

SX-TRAINER

A device and app for male pelvic floor muscle training.

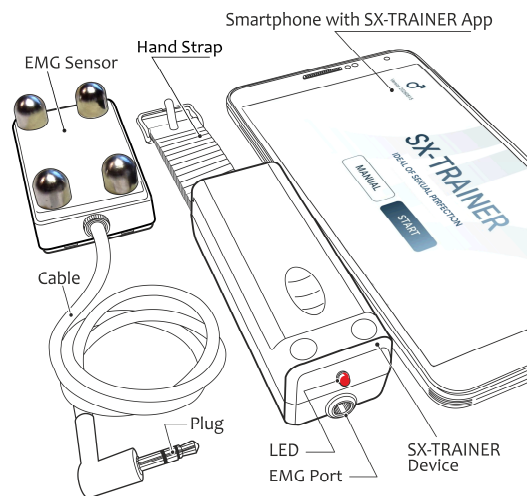
What is the SX-TRAINER used for?

The problem solved by SX-TRAINER

The pelvic floor muscles (often referred to as "intimate muscles") form an essential part of the biological mechanism responsible for male erection and ejaculation.

With age, these muscles weaken, lose volume, and drop in tone—a primary physical cause of erectile decline.

The only proven way to restore muscle function is through targeted training: repeated, high-intensity contractions. However, because pelvic floor muscles are largely controlled by autonomic reflexes, contracting them with conscious willpower alone is difficult. The SX-TRAINER enables sufficiently strong muscle contractions during your workout. Without it, pelvic floor training is significantly less effective.



The components of the SX-TRAINER device are shown in Figure 1.

How does the SX-TRAINER help train intimate muscles?

The SX-TRAINER features a specialized sensor that measures the contraction strength of your intimate muscles (see Appendix 2). As you contract your muscles, a graph appears on your phone screen displaying your real-time contraction intensity. This gives you complete control over your effort level during workouts, making it easy to adjust on the fly if your contraction strength drops below the optimal target.

Additionally, by tracking your muscle activity, the SX-TRAINER automatically adapts workout difficulty to your individual needs. You get clear, visual targets on your screen, aim to hit them, and receive precise feedback on your performance. The result is rapid muscle recovery and restored erectile function.

In practice, training with the SX-TRAINER is 8 to 10 times more effective than any other method, including traditional Kegel exercises.

SX-TRAINER Quick Start Sequence

1. **Install the App:** Download and install the SX-TRAINER app on your phone.
2. **Insert Batteries:** Install the batteries into the device housing.
3. **Position the Sensor:** Place the sensor against the perineal area.
4. **Practice Muscle Contractions:** Practice contracting your pelvic floor muscles to build control.
5. **Assess Muscle Strength:** Perform an initial strength test of your pelvic floor contractions.
6. **Complete the Workout:** Complete three consecutive exercises, repeating each several times.

SECTION I: APP INSTALLATION

Access the App Store if you are using an iPhone or iPad, or Google Play if you are using an Android phone. Search for the app named SX-TRAINER to download and install it (Figure 2).



2



3

SECTION II: INSTALLING BATTERIES

Slide off the battery compartment cover (Figure 3), insert two AAA batteries ensuring correct polarity (+/-), and slide the cover back into place.

SECTION III: POSITIONING THE SENSOR

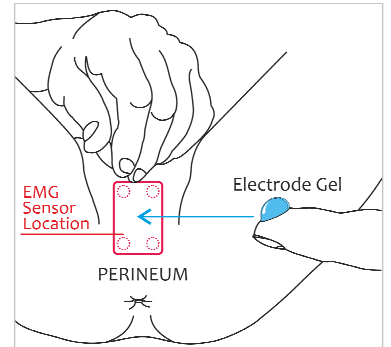
Apply Gel: Apply a drop of electrode gel to the perineal skin where the EMG sensor contacts will rest, as shown in Figure 4.

Secure the Device: Fasten the main unit around your wrist using the hand strap, then connect the EMG sensor cable (Figure 5).

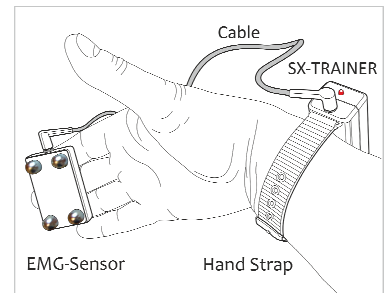
Attach the Sensor: Secure the sensor to your middle finger by sliding your finger through the rubber ring (Figure 6).

Place Against Skin: Press the metal contacts of the EMG sensor against the perineal skin and hold it in place throughout the session.

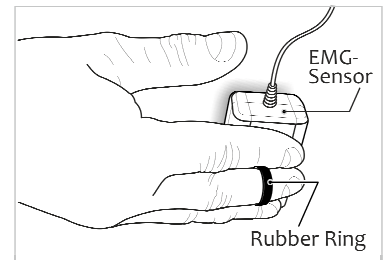
Tip: You can adjust the pressure by pressing slightly harder during muscle contractions and relaxing your grip during rest periods. Rest your second hand over the first to prevent arm fatigue.



4



5



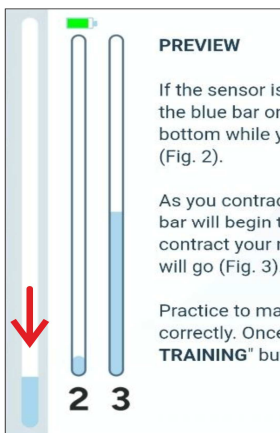
6

SECTION IV: PELVIC FLOOR CONTRACTION TRAINING

Open the **PREVIEW** screen in the SX-TRAINER app on your phone. Try contracting your pelvic floor muscles. To do this, imagine stopping your urine stream mid-flow. Keep the sensor steadily pressed against your perineal skin throughout the process. Make sure your leg (thigh) muscles remain fully relaxed.

Watch the blue bar on the left side of the screen (Figure 7, indicated by the arrow). When your muscles are relaxed, the bar should remain at its lowest point. As you contract your muscles, the bar will rise—the stronger the contraction, the higher it goes.

7



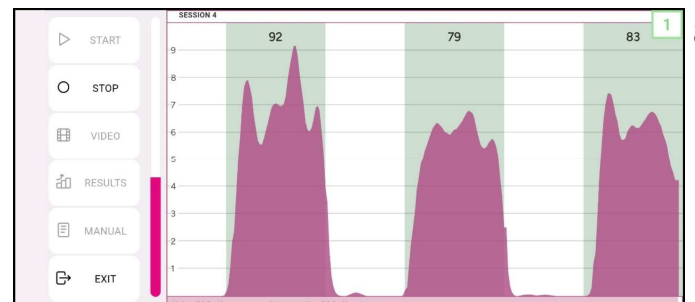
SECTION V: TESTING PELVIC FLOOR MUSCLE STRENGTH

Tap the **START TEST** button in the app. This opens the testing screen and triggers voice prompts.

Perform 3 Contractions: Your goal is to contract your pelvic floor muscles as hard as you can, repeating this 3 times.

Duration & Focus: Hold each contraction for 5 seconds. Follow the voice prompts closely and keep the sensor continuously pressed against the perineal area. Your screen should look similar to Figure 8.

Once complete, **SAVE** your test results.



8

SECTION VI: COMPLETING EXERCISES

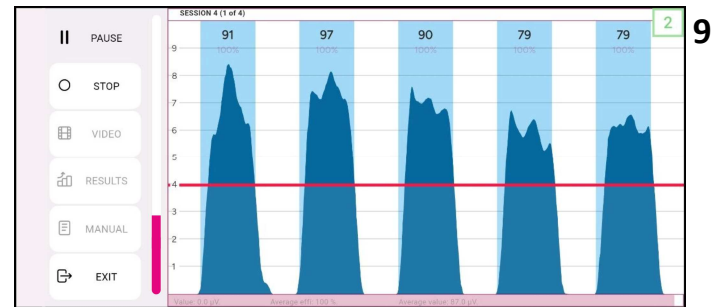
EXERCISE 1: Muscle Hypertrophy (Volume Building)

Start: Tap the START button. Perform 5 strong muscle contractions to make the graph rise above the red line (Figure 9).

Rest & Repeat: After completing the set, rest during the specified interval, then repeat the exercise as prompted.

Arm Support: If your hand fatigues while holding the sensor, use your other hand for added support.

Save: Save your results upon completing the exercise.



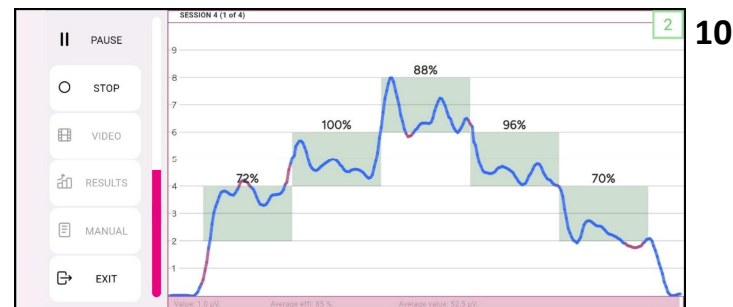
EXERCISE 2: Muscle Strength Building

Goal: Maintain a muscle contraction for 20 seconds.

Dynamic Control: The contraction intensity should modulate rather than remain static—keep the graph inside the highlighted color zones as shown in Figure 10.

Rest & Repeat: Repeat the exercise for the set number of rounds, resting between intervals.

Save: Save your results after completing the exercise.

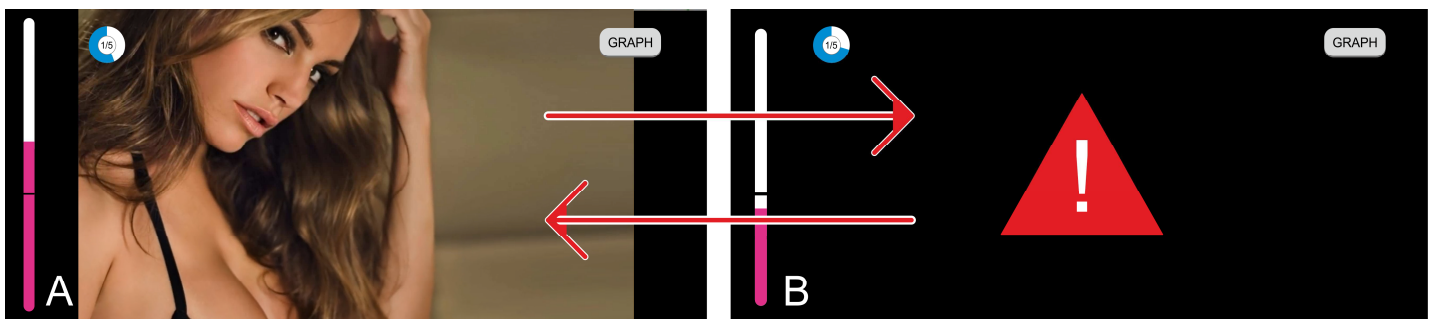


EXERCISE 3: Muscle Tone Enhancement

Goal: Tap START, then contract your muscles and maintain a steady, light contraction.

Video Feedback: A video will play on your screen. As long as you maintain sufficient contraction strength, the video plays smoothly (Figure 11A). If your contraction drops below the target threshold, the screen turns black (Figure 11B). Slightly increase muscle tension to resume playback.

Intervals: Each round lasts 30 seconds, followed by a rest break before the next repetition.



Custom Video Selection: To keep your session engaging, tap the VIDEO button to select your preferred video content (see **Appendix 3**).

WORKOUT SUMMARY & HISTORY:

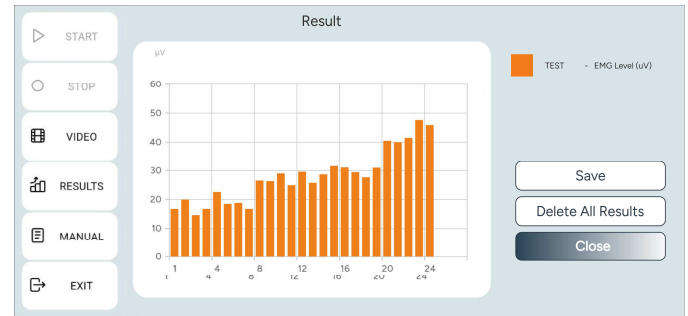
Once all exercises are completed, a results screen will appear. It aggregates performance data from your baseline test and all completed exercises (Fig. 12).

You can save this window as an image in your phone's photo gallery by tapping the **SAVE** button. Tapping the **END OF SESSION** button ends the session and returns you to the home screen.

You can view the full history of your exercise results (Fig. 13) at any time by tapping the **RESULTS** button from any screen.



12



13

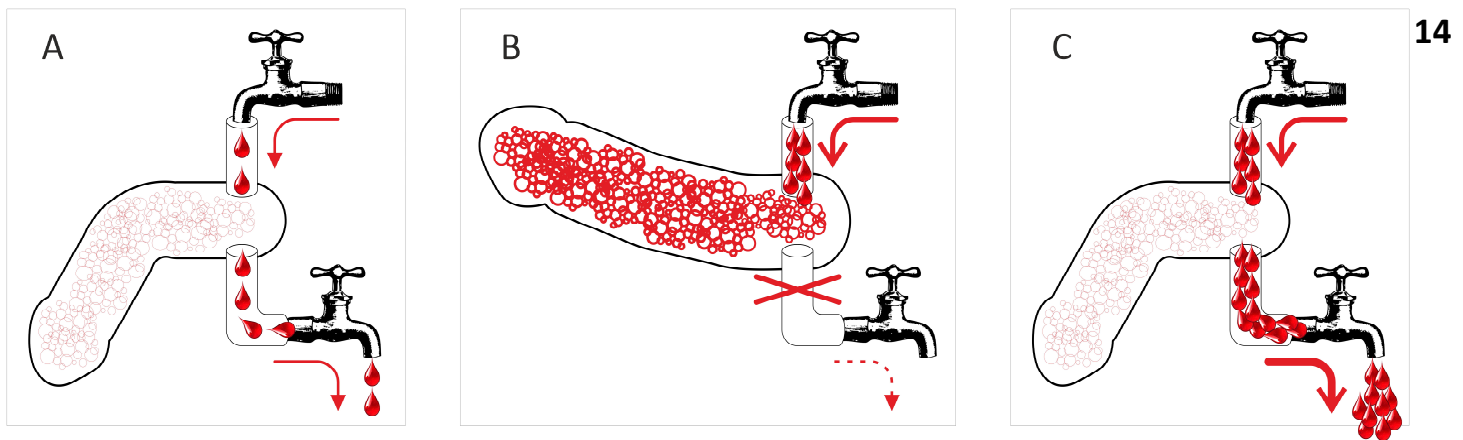
APPENDIX 1

HOW PELVIC FLOOR MUSCLES AFFECT ERECTIONS

Penile erection relies on two simultaneous processes. Upon sexual arousal, the blood vessels supplying blood to the penis dilate, causing the erectile tissue (corpus cavernous) to fill with blood and expand.

Concurrently, a reflexive (involuntary) contraction of the pelvic floor muscles takes place. By contracting, these muscles compress the veins that drain blood away from the penis. As a result, high blood pressure is maintained within the penis, producing a firm and sustained erection.

This mechanism is illustrated in Fig. 14:



14

Fig. 14A shows the flaccid state, where blood inflow and outflow are balanced, leaving the erectile tissue unfilled.

Fig. 14B shows the erect state, where dilated blood vessels increase blood inflow while pelvic floor muscle contraction sharply restricts outflow. This traps blood within the erectile tissue, resulting in a strong and prolonged erection.

Fig. 14C shows erectile failure caused by weak pelvic floor muscles. Because the muscles cannot properly restrict blood outflow—even with high inflow during sexual arousal—the erectile tissue fails to fill, making a firm or long-lasting erection impossible.

Strength training - specifically through repeated, forceful contractions—is the only scientifically proven method to improve muscle strength and tone.

There is no scientific basis for passive stimulation techniques: vibration, electrical stimulation, or perineal massage do not increase pelvic floor muscle strength, mass, or tone.

Additionally, keep in mind that widely advertised exercises involving the thighs or glutes do not engage the pelvic floor muscles. Because the pelvic floor muscles attach to the fixed bones of the pelvis, hip movements and spinal flexion or extension have no effect on them.

APPENDIX 2

MUSCLE STRENGTH MEASUREMENT METHOD USED BY THE SX-TRAINER

Muscle contraction is an electrochemical process. These electrical processes within the muscle can be measured using a technique known as **electromyography (EMG)**. EMG has been utilized in neurology for over a century to diagnose and assess muscle function.

The SX-TRAINER utilizes **surface electromyography (sEMG)**.

Technically, sEMG measures the electrical potential difference between two points on the skin directly over a muscle using a specialized sensor. As shown in **Fig. 15**, electrical activity is barely detectable at rest. During muscle contraction, electrical fluctuations occur, with their magnitude directly corresponding to contraction force.

For practical tracking, the raw EMG signal undergoes mathematical processing known as **Root Mean Square (RMS)**. RMS is a technique for rectifying the raw EMG signal and converting it to an amplitude envelope.

15

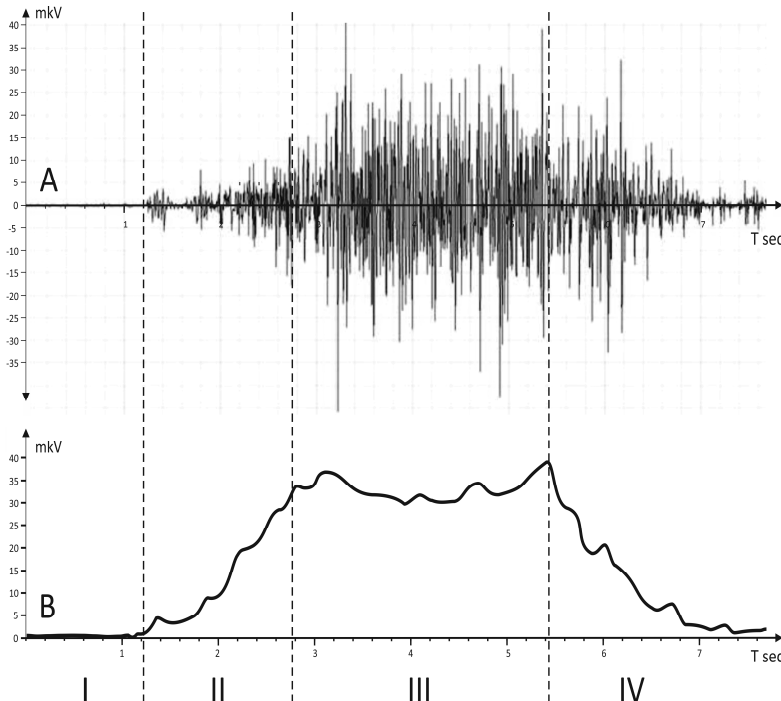


Fig. 15: View of sEMG signal and its transformation result (RMS) at varying muscle contraction forces.

- **A** — Raw EMG: The unmodified signal generated by the muscle.
- **B** — The result of transforming the raw EMG using the Root Mean Square (RMS) method.
- **Y-axis:** Voltage in microvolts.
- **X-axis:** Time in seconds.

The figure illustrates four distinct phases of muscle contraction:

- **Phase I:** Resting state
- **Phase II:** Ramp-up phase (increasing muscle tension)
- **Phase III:** Sustained effort phase
- **Phase IV:** Relaxation phase

The sensor (Fig. 1, 6) measures the sEMG of the pelvic floor muscles. For precise readings, the skin of the perineum must be prepared with a special conductive gel. To ensure noise-free measurements, keep the sensor steadily pressed against the skin throughout the entire exercise without lifting or shifting it.

APPENDIX 3

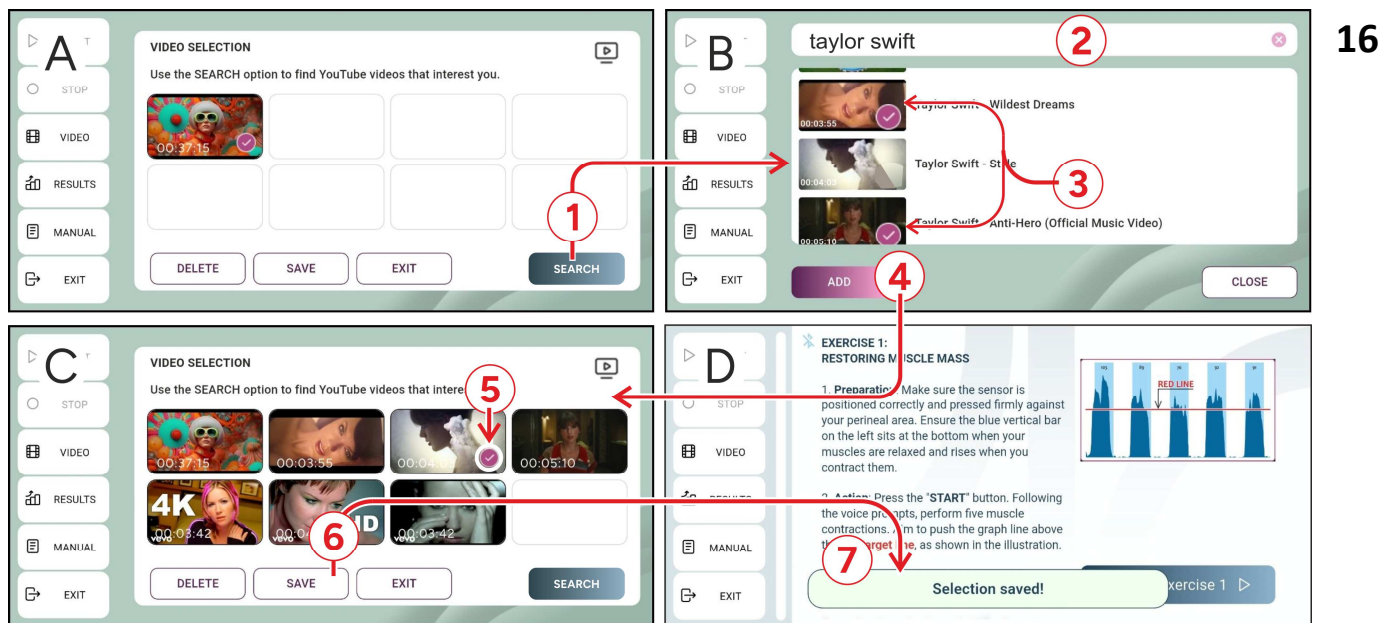
How to Select Videos in the SX-TRAINER App

During your first sessions with SX-TRAINER, we recommend focusing entirely on the basics: getting comfortable with the device and mastering your muscle contractions. During this phase, videos will play automatically without any input from you.

However, once you get the hang of it, you might want to customize the videos to match your personal taste. Below is the step-by-step guide to choosing your own videos to watch during your rest periods and while performing Exercise #3.

- * Tap "VIDEO" to open the "VIDEO SELECTION" screen (Fig. 16A). By default, the playlist contains only one default YouTube music video link.
- * Search YouTube: To find other content on YouTube, tap the "SEARCH" button (Fig. 16A-1) and enter your search terms (e.g., an artist's name or a movie title) (Fig. 16B-2).
- * Add Videos: Select the videos you want to add (Fig. 16B-3), then tap "ADD" (Fig. 16B-4).
- * Choose Your Queue: The screenshots of your selected videos will now appear on the "VIDEO SELECTION" screen (Fig. 16C).
- * Save Your Selection: Tap the video you want to play first (Fig. 16C-5), then tap "SAVE" (Fig. 16C-6). A confirmation message, "Selection saved," will appear on the screen (Fig. 16D-7).

Your personalized video queue is now set and will play during your rest intervals and throughout Exercise #3.



APPENDIX 4

ENDING AN EXERCISE OR SESSION EARLY

Tap the "STOP" button. Once you confirm the action, the app will return to the main screen, where you can tap "EXIT." All progress achieved up to that moment will be saved.

Note: While performing Exercise #3, you must first tap the "GRAPH" button to make the "STOP" button accessible.