

kGoal

kGoal The World's Smartest Kegel Exerciser



Summary

kGoal is the world's smartest Kegel exerciser. It's an interactive training system for women (device + free app) that offers a unique combination of guidance, tracking, biofeedback, and games. Whether you're just discovering your pelvic floor or you're a seasoned Kegel workout warrior, kGoal will help you get the most out of your exercise.

Key Features

Provides real-time biofeedback.

Tactile and visual feedback let you confidently engage your pelvic floor and make sure you're doing your exercise correctly.

Guides your workout.

Follow along with our personalized exercise programs.

Tracks your progress.

See your exercise history and keep track of your improvement.

Adapts to your body for maximum comfort.

kGoal's unique air pillow is soft, flexible, and adjustable to your body.

Makes pelvic floor exercise fun.

Control kGoal's games using your pelvic floor muscles. Who says exercise has to be boring?

Treats you right.

Made with 100% phthalate-free, body safe Class VI medical grade silicone, splash-resistance, and USB rechargeable.

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Compatibility

kGoal is compatible with both iOS and Android devices but requires Bluetooth 4.0 capability (and for Android devices, 4.3 or newer as the operating system).

In addition, there are some people who may want to check with a doctor regarding Kegel exercise:

- **Pregnancy:** we recommend talking to your doctor about when they recommend using kGoal during pregnancy and the postpartum recovery period. Generally speaking, we don't recommend using kGoal during the first trimester, after the bag of waters has opened, or for the first 6 weeks after delivery.
- **Comfort:** If you experience pain while using kGoal, please stop and consult with a health professional.

Specs

- **App compatibility:** the free app requires an iOS or Android device with Bluetooth 4.0 capability. For Android, the OS version must be 4.3 or newer.
- **Material:** 100% phthalate-free, body safe Class VI medical grade silicone
- **Charging:** eco-friendly USB-rechargeable battery
 - Battery life is at least 2 hours (depending on usage)
 - Charge time is 2 hours
 - Comes fully charged and includes USB charging cable
- **Cleaning:** splash-resistant for easy cleaning (we recommend disinfecting wipes or a washcloth with soap and water). Avoid submerging the charge port / status indication light.
- **Warranty:** 1-year warranty against malfunctions or defects
- **Size:** the Squeeze Pillow (the insertable part) has a maximum rigid diameter of 1.5 inches

Frequently Asked Questions

1. Is kGoal waterproof?
➔ KGoal is splash-resistant for easy cleaning. However, it is not fully waterproof and should not be submerged, particularly the status light / charging plug.
2. How should I clean KGoal?
➔ We recommend mild soap and water with a wet cloth or antibacterial wipes
3. Can I use KGoal with lubricant?
➔ Yes, any silicone-safe lubricant can be used with KGoal.
4. Is KGoal body-safe / what is KGoal made from?
➔ KGoal's exterior is 100% phthalate-free, body safe, Class VI medical grade silicone. Health and wellness are **extremely** important to us and a very high level of time and care were taken for material selection and design.
5. Is KGoal rechargeable / how do you charge it / how do you replace the batteries?
➔ KGoal's rechargeable battery means you never have to worry about replacing it. To charge KGoal, just plug the provided USB cable plug into the device through the circle on the status light and connect the other end to any USB port.

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6. Is there a warranty on kGoal?
- ➔ Of course! KGoal has a 1 year warranty on all defects of workmanship and material – additional details can be found in the owner's manual or on our website.

Additional Resources

Product Info:

- App download links (app is free and requires a device with Bluetooth 4.0)
 - iOS: <https://itunes.apple.com/us/app/kgoal/id953609233?mt=8>
 - Android: <https://play.google.com/store/apps/details?id=com.minnalife.kgoal&hl=en>
- kGoal Help page (usage tips, FAQs, troubleshooting help, etc): <https://www.kgoal.com/pages/help>

Video:

- Feature summary: <https://vimeo.com/117214341>
- kGoal device how-to with the pelvic floor PT who helped develop it: <https://vimeo.com/119571913>
- kGoal app how-to: <https://vimeo.com/119997363>
- 20 second demo video of the Shape Shift game: <https://vimeo.com/131118996>
- 20 second demo video of the Bricks game: <https://vimeo.com/154909838>

Images:

<https://www.dropbox.com/sh/x9hubub7rn3x594/AACUgtmpkT1Gb9H1Wl44Nawoa?dl=0>