

plus One[®]

3-piece plug training set



instruction manual

product overview

1) level 1 plug

Use the smallest plug if you are a beginner to anal training.

2) level 2 plug

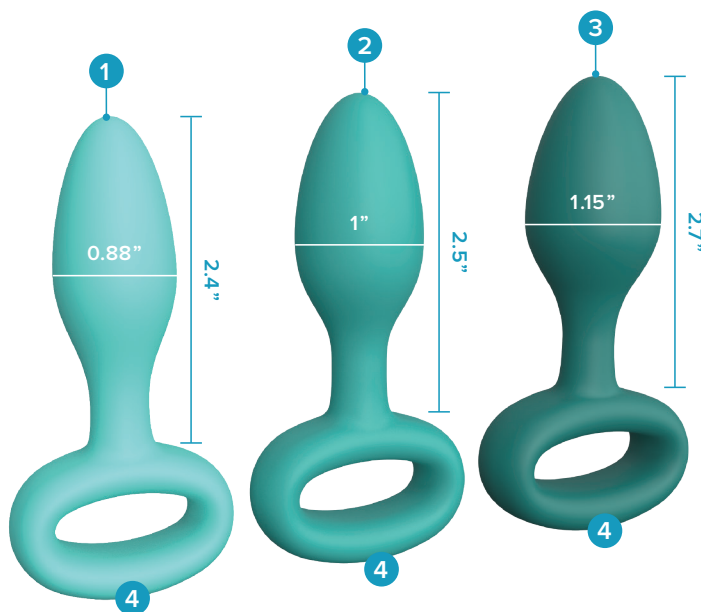
Use the medium size plug once you're comfortable with the small plug

3) level 3 plug

Try the large size plug once you can insert and remove the other two plugs without discomfort. Always use lube with your plug.

4) retrieval loop base

The looped base must always stay outside the body.



INCLUDES: level 1 plug, level 2 plug, level 3 plug, storage bag, & instruction manual

getting started

before use:

Always use the plugs with plenty of lube. Never use the plug if you experience bleeding, discomfort, or need to apply excess force for insertion or removal. Stop use if you experience any irritation or excessive discomfort during use.

warm up if needed:

If you're not ready to start with one of the plugs, you can warm up before using it. Use a lubed finger to explore your anus gently. Once you feel relaxed and ready, start with the smallest plug.

how often to use:

We recommend using the plug training set several times a week depending on your comfort level.

after use: Before you remove the plug, wait a minute or so and allow the muscles to relax again. If you are having trouble pulling the plug out, apply a little lube.

when to size up:

The goal is to increase size of the plugs to comfortably train, expand, and gently stretch the muscles for additional comfort and pleasure. When you can insert and remove a plug without discomfort, try the next size up.

special instructions:

Use water-based lubricant only. Only insert one plug at a time. The looped base must always stay outside the body.

cleaning:

Clean thoroughly with mild soap and warm water, before and after each use.

storage:

Store in a cool dry place separately from other sex toys; sex toys of different material can damage each other if left in contact.

quality:

This product is manufactured using body-safe silicone that is harmless to the human body; free from phthalates, BPA and latex.

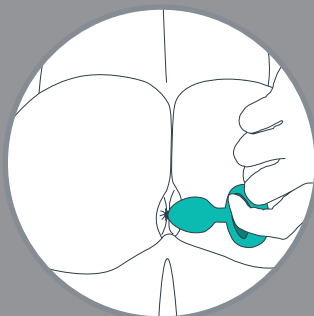
warnings:

Discontinue use if there is any discomfort for you or your partner. Do not expose device to water while charging.

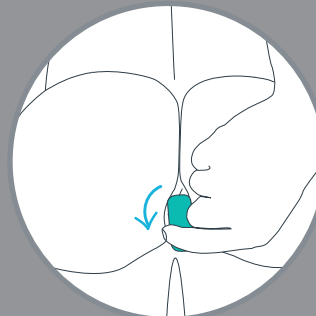
how to use



1. Choose a plug size to use. We recommend starting with the smallest plug before exploring the larger two plugs. Always use lube with your plug. Apply plusOne Hydrolube™ to the head of the plug for easy insertion.



2. Starting with shallow penetration, relax your muscles and slowly push the product into place. The looped base must always stay outside the body.



3. Once inside, use the loop to push and pull the plug in a circular motion or back and forth to gently stretch your muscles. To remove, hold the plug by the loop, relax your muscles, and gently pull the product out.

two year limited warranty:

Your new plusOne® products carry a warranty against manufacturing defects for two years from the date of original purchase. plusOne® will, at our option and upon submission of a valid proof of purchase within the warranty period, repair or replace the product free of charge.

For assistance or for issues related to performance, damages, warranty, regular maintenance or customer feedback please contact plusOne® toll free at (800) 514-2546, Monday – Friday from 8:30 am until 5:30pm EST or email us at info@myplusOne.com