

Why Boost?

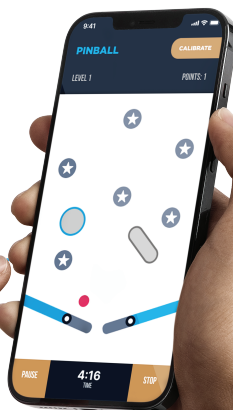
Doing Kegels consistently without any help is hard.

"I'm not sure I'm doing the exercises correctly."

"I can't tell if I'm progressing."

"Kegels are boring."

Boost addresses each of these issues to help you start **(and stick with)** a consistent pelvic floor exercise routine.



3,625 in

OUTSIDE SIZE: 11X8,5 ICH

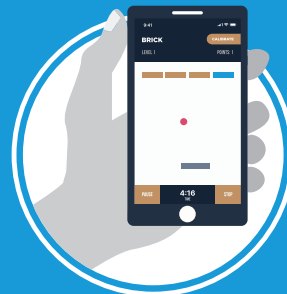
How Does It Work?



Sit on Boost



Open the app



Choose a workout and get started!

Questions?

www.kgoal.com

3,6875 in

BOOST™

by kGOAL



The Sit-On-Top Kegel Trainer

www.kgoal.com

3,6875 in

8,5 in

What is Boost?

Boost is an interactive trainer (device + smart phone app*) for pelvic floor exercise.

It measures the strength and duration of pelvic floor muscle contractions (with your clothes on) and provides a fun, interactive platform to make Kegel exercises more engaging and less boring.



What's special about Boost?

✓ Easy to use.

Just sit down on Boost (with your clothes on).

★ Makes Kegels fun.

Working out is more engaging when you can turn it into a game.

⚡ Biofeedback.

Pelvic floor muscles are hidden. Biofeedback promotes good technique and results.

🕒 Guided workouts.

Are you a personal trainer who designs exercise routines? If not, Boost's guided workouts will ensure you've got the right plan.

📊 Tracks performance.

Exercise is much more fulfilling when you can measure your progress.



*available for iOS and Android



What People Say

“

“Great way to make Kegels a habit and it's easy to be consistent with the fun games.”

- RM

“

“Boost has become part of my recovery from prostatectomy and I credit it for helping me regain my bladder control.”

- LK

“

“Even 6 months postpartum, I couldn't run or do things like jumping jacks without leaking. I saw serious results very quickly with this and can now enjoy worry-free sneezing.”

- WD

“

“I love Pinball and Bricks and the workouts fly by.”

- JB