

# unlock your potential with F2S™

mastering sexual stamina  
& ejaculation control







Welcome to the **F2S™ Training Hub**, where you can choose between two expertly designed programs to enhance your sexual wellness:

- Powerful **stamina training**
- Guided **Kegel exercises** for men

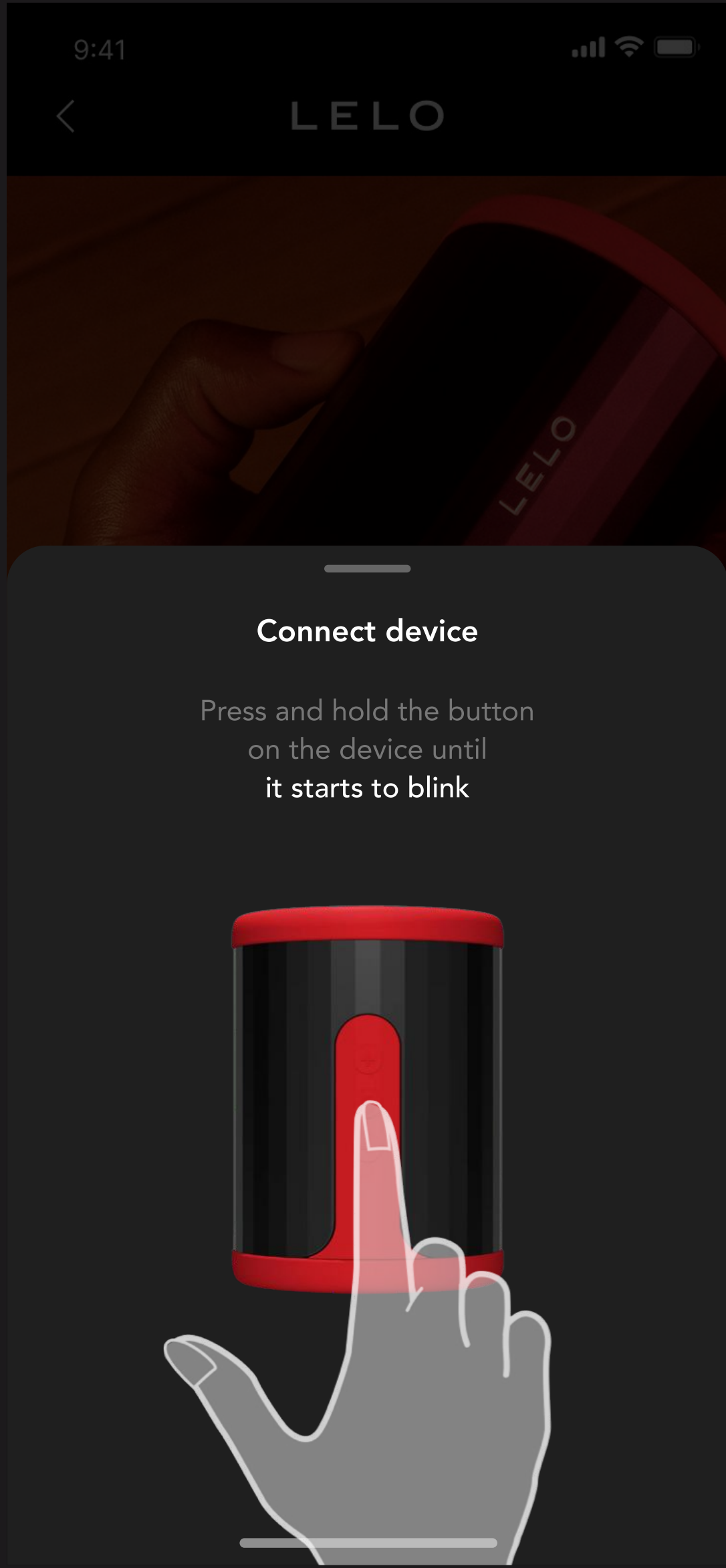
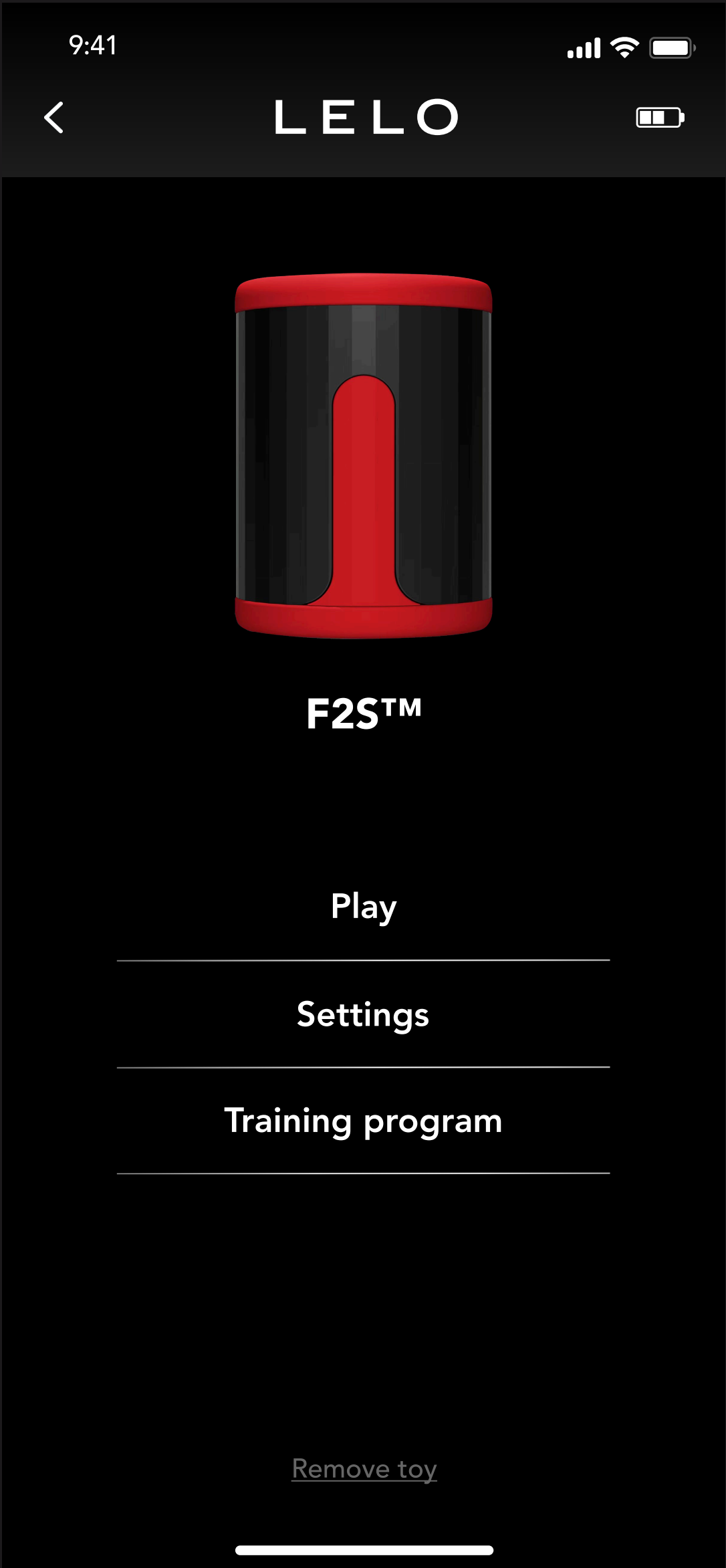
# stamina trainer

## ACTIVATING POWERFUL STAMINA TRAINING

Embark on a journey through 9 endurance levels and collect progress badges while boosting your sexual stamina.

### ➡ STEP 1

Before starting, ensure your **F2S™** device is paired with the **LELO™ app**.





# stamina trainer

## STEP 2

Select the "trophy icon" in the middle of the bottom menu. Then, tap "Stamina Training".

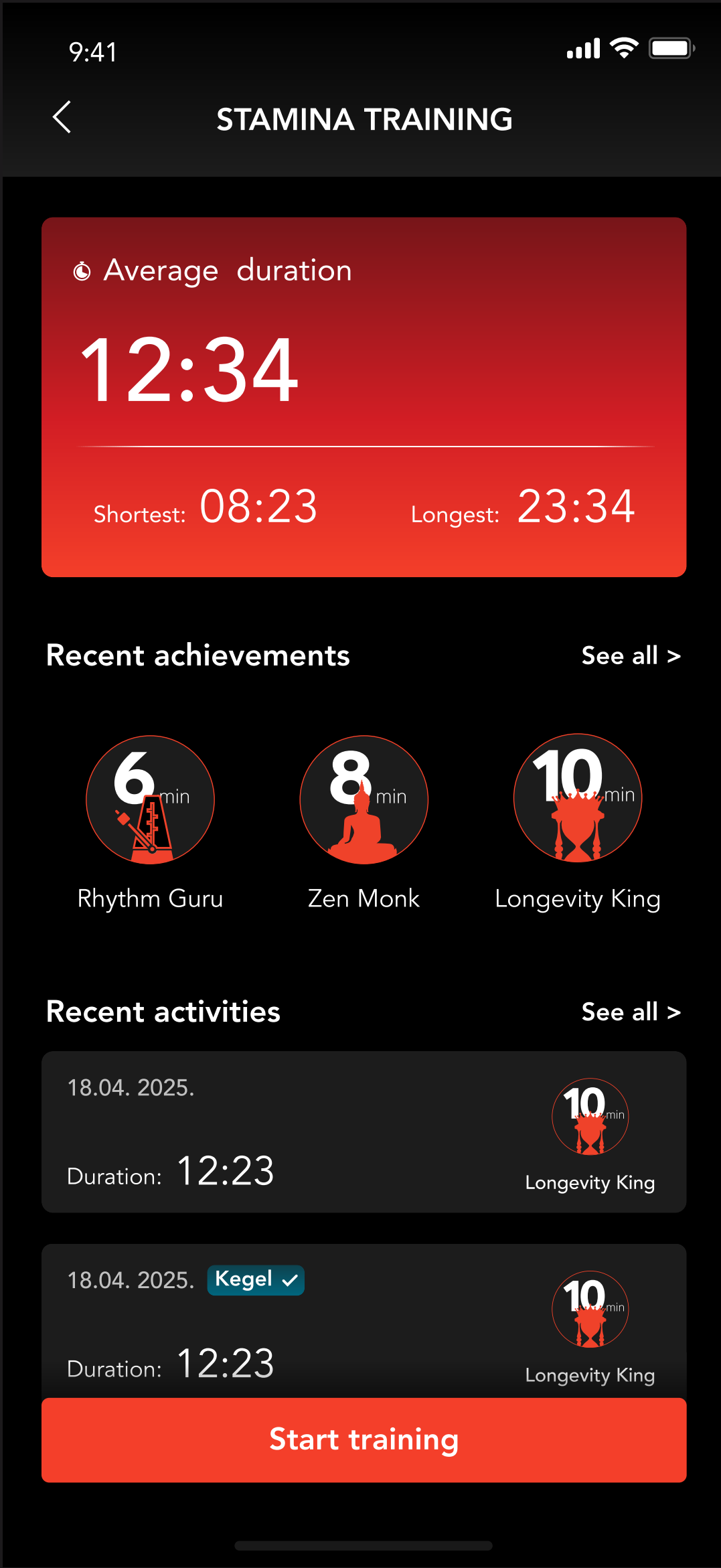




# stamina trainer

## STEP 3

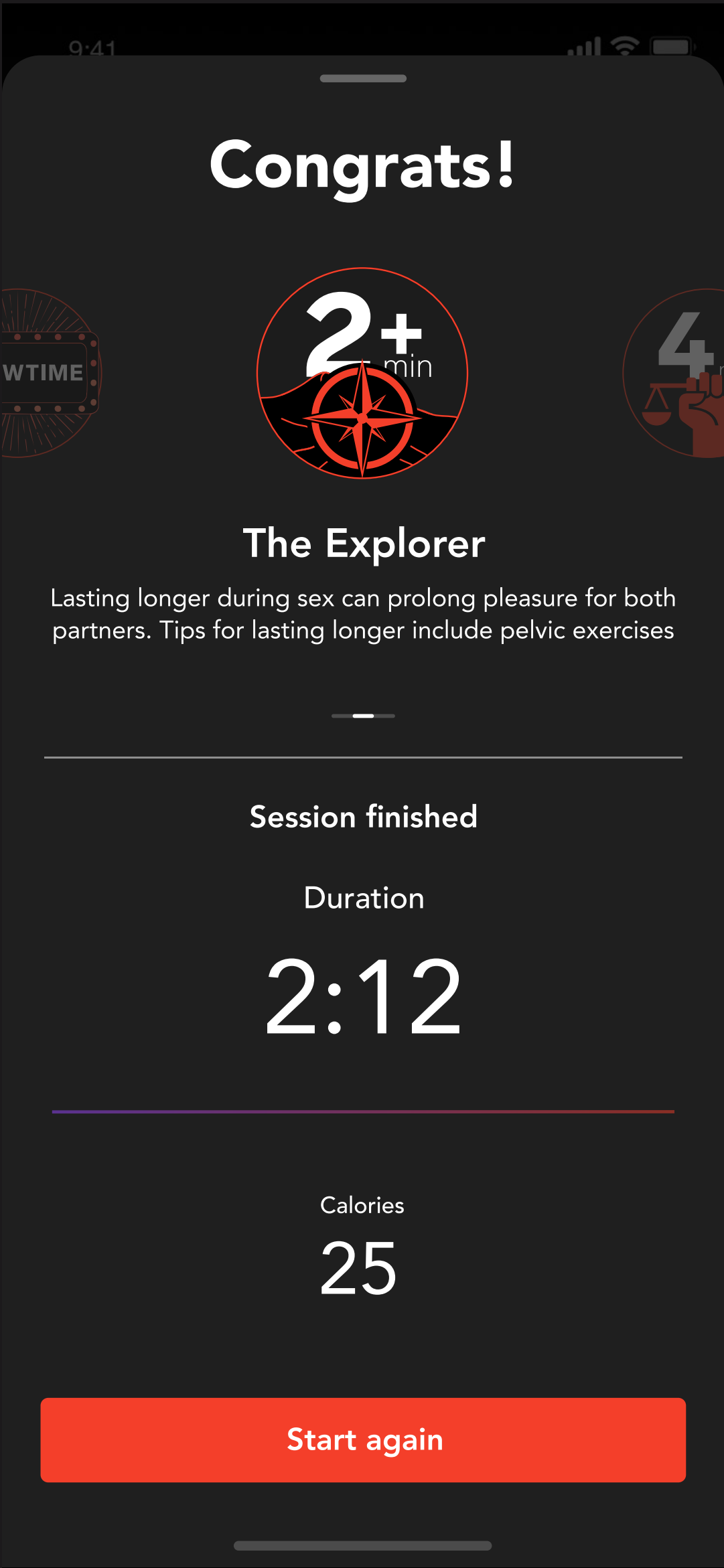
Follow the on-screen instructions and select “Start Training” when ready.



# stamina trainer

## STEP 4

Try to progress through the nine endurance levels, aiming to increase your duration with each stroke you make.





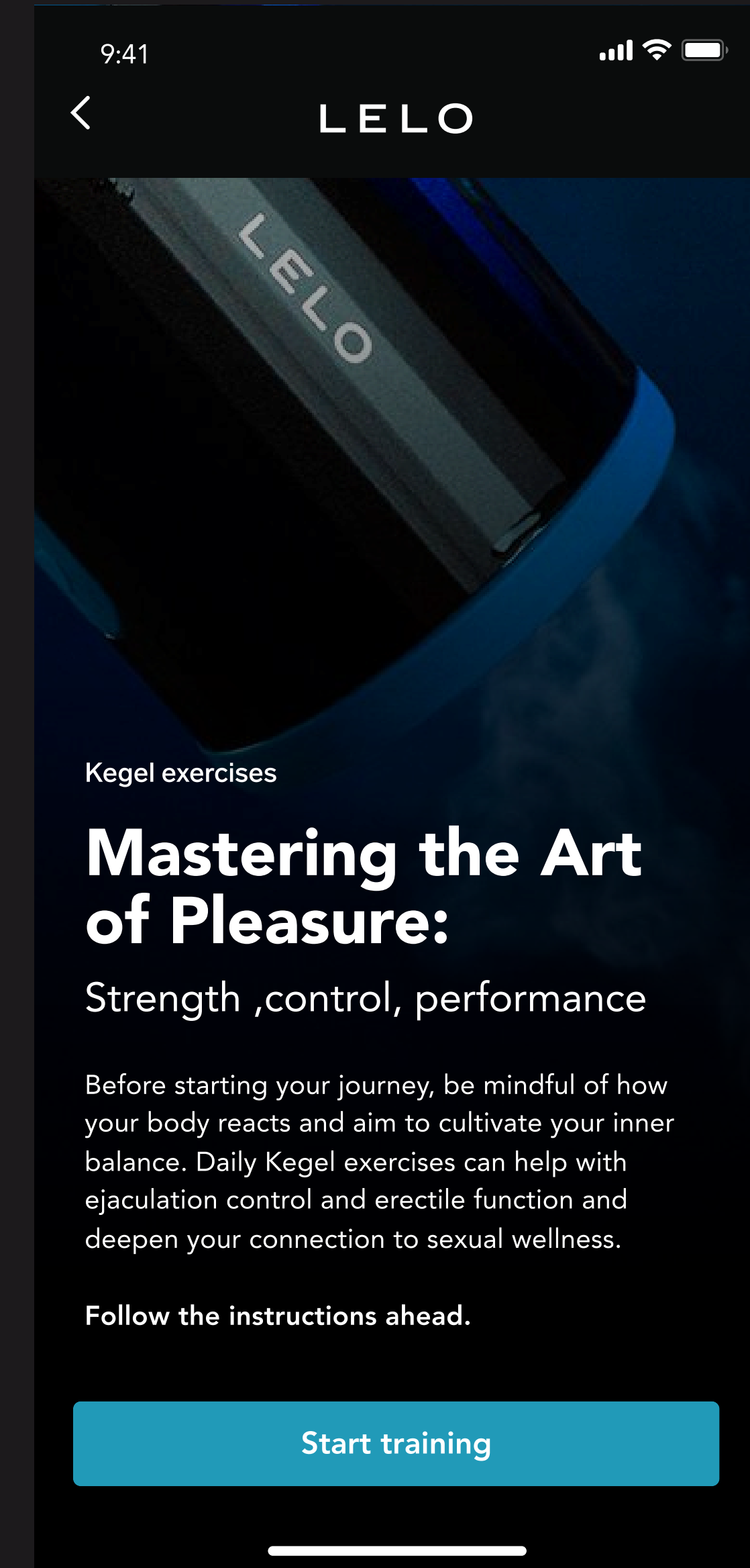
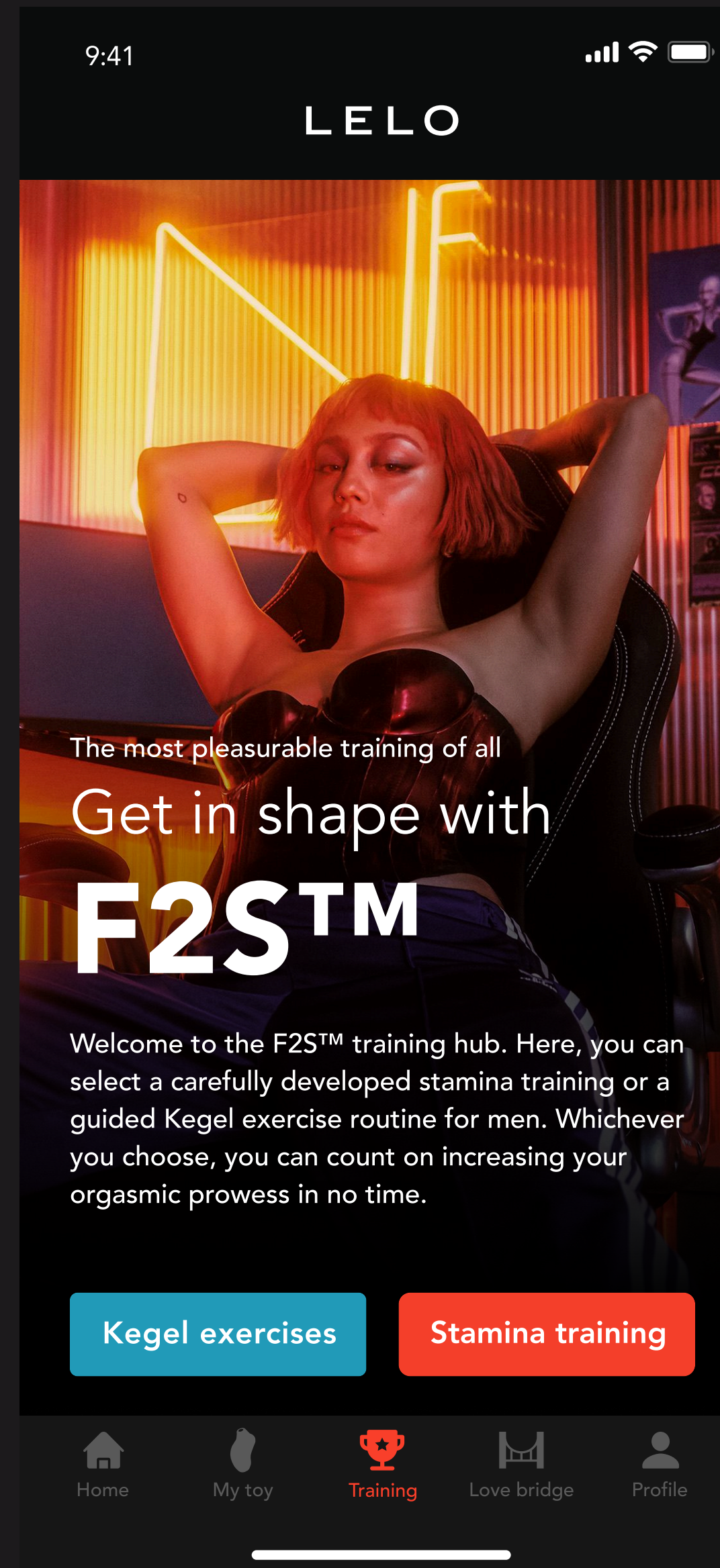
## Kegel exercises

### GUIDED KEGEL EXERCISES FOR MEN

Aim for improved ejaculation control using four simple exercises that will help you strengthen your pelvic floor muscles like never before.

#### ➡ STEP 1

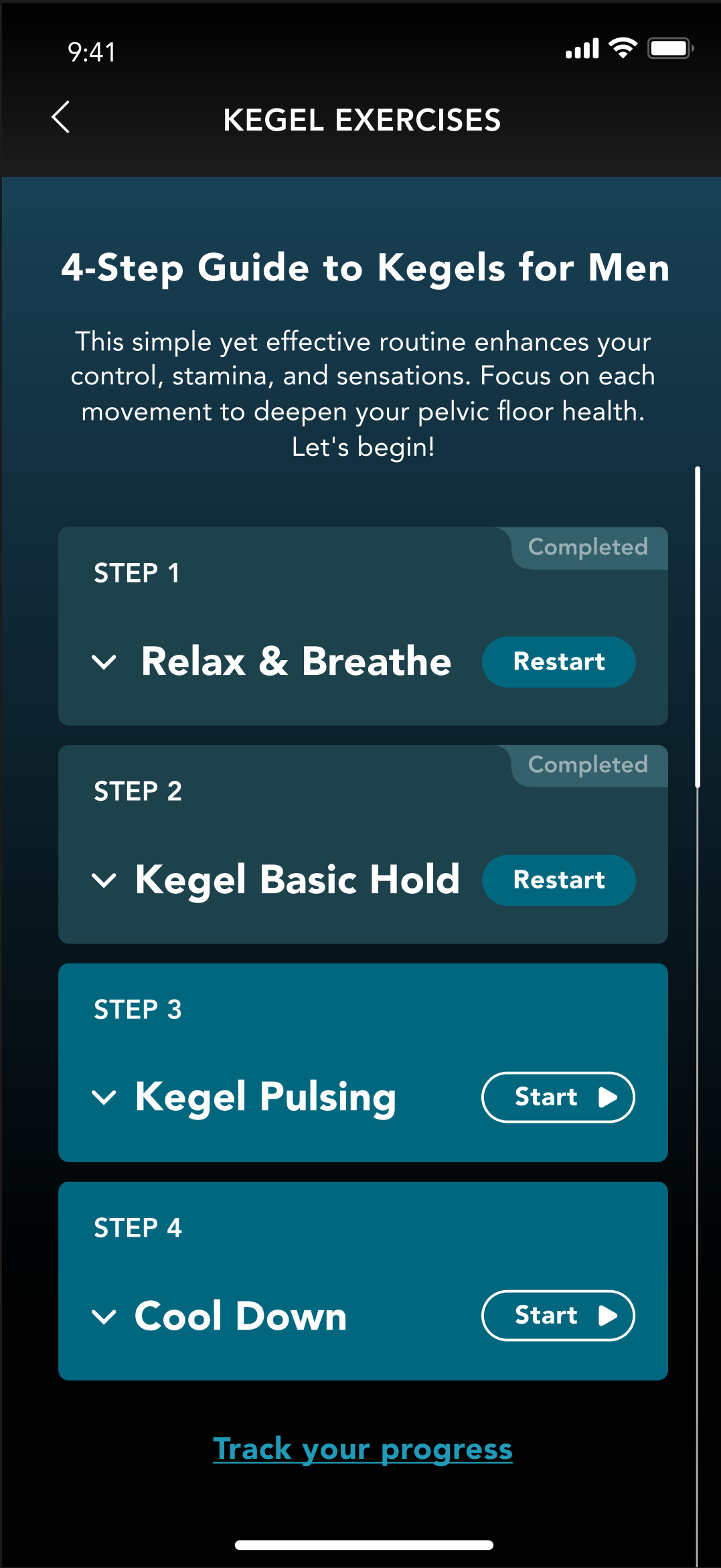
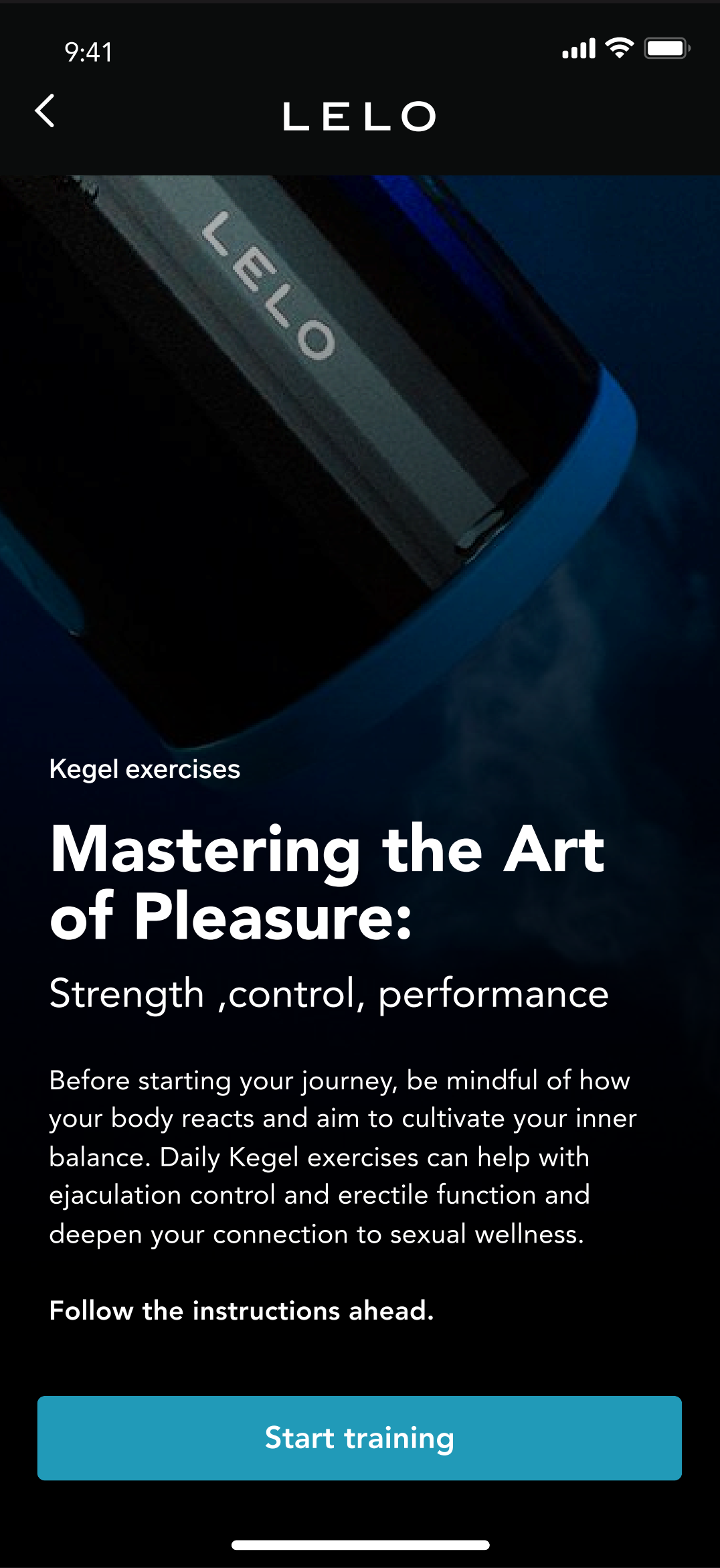
Select the "trophy icon" in the middle of the bottom menu. Then, tap "Kegel Exercises". For these exercises, **no device is needed**.



# Kegel exercises

## STEP 2

Follow the on-screen instructions and select “Start Training” when ready.

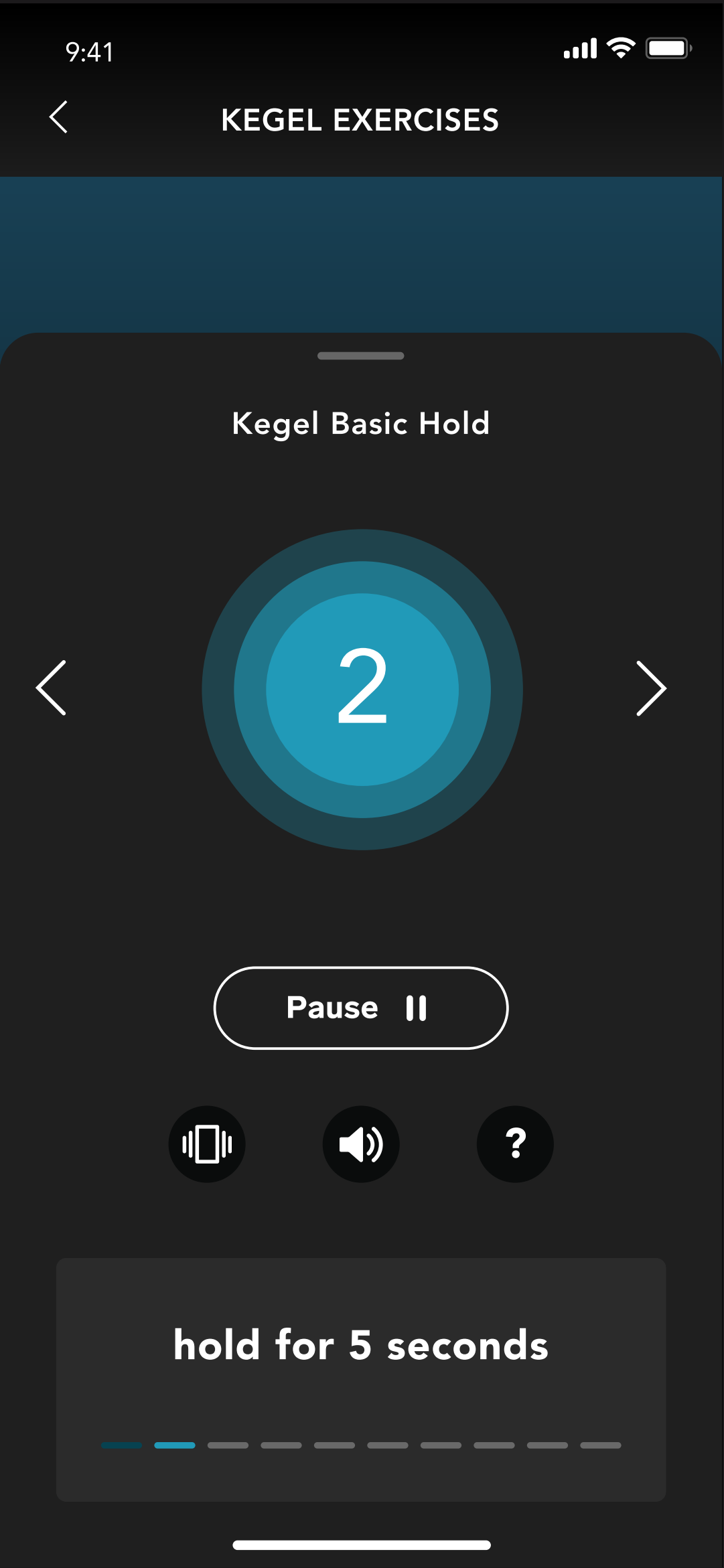
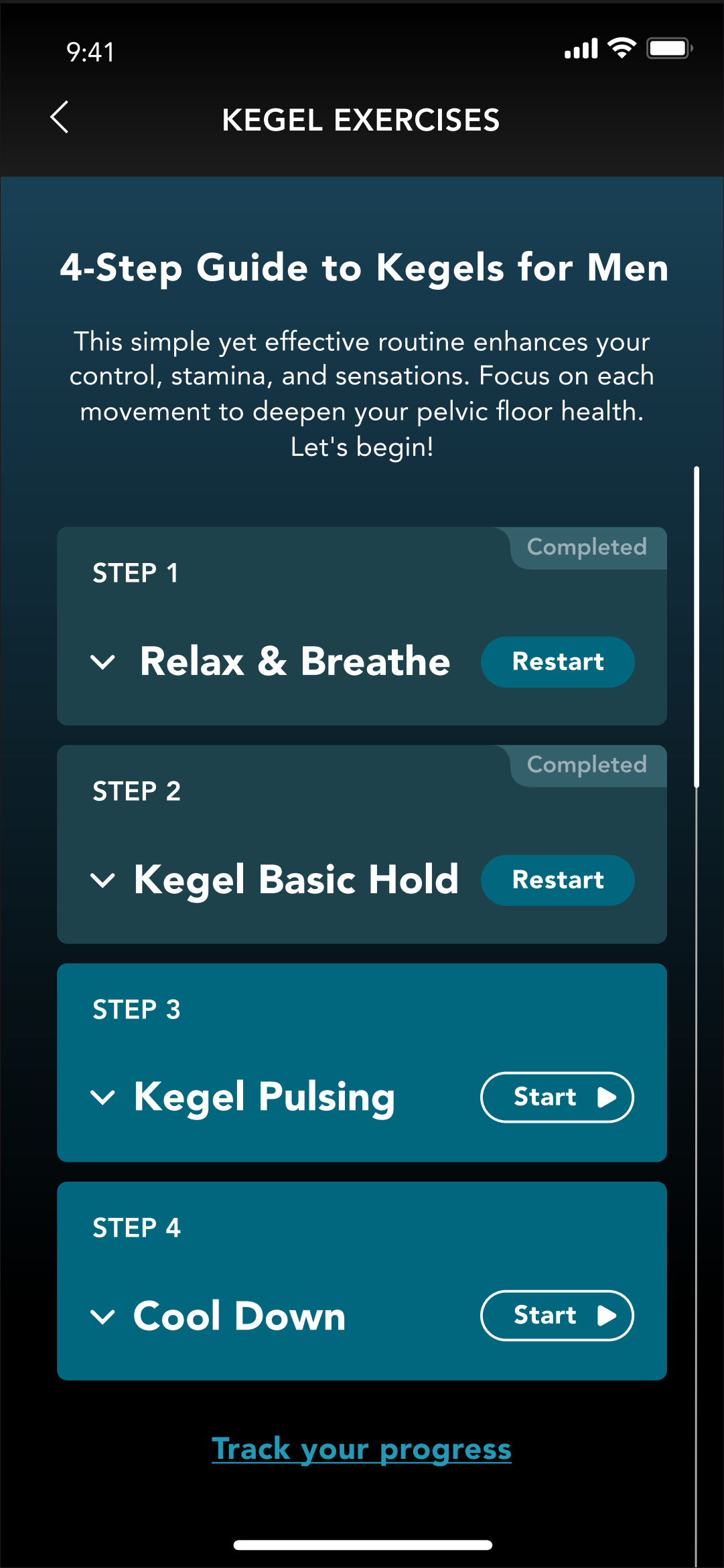




# Kegel exercises

## STEP 3

Try to complete the four exercises focusing on relaxation, basic holds, pulsing, and cool down.





# stamina trainer

## CONSISTENCY IS KEY

Whatever training options you choose, **regular practice will lead to noticeable improvements in control and stamina.**

Track your progress within the app and make these exercises a staple in your sexual wellness routine.





LELO

Come Together