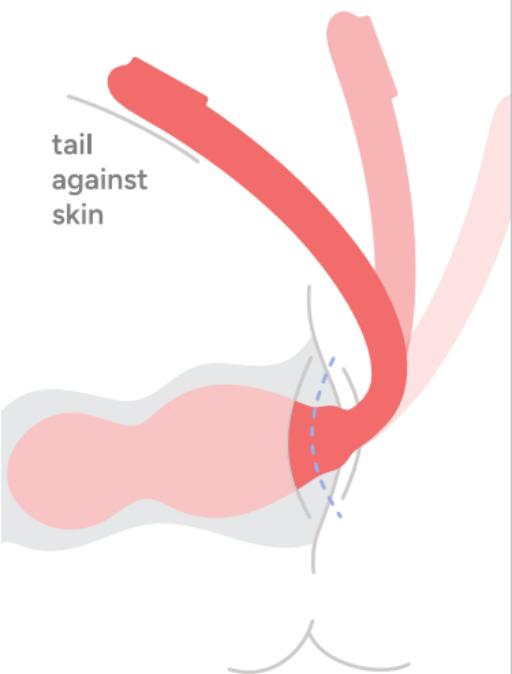
When in doubt, consult your doctor or pelvic floor therapist.

Getting started

Find a comfy spot – lying down is ideal. Try lying on your bed, knees bent, feet hip-width apart, with your head supported by a pillow.



Step 1



Without turning it on, insert Pelvic Partner until the comfort ring sits at the vaginal entrance. The tail remains outside the body. Fold the tail against your skin with the button up.

Step 2

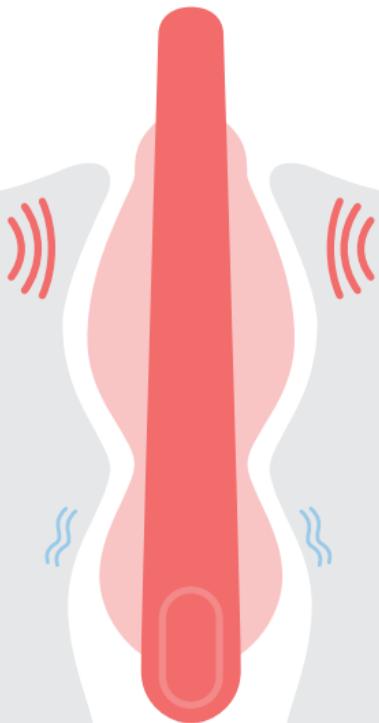
Vaginal entrance



Press the button once to turn it ON. The device calibrates and vibrates once – this is Level 1.

Step 3

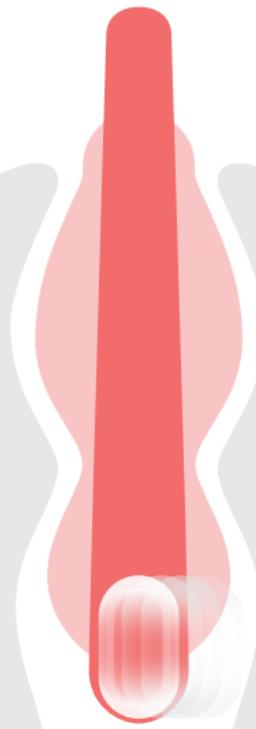
Step 4



Gently squeeze your pelvic floor muscles to trigger a vibration. Hold for 3-5 seconds.

Fully relax until the vibration stops. Rest for 3 seconds. That's one kegel – nice work!

Optional



If that felt easy, press the button to navigate through the 8 levels to determine the best level for you.

Step 5

10-15
reps



Do 10-15 reps. That's one set. Aim for 2-3 sets to complete your Pelvic Partner session.



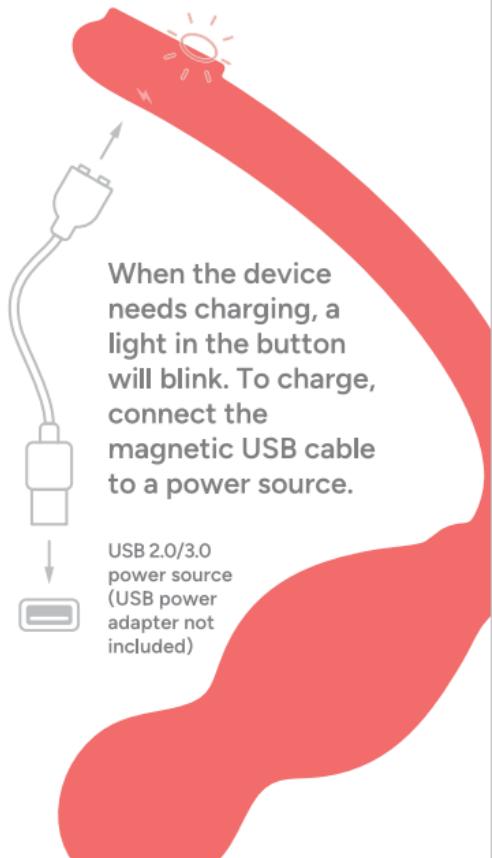
To turn OFF the device, press and hold the button. To activate/deactivate the travel lock, hold the button for 4s.

Always clean Pelvic Partner before and after each use. Wash with lukewarm water and pat dry with a lint-free cloth or towel.

Light indication



Low battery



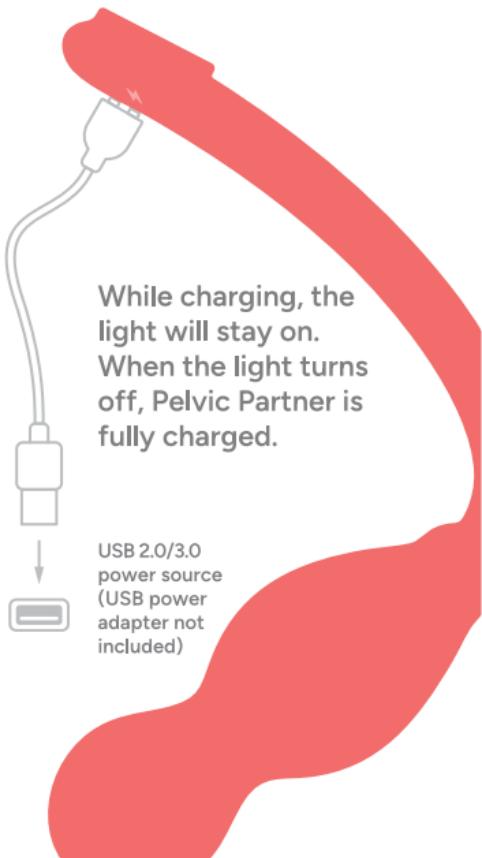
Light indication



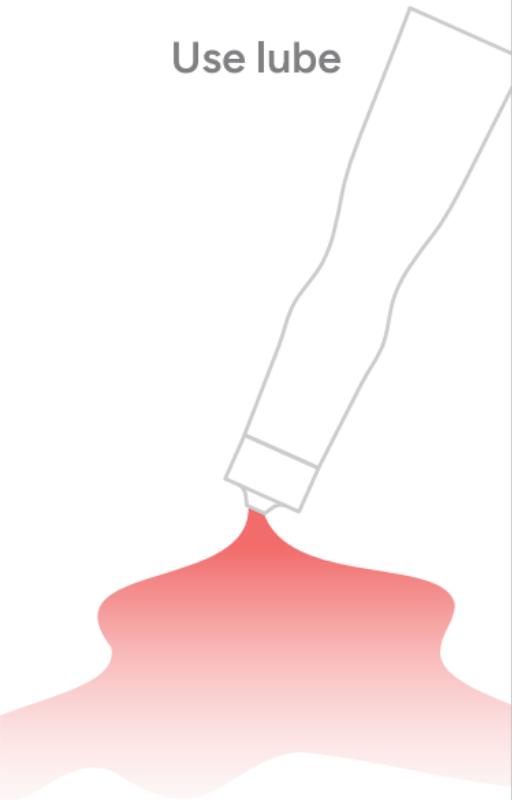
Charging



Fully charged



Use lube



Breathe



Apply generously for added comfort (we recommend Generous Gel).

Don't hold your breath – sync your breath with your reps.

Connect



This is your time to tune in and notice what your body is doing.

Focus



Avoid squeezing your abs, thighs, or glutes. It should never feel painful.

Build a routine

3 times a week is ideal.

A session = 10–15 reps, 2–3 sets.

Let's make it a habit.

Week

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Track your progress

Every 4–8 weeks, check in:

Date Level Sets Reps

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Date Level Sets Reps

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Can you hold your squeeze
longer? Can you comfortably
use a higher level?



Scan for FAQs
or find us at
www.SmileMakersCollection.com

Get free lube with your next
vibe! Use code LUBE

Discover more Intimate Health Essentials!



Generous Gel
Water-based lubricant



Come Connected
Extra-lubricated buttercup
condoms



Vibe Wash
Foaming sex toy cleaner



Silky Swipes
Individually wrapped
intimate wipes

Need help?



Massage & body oils
Natural ingredients for
day and night

My device is not turning ON.

The travel lock may be on.
Deactivate it by pressing the
button for 4s. Also check that
the device is charged.

The squeeze sensors are
unresponsive and my device is
continuously vibrating.

Turn the device ON and OFF.
Wait for a few minutes.

For any further help, or if you
need to use your warranty card,
contact us at
customercare@ramblinbrands.com



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