



# Ami

Deeper, richer orgasms with the world's first progressive Kegel set.



Bodysafe



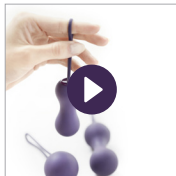
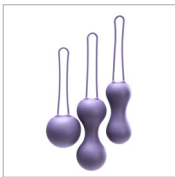
Waterproof

1 year warranty.

With three progressive weights – from soft weight single ball, to hard and heavy double ball – Ami enhances pelvic fitness, allowing deeper and more intense orgasms alongside a range of health benefits, all at a self-selected pace.

## Deeper richer sensations

Ami has been designed with the softest velvety 100% body safe silicone for the greatest comfort while in use.



## Creative Tips

Ami is unique. Its innovative three-step system allows you to progress at your own pace. Ami is pleasure. As the hidden weights move, teasing as you tone, exercise becomes enjoyment.

## How it works

### Discreet, comfortable and safe

- Ami isn't just one Kegel exerciser, but three – making it a totally unique way to tone up your pelvic floor. We've taken cues from the best medical and pleasure products on the market, to create a personal workout program that's a whole lot more enjoyable than the gym.
- Ami 1 is a large, soft and lightweight single ball. If you're new to Kegel exercise products or you're out of practice, we recommend starting here.
- Ami 2 is a medium-sized double ball that's still soft, yet slightly heavier.
- Start with Ami 2 if exercising with Ami 1 doesn't challenge you enough.
- Ami 3 is a small, hard and heavy double ball – this is the most advanced Ami for experienced users.
- Beginners should start with Ami 1, and gradually be able to progress to Ami 2 and Ami 3 as the muscle strength improves. We recommend to wear them 2 to 3 times a week for about 20 mins to start and, increase the frequency when you feel ready.
- Coat your Ami with generous amounts of water-based lubricant before you begin exercising.
- There are many different Kegel exercises, and some may suit you more than others. Please check our manual for more info.

# JE JOUE

## How to clean

We recommend using only water-based lubricants with Ami. We recommend washing Ami in warm water and soap or a toy cleaner.

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## Additional Facts

Your PC muscle – Pubococcygeus (PC muscle) is the hammock-like muscle that stretches from your pubic bone to your coccyx, supporting your pelvic organs and internal genitalia. A strong PC muscle is the key to more intense orgasms and greater urinary control, as well as helping during childbirth. Kegel exercises (named after the American gynaecologist, Dr. Kegel, who popularised these in the 1970s) are designed to tone and strengthen your PC muscle. With Ami, these exercises become simple, easy and pleasurable.

### Pleasure for you

Using Ami regularly will tone and strengthen your PC muscle, so you can enjoy enhanced sensitivity and more intense, easy-to-achieve orgasms. What's more, each Ami contains little balls that rumble around inside you, creating a discreet, arousing sensation even while you're working out.

### Pleasure for him

If you have a male partner, Ami can lead to a whole new sexual experience when you use your improved PC muscle to grip and tease his penis during intercourse.

### Health

We might not talk about it as much as we perhaps should, but many women experience a degree of urinary incontinence at some point in their lives. With Ami, you can strengthen the PC muscle to improve bladder control.

### Pregnancy

Using Ami before you fall pregnant can protect your vagina by preparing the PC muscle for delivery. After birth, Ami can speed up vaginal recovery, and the enhanced tightness you'll achieve will increase sensitivity for you and your partner during sex.

### Menopause

Strengthening your PC muscle can enhance your natural vaginal lubrication, sexual response and urinary control during the physiological changes of menopause.

# JE JOUE

## Barcodes (EANs)



Ami Purple  
5060170970287

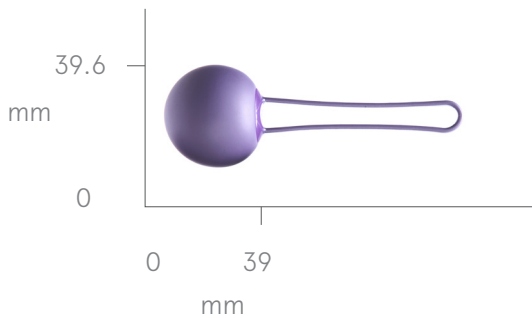


Ami Fuchsia  
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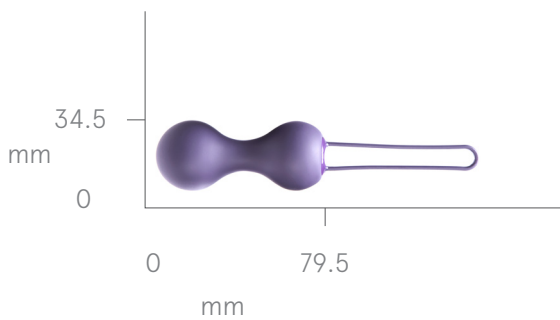


Ami Black  
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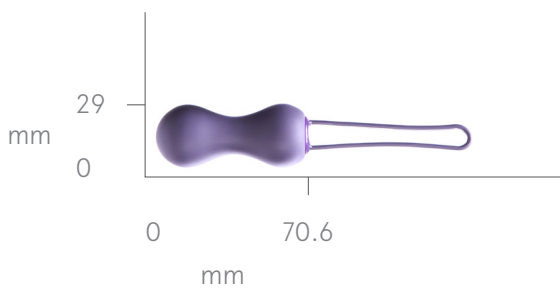
## Toy Specs



Height 39 mm  
Width 39.6 mm  
Depth 39.6 mm  
Total Weight 54.4 g



Height 79.5 mm  
Width 34.5 mm  
Depth 34.5 mm  
Total Weight 72.6 g



Height 70.6 mm  
Width 29 mm  
Depth 29 mm  
Total Weight 99.2 g

## Case Specs

AMI	Number of units	Total Weight (kg)	Height (mm)	Width (mm)	Depth (mm)
<b>Single box</b>	1	0.50	107	140	82
<b>Half case</b>	10	5.77	145	465	300
<b>Case</b>	20	12.30	325	480	330