



# Hold Tight Pelvic Floor Strength Training Set

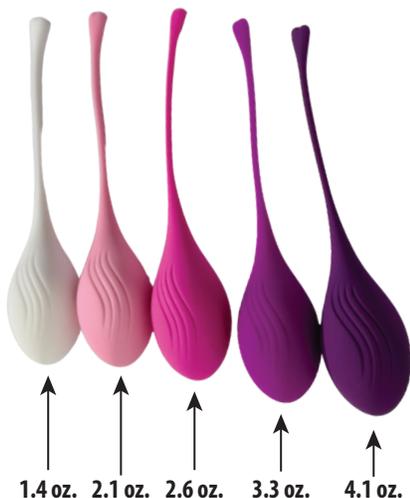
SKU 3600

Restore intimate strength with *Hold Tight*, a pelvic floor strengthening kit. Women who have experienced childbirth, surgery, aging and hormonal shifts like menopause can use these five silky smooth, teardrop-shaped weights to help tone and tighten their pelvic floor. Each weight offers gentle resistance to strengthen deep core muscles, support better bladder control and enhance intimate sensations. Begin with the lightest teardrop and progress at your own pace toward heavier weights to improve control and increase pleasurable sensations. Finished with a heart-tipped retrieval stem, daily pelvic wellness is discreet and empowering. Makes a thoughtful gift for a pregnant friend or 40th or 50th milestone birthday.

### Features:

- Premium Silicone with zinc alloy
- Phthalate and latex free
- Not for use with silicone lubricants
- Waterproof IPX8
- Length: 6.75"
- Width: 1.36"

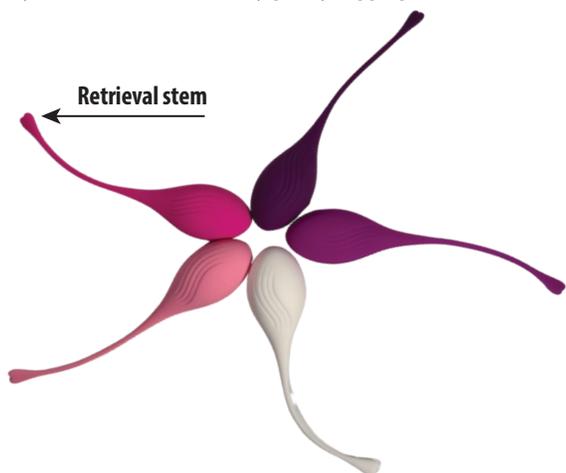
Each kegel teardrop exerciser comes with an attached silicone retrieval stem.



## Hold Tight Pelvic Floor Strength Training Set

**Included:** 5 Kegel teardrop exercisers with retrieval stem

**Easy insertion and removal by gently tugging the retrieval stem.**



### Kegel Exercise Benefits:

Effective Kegel exercises are crucial to the prevention of many common female reproductive health related issues including urinary stress incontinence, constipation and uterine, bowel or bladder prolapse.

They help women increase or restore pelvic floor health and obtain more pleasure from intimacy. They can be worn during regular activity and continually tug with gravity to stimulate reflexive resistance.

### Cleaning

Always clean product before and after every use. For best results we recommend using Athena's (anti-microbial) Mighty Tidy Toy Cleaner (SKU MTT-2762).

### Lubrication

Be sure to use ample lubrication with your bedroom toys. For best results try Athena's Perfectly Pure Intimate Moisturizer (SKU 5701). Not for use with silicone lubricants. You can find additional lubrication options on our web site or in our online catalog.

**To ensure that you always enjoy a pleasurable experience with your adult novelty items, follow the care instructions listed below:**

Do not store products near extreme cold or heat. Store in a cool, dry location. Store products separately as different materials may react with each other. Take caution when placing lotion and massage oil bottles or adult novelties directly on furniture surfaces. Place them on a cloth to protect your toys and your furniture.

**Caution: For adult use as a non-medical pleasure device only. Discontinue use in the event of any medical condition or pain.**

### Warranty

All sales are final due to the intimate nature of our products. *Hold Tight* is guaranteed for a replacement for 1 year for the exact same item.

For Warranty Information and Motorized  
Pleasure Device Best Practices please scan here.



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## Exercise Options

**Insert Teardrop Exerciser:** Find a comfortable, relaxed position, such as sitting or standing. Be sure to use ample lubricant. Beginners should start off with the lightest teardrop at 1.4 ounces, progressing to the 2.1 ounces, 2.6 ounces, 3.3 ounces and 4.1 ounces when ready. Gently push the teardrop into the vaginal opening with the retrieval stem remaining on the outside. Halt just prior to being completely in. Do not force to the back of the vagina or up near the cervix. Safe to use every day.

### Kegel Exercises

Use the teardrop exerciser during routine activities. Be sure you're strong enough to hold the exerciser in place before going out in public.

**Sitting exercises:** Sit with your legs close together. Attempt to move the teardrop back and forth. You may not initially be able to move the exerciser back and forth. This comes with practice. Start by squeezing and then relax for a few seconds.

**Standing exercises:** The standing exercise uses the weight of the teardrop and gravity to assist you in working the PC muscle. While standing, spread your feet about 24" to 36" apart. Practice keeping the exercise teardrop in your vagina. With consistent exercise you will be able to keep the teardrop in place for a longer amount of time.

**Squatting exercises:** Combines basics of sitting and standing exercises. Place feet as wide apart and bend knees into an easy squat. Practice keeping the teardrop in your vagina. With consistent exercise, you will be able to keep the teardrop in place for a longer amount of time.

**Remove the teardrop unit by gently tugging the retrieval stem.**

**Warning:** Consult a physician if user has recently had any type of vaginal surgery prior to use. Do not use if a medical condition prohibits use or if skin is irritated or bruised. Keep away from children.