Data current as of: 03-11-2026 14:50

Link to the product: https://sforne.com/je-joue-ami-kegel-balls-fuchsia-p-4710.html



JE JOUE - AMI KEGEL BALLS - FUCHSIA

Price	**73.91 £**
Number	**70137552**
Producer code	**FETISHID-213803**
EAN	**5060170970263**

Product description

With 3 progressive weights – from a soft single ball, to a hard, heavy double ball – Ami improves the condition of the pelvic floor, allowing you to achieve more intense orgasms along with many health benefits, and all at your own pace.

How does it work

- Ami is not just one Kegel exercise element, but three at the same time: a very complete system to tone the pelvic floor. We have analyzed the best medical and pleasure products on the market to create a personalized training program, which is much more fun than going to the gym.
- Ami 1 is a simple ball, the largest and lightest of the trio. We recommend starting with this ball if you are untrained, or if you have never done Kegel exercises (contracting the vaginal muscles) or if you have just had children.
- Ami 2 is a double ball, longer and heavier than Ami 1.
- If you started with Ami 1 and notice that you hold it without any effort, it is time to move on to Ami 2. It is also recommended for women with some vaginal toning, who can skip the first ball and go directly to Ami 2.
- Ami 3, although the smallest in size, is the heaviest, the last stage of the program for experienced women.
- Beginners should start with Ami 1, and progressively switch to training with Ami 2 and Ami 3, as the vaginal walls become smoother and tighter. We recommend wearing Ami 2 to 3 times a week for about 20 minutes to start, and gradually increase the frequency.

Characteristics:

- Generously coat Ami with water-based lubricant before insertion.
- Easy to use and comfortable
- Easy to clean.
- Fuchsia color

Measures :

- **Ami1**
  - Height 39mm
  - Width 39.6mm
  - Depth 39.6mm
  - Total weight 54.4g
- **Ami 2**
  - Height 79.5mm
  - Width 34.5mm
  - Depth 34.5mm
  - Total weight 72.6g
  - Height 70.6
- **Ami 3**
  - Height 70.6mm

- Width 29mm
- Depth 29mm
- Total weight 99.2g

Brand characteristics

Brand characteristics: selected JE JOUE products available at Sforne with discreet delivery and clear product information.

Kegel Guide

Benefits of Kegel Training

Stronger pelvic floor muscles improve bladder control, enhance sexual sensation (for both partners), and speed postpartum recovery.

Most users notice improvements within 4-6 weeks of regular (daily) use.