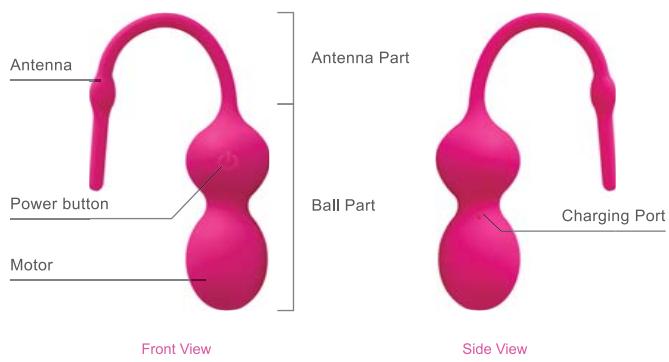


Thanks for choosing HiBall  
Please refer to the manual before using it.



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## Overview

HiBall is an intelligent Kegel exercise device that has been scientifically designed to restore pelvic muscle tone, strength and control; and it can function as a smart phone controlled, waterproof, vibrating love egg as well. HiBall uses three-dimensional stress testing technology to measure your Kegel exercises. The HiBall smart phone app (available for IOS and Android) analyses four dimensions of your work-out: strength, explosive power, endurance and repetitions. The app will coach you through more efficient and effective Kegel exercises, helping you achieve the ultimate results in less time. This innovative and interactive way of training makes Kegel exercises fun and rewarding.

### • Why Hiball?

- The process of childbirth can cause direct injury, and even avulsion, of the pelvic floor muscle, connective tissue or the pudendal nerve.
- During pregnancy the pelvic floor muscle is subjected to prolonged stretching and compression from the increasing weight of the growing baby. At the same time the high progesterone levels decrease collagen production, leading to the slackening of connective tissue.
- With age comes collagen degeneration (weakening your connective tissue) and a generally weaker pelvic floor muscle.
- A weak pelvic floor and connective tissue will struggle to support the pelvic organs and could lead to a tilted uterus, metropotisis, weakening and/or prolapse of the vaginal walls and/or rectum, lower abdominal bulge, decline of vaginal tightness, fecal and urinary incontinence, lack of orgasm and a lowering of sexual pleasure and the quality of your sex life.
- Regular and effective Kegel exercises can combat the effects childbirth, pregnancy and ageing have on your pelvic floor muscles; and the HiBall is the ideal product to help you maintain a regular training programme.

### • The HiBall is a four-in-one Product:

 Smart	Integrates with smart phone to provide feedback and guidance during training, making it more effective and efficient.
 Kegel	Kegel exercise device and multi-pattern love egg.
 Community	Training is much easier and more fun, helping you stay motivated to keep up your training.

### • Four advanced Kegel exercise features of the HiBall—Instant bio feedback

When you contract around the HiBall you will get instant feedback on how well you are performing. In non-app mode, the HiBall will vibrate harder if you squeeze harder. When connected to a smart phone, you will see a pressure gauge in the app.

### • Intelligent performance metrics

While performing your Kegel exercises, the air pressure sensors collects data and transmits it via Bluetooth to the app. The app calculates your strength, explosive power, endurance and repetitions and tracks your improvement over time.

#### • Control, not just strength

With traditional Kegel exercises you focus on muscle strength, but with the HiBall you will also develop more precise control of the pelvic floor muscles. When you use different strength and rhythms and the app gives instant feedback on the detailed performance metrics, you will train your pelvic nerves to precisely control your pelvic muscles.

#### • Motivation

**Pleasure reward**—Vibrations at the end of every contraction reward you with pleasure based on your performance. You'll enjoy exercising and doing well.

**Accurate air pressure sensor**—The sensor will detect even a 1% improvement, giving you a sense of progress and accomplishment for even small improvements.

**Quick and easy**—All you need is ten minutes a day, and using the app is as easy as playing a game.

**Real time ranking**—Your scores earn you a ranking amongst the global community and helps keep you competitive.

#### Parameters

**Ball dimension:** 33mm/1.3in

**Net weight:** 58g

**Material:** Internal ABS and liquid silicone surface

**Battery capacity:** 150mAH

**Charging voltage:** 5V-5.5V

**Charging time:** 4hours

**Standby:** about 90days

**Waterproof:** 100% waterproof

#### Product Operation

##### • Charging HiBall

- As shown in figure 1, plug the charging pin into HiBall's charging port and plug the USB side into any USB travel charger or power bank.
- During charging, LED will light up red.
- If LED light goes off immediately after charging started, it might because the charging pin is too loose. Please unplug the charging pin and insert into HiBall again to make sure to makes good contact.
- Charging time is about 4 hours. When HiBall is fully charged, LED light will go off.

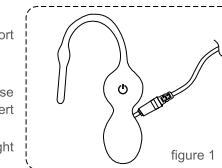


figure 1

##### • Power on/ off

**Power on:**Press and hold the power button for 5 seconds until HiBall vibrates.

**Power off:**Press and hold the power button for 5 seconds to power off HiBall.

##### • Working Mode

###### • App working mode

Power on HiBall. Indicator light will flash and HiBall will start searching for compatible device via Bluetooth. Please make sure smart phone or tablet's Bluetooth is enabled. Start the smart APP and connect with HiBall. Now you can start the smart training and enjoy it!



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# HiBall

## Users Manual



• Non APP working mode

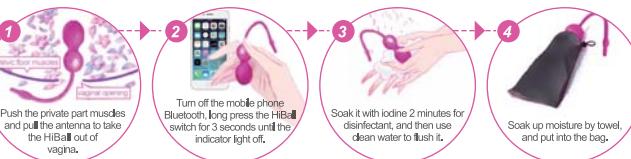
1. Even without app connection, you can still do Kegel exercise by using the pelvic muscle to squeeze the HiBall. The harder you squeeze HiBall, the stronger vibration you will feel.
2. When the HiBall power on. Short press the HiBall to make it vibrates constantly as a love egg. Short press the power button again; it will be turned into pressure vibration mode.



• Start



• Work out Finished



### HiBall Position

The HiBall should be positioned so that the lower edge of the HiBall is at least 2cm inside of you . The most important thing is that the foundation ball rests above your pelvic floor muscle. The exact distance from the vaginal opening to the pelvic floor muscle differs from woman to woman, but the ball(s) should be positioned comparably to where a tampon would normally be positioned .

Always allow the retraction antenna part to protrude slightly from the vagina so as to facilitate easy removal of the ball(s).



### Download APP

- Download the APP from HiBall website: [www.HIBALL.cc](http://www.HIBALL.cc) or <http://app.oyeah.tv/hiball/>
- Search "iBall" and download the APP from the APP Store
- Search "iBall" and download the APP from Google Play Store.
- Scan the QR Code to download the APP.



### Notice

- The smart phone or tablet's Bluetooth hardware version should be 4.0 or above. The smart phone or tablet's OS version should be Android4.3/IOS7.0 above.
- HiBall is for private use. For your own health considerations, please do not share it with others.
- Use HiBall with water soluble lubricant or condom is recommended.
- Keep the antenna outside the body and bend the antenna upward for better signal reception.
- Please stop using HiBall immediately and call your doctor if you have any discomfort or allergy.
- This product is not suitable for those who have gynecological inflammation.
- If you are pregnant, please follow your doctor's guidance.

### Cleaning & Disinfecting

- Please clean and disinfect HiBall with antibacterial soap before and after each use. Air dry completely or dry with a lint-free cloth before storing.
- May use alcohol, iodine, or antibacterial toy cleaner.
- Please do not use hot water that is higher than 104F (40°C).

### Storage & Warranty

- Keep HiBall in the storage bag after cleaning and completely dry, and keep it in a cool ventilated place without direct sunlight.
- Do not bend the junction part of the ball and the antenna to avoid damaging to your HiBall.
- One year limited warranty is offered. In the rare event that your HiBall fails to work due to a defect in workmanship or materials. We will replace your HiBall.

## FCC Information and Copyright

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.

### 15.19 Labelling requirements.

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.

changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**FCC RF warning** statement: the device has been evaluated to meet general RF exposure requirement, The device can be used in portable exposure condition without restriction.