

**4 Steps to Ejaculation Control -
Mastery in 28 Sessions**

TIMING TRAINER - ENDURANCE -

**TRAINING GUIDE
+
USER MANUAL**

**For those concerned about
performance and endurance**



TENGA®
HEALTHCARE

Product Usage and Maintenance

1

Holding the stand firmly, open the case by turning the Clear Cover.



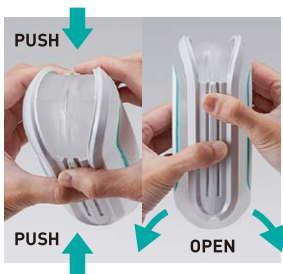
2

Remove the Slide Arms.



3

Squeeze the rails into the item with both hands until it unlocks with a click, then open the Product Body.



4

Apply a suitable amount (around 10 to 15 ml) of TRAINER LOTION.

*The TRAINER LOTION is a special lotion that was developed specifically for training. Always use it when training.



5

Close the Product Body and attach the Slide Arms.



6

Apply lotion to the insertion point.



Product Usage and Maintenance

7

Insert your penis into the insertion point.



8

After use, open the Product Body and wash out the inside thoroughly with tepid water and soap. Wipe away moisture after washing.



9

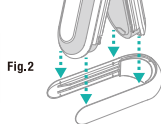
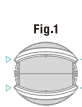
How to Dry (2)

Open Product Body and place Product Body sides (marked ▲ on fig. 1) on the Slide Arm V Slots (marked ▲ on fig. 2) as shown on the right.



How to Dry (1)

- ① Slot Slide Arms into Stand.
- ② Open Product Body by holding it with both hands and check the grooves inside the rails.
- ③ Fit the tips of the Slide Arms into the ▲ grooves inside the Product Body.



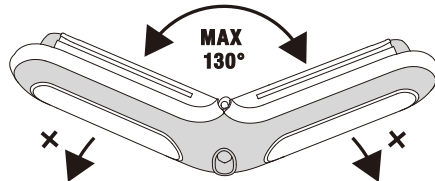
10

When the product has dried, attach the Slide Arms and place on the Stand, re-attaching the Clear Case for storage. Store in a location away from direct sunlight and high temperature or humidity.



⚠ Caution: Opening the Product Body

Note that excessive pulling with both hands in the directions marked by the "X"s (such as when cleaning or applying lotion) may damage the product.



Usage Warning

WARNING ● Do not place Product in mouth. Do not attempt to swallow product. Do not insert item in body. ● If you notice any adverse physical effects during use, cease use immediately and contact a medical professional. Prolonged use may cause injury or health problems. ● TENGA Co., Ltd. can not be held liable if used in any way other than its intended use. ● Keep out of reach of children and pets. ● Do not use the product if it is damaged in any way. ● Do not heat with anything other than the FLIP WARMER, do not use at high temperatures, do not place item or leave unattended in or near open flames or high temperature areas. Any of these may lead to overheating, product damage or fire hazards. ● Do not share with others to avoid transmission of contagious diseases and infections.

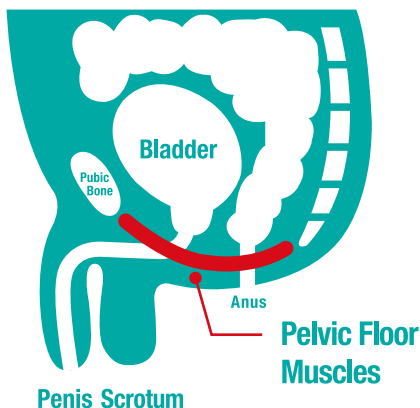
CAUTION ● Do not use the product if you are experiencing skin problems. If you experience irritation or other abnormal sensations when using the product, discontinue use and consult with a physician. ● Store and use the product at room temperature. ● DO NOT drop or expose to extreme force as this may cause product damage. ● Lotion may leak during use. Please ensure you use the item on a surface where this can occur. ● After use, ensure no lotion or other fluids remain on the item by washing thoroughly with tepid water and mild soap, and ensure product is completely dry before storing. ● Do not wash with alcoholic cleaners, or corrosive substances such as benzene or paint thinner. This may damage the item. ● Do not boil or attempt to wash with hot water. Do not place in hot or cold water for extended periods of time. ● Keep away from hot, humid places and direct sunlight. ● This product is not a medical device.

DISCLAIMER Not a medical device. Not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease or conditions.

Identify Your Pelvic Floor Muscles!

Important!

The purpose of the training program you are about to begin is to learn how to control the timing of ejaculation by creating a mind-muscle-connection with your pelvic floor muscles to better control them.



The pelvic floor muscles are muscles that contract when you stop urinating or tighten your anus. When the pelvic floor muscles are tense, it becomes difficult to hold back ejaculation. This is why it is important to relax these muscles to control ejaculation. Try to move your pelvic floor muscles, tensing them with the image of drawing your anus and scrotum up toward your stomach. You're doing it correctly if the base of your penis also twitches as you tense your muscles. Once you are able to identify and feel the movement of your pelvic floor muscles, it's time to begin the training program (Step 1) using the TIMING TRAINER.

Important Tips for Training

- 1 Perform each step of the training program as often as possible to make it second nature for your body. Four times a week is recommended.
- 2 After performing a step the stated number of times, move on to the next step even if you cannot perform that step with ease.
- 3 Move the TIMING TRAINER at about the same speed that you would move when having intercourse. Avoid pressing the pad in the product's center during use.
- 4 If you find the stimulation to be too intense, try training while using a condom.

The Training Program

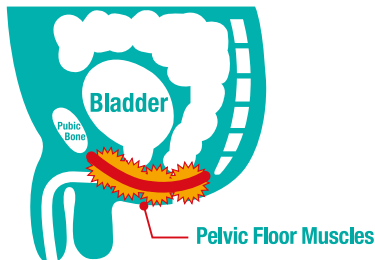
STEP 1 | Total: 4 Sessions

Recommended training period: 1 week

Be conscious of your pelvic floor muscles when you ejaculate.

You should now be aware of your pelvic floor muscles from the previous page's exercise. In Step 1, use the **TIMING TRAINER** as you would in normal masturbation while being conscious of how your pelvic floor muscles move and react.

You should feel your pelvic floor muscles tense up as you approach climax, and you should feel them twitch and contract during ejaculation.



Training Days	/	/	/	/	/	/
	/	/	/	/	/	/

STEP 2 | Total: 12 Sessions

Recommended training period: 3 weeks

Relaxation Training

From your practice in Step 1, you should now be aware of how your pelvic floor muscles tense up just before ejaculation. To control ejaculation, it is important to consciously prevent this tension from building up.

In Step 2, stop your hand movements and relax your pelvic floor muscles when you approach climax, and allow the sensation of impending orgasm to subside, aiming for this sensation to subside within approximately 45 seconds.

Resume stimulation when the feeling subsides. Repeat this process four times during one training session, and then allow yourself to freely ejaculate the fifth time.



**Control
ejaculation
within
approx.
45 seconds**

Training Days	/	/	/	/	/	/
	/	/	/	/	/	/

The Training Program

STEP 3 | Total: 8 Sessions

Recommended training period: 2 weeks

Non-Stop Training

In Step 3, continue the procedure of Step 2 but don't stop your hand from moving.

When you approach climax, keep the feeling of impending orgasm away by relaxing your pelvic floor muscles only, while continuing to move your hand.

Make the feeling subside four times during one training session, and then allow yourself to freely ejaculate the fifth time.

*If you find this difficult, slow down your hand movements.



Training Days | / | / | / | / | / | /

/ | / | / | / | / | / | /

STEP 4 | Total: 4 Sessions

Recommended training period: 1 week

“Hip Thrust” Training

In Step 4, continue the procedure of Step 3, but this time move your hips. Hold the TIMING TRAINER against a cushion or desk and then thrust with your hips as you would when having intercourse.

When you approach climax, keep the feeling of impending orgasm away by relaxing your pelvic floor muscles while continuing to thrust with your hips.

Make the feeling subside four times during one training session, and then allow yourself to freely ejaculate the fifth time.

*If you find this difficult, slow down the rate of your hip thrusts.

Training Days | / | / | / | / | / | /

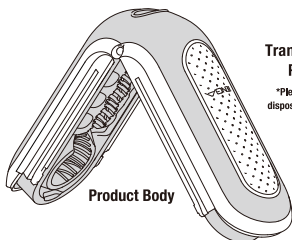
■ After you have completed the training program —

By continuing the training program up to this point, you have likely mastered the skill of “controlling ejaculation by relaxing the pelvic floor muscles.”

Control ejaculation by relaxing your pelvic floor muscles in the same way when having actual intercourse.

Please note: If you do not train frequently, your body will “forget” how to control your ejaculation. Maintain it by repeating Step 3 and Step 4 periodically (at least once a week is recommended).

Product Content



Product Body



Transportation
Padding

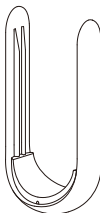
*Please remove and
dispose of after opening.



Clear Case



Stand



Slide Arms



Training Guide + User Manual

HTT-01K TIMING TRAINER | ENDURANCE

Dimensions (mm) : W80 × H180 × D70

Dimensions (inch) : W3.1 × H7 × D2.7

Weight / Product: Approx. 510 g / 18 oz

When stored in the case: Approx. 735 g / 26 oz

Materials : Elastomer, ABS, Silicone, PC

Manufactured by TENGA Co., Ltd. 1-7-1 Mita, Minato, Tokyo 108-0073, JAPAN.

Contact Details: cs@tengahealthcare.co.jp

For more information, please visit: <https://tengahealthcare.co.jp/en/en-top/>

MADE IN JAPAN

Registered Design / Registered Patent

User manual
in other languages available here

