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## FACTS OF SMARTBALLS

Includes quotes from  
“Fifty Shades of Grey”,  
Oprah and more ...

edited by **FUN FACTORY**

1



With the explosive popularity of the “Fifty Shades” literary series, sales of **SMARTBALLS** skyrocketed, surpassing the 2 million mark in 2012.

2



Kegel muscles, aka pelvic muscles act like a sling, extending from the pubic bone in front to the coccyx or tailbone in back. These muscles support all of your pelvic organs, bladder, uterus and bowel.

3

1 out of 3 women have problems with weakening muscles in their pelvic areas due to intercourses, childbearing or menopause.





# 4

Regular Kegel exercises should achieve tangible results such as less frequent urine leakage within about 8 to 12 weeks. For some women, the improvement could be dramatic.

# 5

The pelvic floor muscles are located between your legs, and run from your pubic bone at the front to the base of your spine at the back. They are shaped like a sling and hold your bladder and urethra (the tube that urine comes out of) in place.<sup>1</sup>





6

“As a result of pregnancy, surgery, menopause, bladder infections, or simply aging, pelvic muscle tone decreases. And you know that old expression — if you don’t use it, you lose it!”

- Sue Johanson,  
American sexual educator

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**SMARTBALLS** are a medically endorsed Kegel exercising device. They have been recommended by midwives and doctors since **FUN FACTORY** started selling them in European pharmacies in the 1990's.







8

**SMARTBALLS** have an internal device designed to trigger involuntary Kegel muscle contractions once inserted into the vagina. Your pelvic workout occurs effortlessly with **SMARTBALLS**.



9

**SMARTBALLS** are available in two different versions. The **SMARTBALL UNO** is made from one ball, whereas the **SMARTBALLS DUO** consist of two connected balls.



10

The **SMARTBALL UNO** is an excellent alternative to **FUN FACTORY**'s **SMARTBALLS DUO**, especially for those who are new to vaginal balls or would like something smaller.



SILIKON




# 11

There is no conscious effort involved in “keeping in” the **SMARTBALLS**. They fit in and stay in just as a tampon would.





12



**SMARTBALLS'** internal balls rotate while inserted in the body to create soft to intense vibrations that stimulate, massage and train pelvic muscles. Manufactured using a patented process. **SMARTBALLS** are the quietest love balls in the world.

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“You can be  
kegeling all day.”

– Oprah Winfrey,  
American TV host





# 14


The common reason for the pelvic floor muscles to become weakened is childbirth. If you do pelvic floor muscle exercises after childbirth, it may prevent stress incontinence developing later in life.<sup>2</sup>

15

In a small pilot study in which women used vaginal balls for 30 minutes every day for 12 weeks, participants stated that their incontinence was “either no longer a problem” or “greatly improved”.<sup>3</sup>







Like any new product, the balls may feel slightly uncomfortable at first, but this is usually only because they are a new sensation for your body and you tend to be extremely “aware” of them. Depending on the strength of your pelvic floor muscles, you may find that vaginal balls tend to slip out when you first use them. If this happens, be patient and persist with the program.<sup>4</sup>

# 17

“A woman can check her own muscle tone by inserting her fingers into her vagina and then tightening around her fingers. If the muscles surrounding your fingers feel like a thin line, chances are you have some pelvic muscle work to do. If the muscles create the sensation of a broad, ½-inch band, then you are probably in good shape. By doing more Kegels, however you can go from good to great.”

– Dr. Lou Page,  
American sex educator



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The Tug:  
To test your progress and kegel strength, tug at the pull-out cord while actively contracting your pelvic muscles. If you can hold on tight, then you can rest assured in the ability of your kegels!

# 19

Take advantage of the effortless workout created by the rapid involuntary contractions of walking around while wearing **SMARTBALLS**, which offers a greater benefit than actively contracting the pelvic muscles.



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You can wear **SMARTBALLS** while shopping, running\*, surfing\* or simply walking around the house. Wear them while on the bus, at work, on the beach or at a bar!

\*...only for trained women!



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“Why do people say ‘Grow some balls?’ Balls are weak and sensitive. If you wanna be tough, grow a vagina. Those things can take a pounding.”

– Betty White,  
American actress and comedian





“The family that kegels together,  
stays together.”

- Kris Jenner,  
“Keeping Up With the Kardashians”

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“People don’t realize that every bout of play, be it alone or with a partner, strengthens the pelvic muscles. And using toys built for kegel strengthening will help you get there faster. Without the toys, when you first start doing them they are totally annoying. But the more you do it, the easier it becomes, so don’t give up!”<sup>5</sup>

– Ducky Doolittle,  
sex educator, speaker, author







Strong pelvic floor muscles can increase sexual satisfaction because they help you to grip your partner during intercourse. Experts say this helps to increase both men and women's arousal.<sup>6</sup>

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“He holds out his hand, and in his palm are two shiny silver balls linked with a thick black thread ... Inside me! I gasp, and all the muscles deep in my belly clench. My inner goddess is doing the dance of the seven veils ... Oh my ... It’s a curious feeling. Once they’re inside me, I can’t really feel them – but then again I know they’re there ... Oh my ... I may have to keep these. They make me needy, needy for sex.”

- Anastasia Steele,  
“Fifty Shades of Grey”, chapter 20





“No pleasure is temporary, because the impression it makes is permanent.”

- Johann Wolfgang v. Goethe,  
German poet

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To heighten a woman's sensations during intercourse, **SMARTBALLS** may be worn vaginally while she is engaging in anal sex.



Shake up your **SMARTBALLS** workout with the addition of a vibrator! Applied to the **SMARTBALLS'** pull-out cord, the vibrations are then transmitted to the rotating balls inside which stimulate your G-spot directly.



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“You can masturbate with no hands.  
This ability is not so much skill in  
controlling as a liberation of muscles  
repressed since infancy.”

– Germain Greer,  
American writer



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“Don’t knock masturbation.  
It’s sex with someone I love.”

- Woody Allen,  
American comedian



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“It’s your body, your life.  
Do what you want to do.”<sup>6</sup>

- Kim Cattrall,  
American actress







“I’m not going to need any lubricant at this rate. He puts the balls in his mouth as I fellate his finger, twirling my tongue round it. When he tries to withdraw it, I clamp my teeth down.”

- Anastasia Steele,  
“Fifty Shades Darker”, chapter 6

33

There is evidence that “Ben Wa” balls were used as early as 500 A.D. in Japan. During the later portion of the 20<sup>th</sup> century, “Ben Wa” balls were sold in oriental gift shops and sex shops.





The prehistoric version of “Ben Wa” balls were made of metal or ivory and were at first inserted into the female in order to increase pleasure for the male during intercourse.

35

Women in ancient Asia from Thailand to China to Japan used the subtle clanking vibrations to achieve the big O or for foreplay.






In ancient Asia, “Ben Wa” balls also were known as “Rin No Tama”, which translates to “tinkling bells”.

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Practitioners of such spiritual traditions as Tantra and Chinese Taoism believe that “Ben Wa” Balls are helpful tools to exercise control and to explore the sensual side of an individual.





“Our happiness is to be found  
only between the feet and  
the cerebellum.”

- Honoré de Balzac,  
French writer

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“The more you’re in control of those vaginal muscles this is where it comes into play for increased pleasure during sex. You’re better able to control those muscles and sense the sensations and enhance your own pleasure by being more in control of what’s happening during sex.”

- Dr. Lisa Masterson,  
OB-GYN, American TV host







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“If you don’t use these muscles, they will atrophy. And it’s not just sexual enjoyment that you are going to miss out on but it’s also gonna lead to urinary incontinence. So kill two birds with one stone by using these balls.”

- Dr. Oz,  
American TV host

# 41

The Kegel perineometer, also known as *biofeedback* machine, was named after its inventor, Ob-Gyn Arnold H. Kegel M.D. This instrument was created in the 1940s and used for measuring the strength of voluntary pelvic muscle contractions.





Dr. Kegell created the first *biofeedback* machine with the help of his wife, on his kitchen table and offered it for sale for at-home use for \$ 40 until his death in the mid-1970s.

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Doctor Arnold H. Kegel first invented “Kegel Exercising” to provide women with a non-surgical method for achieving “genital relaxation”.

Kegel exercise increases blood flow in the pelvic region, which will increase your awareness of the clitoral and vaginal sensations that lead to orgasm. Like any muscle, a stronger muscle contracts more powerfully than a flabby muscle, and thus the likelihood of stronger orgasms is much higher with stronger pelvic muscles.

# 45

In 1952, Dr. Kegel published a report in which he claimed that the women doing his exercises were becoming more easily, more frequently and more intensely orgasmic:

“It has been found that dysfunction of the pelvic muscles exists in many women complaining of lack of vaginal feeling during coitus and that in these cases sexual appreciation can be increased by restoring function of the Kegel muscles.”

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”After five weeks of doing Kegel exercises three times daily for five minutes, the woman’s pelvic muscles will become noticeably more toned, and her partner will sense her increased tightness.”

- Bryce Britton,  
American sex educator and author

# 47

Studies suggest that overly tense pelvic muscles contribute to infections because the lack of circulation in pelvic area creates a weakened vaginal and urethral environment that is attractive to infectious bacteria.





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Kegel exercise is also recommended for women planning on being pregnant soon, to prepare the pelvic floor for physiological stresses of the later stages of pregnancy and childbirth.



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“Do Your Kegels.  
They are good for you.  
Stronger orgasms.  
Enough said.”



- Megan Andelloux,  
American sexologist



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“The more you do pelvic floor exercises, the better your orgasms will be. In fact, my best orgasms only started happening after I learned to strengthen my Kegel muscles. And the more I remember to do these exercises, the better the sex and orgasms I continue to have — both alone and with a partner!”

- Jamye Waxman,  
sexual educator

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**SMARTBALLS** are made of silicone with a Thermoplast core. All materials are skin-safe, extremely durable and easy to clean, as well as hypoallergenic, latex-free, non-porous and phthalate-free.





The involuntary Kegel muscle contraction triggered by the SMARTBALLS' system is also known as *biofeedback*.

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Not all women are built the same. Some have an inverted/tilted uterus or have had a hysterectomy. A **SMARTBALL UNO** is ideal for these women as 100 % of all women are able to wear this size because it only consists of one ball.

## SMARTBALL UNO

ball: 4,5 cm, Ø 3,6 cm, 36 g  
ball: 1.8 in, Ø 1.4, 0.079 lb





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**SMARTBALLS DUO** usually fit about 90 % of women. They consist of two balls. If unsure best start you pelvic workout with a **SMARTBALL UNO** and later increase the intensity by using **SMARTBALLS DUO**.

**SMARTBALLS  
DUO**

*balls: 10 cm,  
Ø 3,2 cm + Ø 3,6 cm, 72 g*

*balls: 3,9 cm,  
Ø 1,3 cm + Ø 1,4 in, 0,16 lb*







TOYFLUID



easy-in



SILICONE

55

SMARTBALLS can be cleaned with mild soap and water. Their material is non-porous, so no drastic measures are needed to disinfect them.

**Women  
ONLY**  
FEMALE DESIRE.



Made in  
Germany

YOUR PERFECT MOMENT

**FUN**  
FACTORY



## SMARTBALLS – FOR YOUR CLIMAX AFTER THE WORKOUT!

### Sources:

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