

Kegel8's Guide to Connecting the Perisphera H

Connect the wires on your Perisphera H probe like this to target your Pubo-coccygeus and Pubo-rectalis muscles. Your PC and PR muscles are your "top and bottom" pelvic floor muscles. This arrangement corresponds with Diagram B in the instruction manual.

Black - Black

Red - Red

Black - Black

Red - Red

Channel A

Channel B



Connect the wires on your Perisphera H probe like this to target your Pubo-coccygeus-right and Pubo-coccygeus-left muscles. Your PCR and PCL muscles are your "right and left" or "side" pelvic floor muscles. This arrangement corresponds with Diagram C in the instruction manual.

Black - Black

Black - Red

Red - Black

Red - Red

Channel A

Channel B

