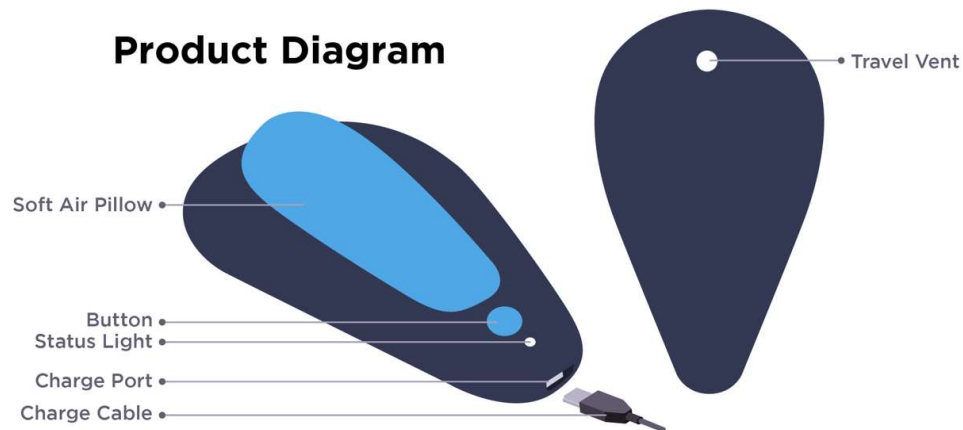


Therapy Holdings L4-010 User Manual Updated November 18, 2021

Table of Contents

1. Product diagram
2. Getting started
3. The app
4. Boost device
5. Usage recommendations
6. Warranty and other fine print
7. Regulatory

1 Product Diagram



2 Getting Started

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

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

Boost requires the free smartphone app for iOS or Android for any/all functionality. Search for "Boost: Kegels For Men". Create your account and follow the instructions to complete the welcome sequence.

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

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

To use Boost, place it on a flat, firm seat (no super-squishy couch cushions). You can leave your clothes on (unless your pants are extremely stiff). Sit down as if Boost were a bike seat, with your perineum on top of the Soft Air Pillow. Sit up straight and keep your body posture quiet (avoid shifting your weight).

When you are first practicing with Boost, a great place to start is by sitting on the floor (on top of Boost) next to a wall so that you can keep your back flat against the wall. This will help you make sure your posture stays good and get some practice getting your technique right

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.

Boost measures pressure in the Soft Air Pillow, which changes when you do a Kegel. You'll need to calibrate it at the beginning of each workout so that Boost doesn't accidentally measure the pressure exerted by your body weight sitting on it. Boost will auto-calibrate at the beginning of each workout, so as long as you are sitting on Boost with your pelvic floor muscles relaxed when you select a workout then you should be all good. But if your muscles aren't relaxed, or 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 Boost, or you can press the Calibrate button in the corner of the Workout screen on the app (you can only recalibrate via the app when a Workout is active).

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 Boost'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. Boost 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, Boost 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 Boost 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 Boost, 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 works, 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 username, change your password or sign out). You can also manually connect or disconnect to Boost. There is a toggle switch to enable or disable the vibrational biofeedback in the Boost device. 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 boost-help@kgoal.com if you have any questions and we'll get back to you within 1 business day.

4 Boost Device

Boost has a non-removable, rechargeable battery. Use the micro-USB charging cable that came with Boost 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 Boost 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 Boost to fully recharge.

When Boost turns, on, the Status Light will turn on (white). When Boost connects to the app, the Status Light will turn blue. When Boost 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.

Boost 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.

When Boost 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 Travel Vent on the bottom side of Boost to open the valve for a second (making sure you're not squeezing the Soft Air Pillow). That will let Boost equalize the pressure in the Soft Air Pillow.

When you do a Kegel, a bunch of muscles, ligaments, etc in your pelvic floor move, which causes there to be motion in the surface of your perineum. When you're sitting on Boost, this changes the pressure that's being applied to the Soft Air Pillow by your body, and that is what Boost measures.

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.

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, 3 days per week, generally results in measurable improvements in pelvic floor muscle function (i.e. Boost workout score averages) within 6-8 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

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

We have a 30 day no questions asked return policy where any undamaged Boost purchased within the last 30 days can be returned for a full refund (customer is responsible for return shipping cost). For returns, please contact us at boost-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