

SYBIAN

INSTRUCTION MANUAL

with helpful hints and techniques

Please read all information that comes with your Sybian before use and keep for future reference.

***Congratulations on your purchase of Sybian.
It will enrich your life!***



1. Contact Piece
2. Stool
3. Control Box
4. Medium Attachment
5. Small Attachment
6. Smooth Flat Top
7. Large RealLike Cover

8. Detachable Power Cord (USA & Canada)
9. Red Riser (2)
10. ID® Brand Lubricant
11. Springs & Plastic Stems
12. Instruction Manual
13. Reboot Your Sex Life Manual & Warranty (not pictured)

Every woman will have a unique response to Sybian. Some will be able "get on and go", while others will need to follow the steps below. Begin gradually and take time to become comfortable with each step. We recommend that initially, women experience Sybian in private, without a partner.

Start Here – Step 1

1. Place Sybian on a carpeted or well-padded surface and plug into a power source.
2. Choose any vaginal attachments and put in a Plastic Stem. Attach it to Sybian by anchoring the front lip under the contact piece, positioning the center and pulling down the back.
3. Turn both switches on and familiarize yourself with the speed controls. They operate from approximately 7 to 5 o'clock. Grasp the attachment firmly with your hand to feel both movements. Try both movements separately and then concurrently.
4. Remove the attachment and attach the Smooth Flat Top (no insertion).
5. Urinate before using Sybian. Set the proper mood, and then create a desire for sex.
6. Add a small amount of lubricant to the raised area of the attachment.
7. Facing the end the controls are on, lower yourself so that your clitoris is in full contact with the front area. If necessary, adjust body to insure this contact. Become comfortable kneeling and being in this upright position.
8. Turn on the vibration and gradually increase speed beyond 2 o'clock until you feel it will produce results. The amount of pressure you place against the Flat Top determines the sensation you receive. Close your eyes and concentrate on the feeling in the clitoral area while becoming accustomed to the feel and sound of Sybian.
9. If you have an orgasm, prolong it for as long as possible by staying in contact with Sybian and not adjusting the controls. When you feel that you cannot continue any longer, turn off the vibration for approximately 10 seconds then start it again. This may be uncomfortable for the first few seconds but if you will tolerate the discomfort momentarily, it will quickly turn to pleasure.
10. Repeat #9 as many times as possible but not to the extent you become sore! Use good sense and don't overdo. Each succeeding session can be extended further.

Whenever you feel comfortable with what you are doing and feel ready to proceed to the next step, please do so, following the instructions below. **You may combine steps or skip any step if you believe you are ready for more stimulation and completely OK with what you are doing.**

Step 2 – Choose an attachment and attach to Sybian, without either Plastic Stem or spring. This will allow the part to float. From Step 1, follow #5 through 10. Without a Plastic Stem, no rotation will occur but you will feel both insertion and vibration internally. Vibration transfers up the attachment.

ATTENTION:

Adjust Sybian for Maximum Results

Fortunately our bodies are not all the same. We have designed a way you can “size” Sybian to fit your body to give maximum stimulation every time. Open the Red Risers and follow the directions.



Step 3 - Insert the spring, or appropriate Plastic Stem, into the attachment of your choice and attach to Sybian. Lower yourself, turn on rotation and rotate the attachment to the most comfortable position. Stop it there. Use Sybian while the attachment is in this position without turning on the rotation. From Step 1, follow #8 through 10.

Step 4 – With same setup as Step 3, turn on rotation first. Begin with a slower speed and work up near or to full speed, as quickly as comfortable. (You will not change this until the session is over.) Then add vibration. Hopefully you will soon have vaginal orgasms concurrently with clitoral orgasms. After pushing to go further for several sessions, you should be able to have orgasms quite continuously for 20 minutes or more. Many women can do multiples of that.

Once you are comfortable and responding to Sybian

You will determine your own parameters. The ultimate goal when using Sybian is to have vaginal and clitoral orgasms concurrently and nearly continuously. Following are some of our suggestions/recommendations to help you achieve this.

- If using a Red Riser, always use a red Plastic Stem. It is longer. If not using a Red Riser, use either the spring or white Plastic Stem. The Plastic Stem gives more stimulation and is suggested unless there is a problem with comfort.
- Throughout a session, close your eyes and put aside all outside thoughts and cares and solely concentrate on the feeling in your pelvic area.
- To receive maximum G-Spot stimulation, stay fully upright when on Sybian. To receive maximum clitoral stimulation at the same time, your clitoris must be in full contact with the nipples area. If it is not, review the Red Riser information again.
- We suggest you start a session by turning rotation on first and work up near or to full speed. Normally you will not change it until the session is over.

- Vibration is most effective beyond 3 o'clock and can be at or near full speed. Turning it down and immediately back up can be an effective change of pace.
- If you can ejaculate (squirt), go ahead and do so. It will not have a negative effect on Sybian. We suggest you put one or more towels under the Sybian.
- Humping Sybian is being proactive. Find information about humping on page 7. This movement will cause orgasms to happen more quickly, be more intense and cause them to last longer. Humping Sybian also increases the aerobic benefit of every session.
- Vocalizing while on Sybian is also being proactive and electrifies the atmosphere. As a bonus, it is a great turn on to a partner, if present.
- If using Sybian with a partner, sit bare skin to bare skin with arms around each other. Let the partner control Sybian as he offers encouragement while touching and kissing. If you are both proactive enough, you can forget that the stimulation is coming from an outside source. It's a beautiful thing.

Attachments

The attachments do not contain latex. This should not be a concern.

Sybian is fully protected against body fluids when an attachment is in place.

You may warm the attachment by placing it in hot water before attaching to Sybian.

For your protection, do not share attachments. Each user should have her own.

Be generous with lubricant. The lubricant you received is water-soluble. The use of petroleum-based lubricants is not recommended.

The RealLike Covers are designed to fit over the **Medium Attachment *only***. To use covers, apply a small amount of lubricant over the ridges. Slide the cover over the attachment and push firmly. The single vertical ridge on the cover should be positioned to the backside, opposite the nipples front. It may be necessary to push on the underside where the Plastic Stem is inserted, to release any trapped air. If positioned correctly there will not be a gap at the base where the two parts meet.

The Double is designed so the covers may be placed over either part.

The G-Mini and G-Max are designed to stimulate the G-Spot area more firmly than the other attachments.

Using Sybian Without A Partner

Having a partner is not a prerequisite for having satisfying and enjoyable orgasmic release.

When using Sybian we suggest facing a bed, couch, lounge chair or something similar. The controls can be in front of you and you have something to lean against. You may prefer to wedge a couple of pillows between yourself and the bed. In this way you will have something to put your arms around and something to rest your head or chin upon. Please note that your knees are down and your feet are behind you.

If it is difficult for you to get down to a lower surface or if it is uncomfortable to kneel, it is possible to raise Sybian so that your feet will be down. The preferred height will vary but we would suggest trying a surface that is about 10 inches high. The most important thing is the object you are placing it on must be very sturdy and not tip easily. We sell a storage/riser cabinet that is designed for this.



Sybian massages the G-Spot area more firmly if the user is seated upright. It is our belief that more women should learn to be comfortable in the cowgirl position (woman on top) to give more variety to their sex lives; however, we are aware that many Sybian owners use it while lying on their backs. After insertion, hold the unit into you with your heels and then use one hand to tip it to a comfortable position. You may need to use pillows under either your buttocks or Sybian to adjust the height for comfort.

Using Sybian With a Partner

Many women prefer the participation of a partner while enjoying Sybian and we strongly recommend this. Most couples find Sybian to be a great turn on. It can enhance your sex life in many ways and give new variety.

We suggest you “set up” alongside an object such as a bed or dresser. This will give both of you something to hold onto and balance yourselves while lowering and rising.

It is our belief that when a couple is using Sybian, all of the focus should be on the woman’s enjoyment. The partner can sit as shown in the drawings, or stand in front where fellatio can be performed. If he sits on the stool he will be seated slightly higher so his legs will comfortably go over the user’s. If the couple is sitting bare skin to bare skin with arms around each other, he can whisper, embrace, caress, kiss, or do any other form of cuddling.



The controls may be operated by either of you, however, if the partner operates Sybian, you can concentrate on the enjoyment.

If you have a problem kneeling you may prefer to be on a raised surface and put your feet down. We sell a storage/riser cabinet that is designed for this.

Using Sybian as part of Lovemaking

Couples may use Sybian as a prelude to partner intercourse. Use Sybian for a period of time while the woman satisfies much but not all of her sexual desire. Then, proceed to highly satisfying intercourse.

Sybian can also be used as an extension of intercourse. If the sexual capacity of the woman exceeds the man’s physical ability to fulfill it, continuing sexual activity on the Sybian after intercourse will result in a satisfied woman who looks forward to sex.

Sybian as a Teaching Aid

Having Orgasms

There are several areas of the body, including the mind, that cause the response known as an orgasm. We will limit it to the clitoris and G-Spot.

Sybian was designed to firmly massage the front vaginal wall, or G-Spot, and the clitoris simultaneously. To stimulate the G-Spot, Sybian attachments are slanted slightly forward so each time it rotates, the attachment moves across the G-Spot area. In addition to moving across, it is also vibrating. You receive the greatest amount of stimulation while sitting upright. If you lean forward, you are moving away from maximum G-Spot contact.

Sitting upright may cause the clitoris to lose full contact with the nipped area of the attachment. If this happens you must use a Red Riser to provide maximum clitoral stimulation.

Sexual response and orgasms are a learned behavior for women. For those who have yet to experience orgasm, or who infrequently do, Sybian is the ultimate teaching tool.

The “How-To” of Humping

While using Sybian, women are encouraged to hump the machine. Humping is a forward and back movement of the hips and entire pelvic area. **This movement is from the waist down and the upper body moves very little.** The force of the movement is down and forward. By pushing down in the area of the clitoris, it is getting more contact. This hip movement is sometimes referred to as “grinding”. It is like grinding the clitoris into and across the nipped surface of the attachment or pubic mound if in cowgirl position.

The second part of humping is when the hips are moving back. It is a form of recoil and is a less significant part of stimulation.

Humping Sybian and remaining upright prepares your body to have orgasms during intercourse. It will also cause orgasms to happen more quickly, be more intense and cause them to last longer.

Orgasms During Intercourse

To have vaginal and clitoral orgasms during intercourse a woman must position herself so she is in full contact with her partner’s pubic mound and aggressively use the humping movement. The cowgirl position accomplishes this.

The advantage of the cowgirl position is the woman assumes responsibility for nearly all movement. She determines where the pressure will be, how much is applied and the frequency of the movement. When used correctly, both the clitoris and G-Spot area are massaged simultaneously.

The aggressiveness of the forward thrust will determine how hard the erect penis taps against the front wall of the vagina and stimulates the G-Spot area. Once the G-Spot area is developed and responds easily and multiply, it will respond to this tap and cause vaginal whole body orgasms concurrently with the orgasms generated by grinding the clitoris across the pubic mound.

Reboot Your Sex Life

For additional information and techniques on teaching your body and having orgasms easily and multiply, please refer to the Reboot Your Sex Life Manual that came as part of your Sybian package. You may also find information and videos at www.rebootyoursexlife.com.

Better Health Through Sex

Relieving Menstrual Cramps

Women have known for years that having sexual intercourse can help relieve the discomfort of menstrual cramps. Sybian is an excellent aid in relieving cramps when used at the very beginning of a period. Massaging any muscle that is cramping will help to relax it. The same principle applies here. The massaging of the rotation, coupled with the vibration, will help to relax the uterine muscles. Although it will be difficult to convince yourself to use Sybian when you are in pain, if you do so, the contractions produced by an orgasm should help relieve the painful cramping. If you decide to try this, it is best to start using Sybian as soon as you feel cramps beginning.

Relieving Migraine Headaches

Scientists studying migraine headaches report that having orgasms at the onset brings relief.

Another area under study is the prevention of migraine headaches by having sex. The theory is, stress is one of the causes of migraines and having orgasms helps reduce stress.

Important Information

Caution

The Sybian is an electrical appliance. Please take all necessary precautions you would take with any such device.

- Do not use Sybian during an electrical storm.
- Do not use Sybian without an attachment.
- Please consult with your doctor if you have a heart condition, experience frequent medical problems, are pregnant or trying to get pregnant.
- We are unaware of any problems using Sybian with an intrauterine device or diaphragm, but use at your own risk.

Sources of Discomfort

- Attachment is too large.
- A full bladder or colon. Be sure to use the restroom, if possible, before using Sybian.
- Not sitting down fully onto the attachment. Sybian is designed so that the rotation takes place in the vagina. Do not raise up while the attachment is rotating.
- Sore muscles or abraded tissue. Start gradually to tone the muscles and accustom the tissue to use. Generous lubrication will help to avoid abrasions.
- Pressing too hard on the contact piece can cause a numbing effect on the clitoris. If you are using Sybian for the first time or after an extended absence, use good sense and don't overdo.

Troubleshooting

If the motors do not turn on, make sure:

- there is electricity at the outlet,
- the power cord is pushed all the way in,
- the switches are on.

There is a small fuse drawer located just below where the power cord plugs into the unit. When pulled out, the working fuse is to the back. If it is blown, replace with the spare fuse in front slot.

Maintenance

Attachments

Wash attachments with warm soapy water after each use, preferably before they dry. If it needs to be sanitized, use any disinfectant. We recommend and sell ForPlay Adult Toy Cleanser that contains Nonoxynol-9. Replace the attachment if tears or signs of wear occur.

Plastic Stems

We have provided several extra Plastic Stems. This material will bend or break, by design, under stress. Please replace whenever bent or broken and do not use any other material as a substitute. Additional Plastic Stems may be ordered. You should be able to push it in or pull it out of the Sybian with your fingers.

Padded Cover

Do not remove the cover to clean it. Wash with a soft cloth moistened with warm soapy water and wipe dry. Never immerse Sybian or wash with any harsh chemicals.

Servicing

If for any reason Sybian is not functioning correctly, call Abco **before** returning the unit. If it is under warranty, your only cost is shipping it back. The repair center will go over it completely, replace any parts needed, and send it back within three working days. We also have service centers in Germany and Australia.

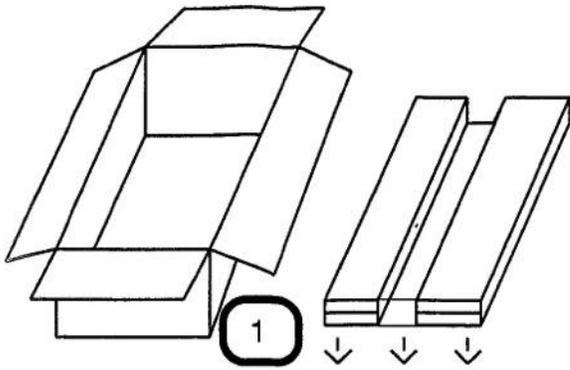
The warranty covers all working mechanical parts. See warranty for details.

We suggest you save the box Sybian was shipped in.

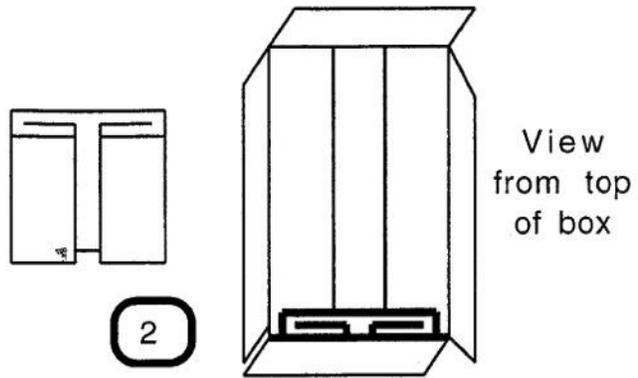
Before returning Sybian for any reason, you **must** get a return authorization number by email or phone. You may call 800-253-6135 (USA/Canada) 217-762-2141 (international) on weekdays between 9 AM and 4 PM Central Time. Email us at: abco@sybian.com

Abco Research Associates
884 Lampert Ln
Monticello IL 61856

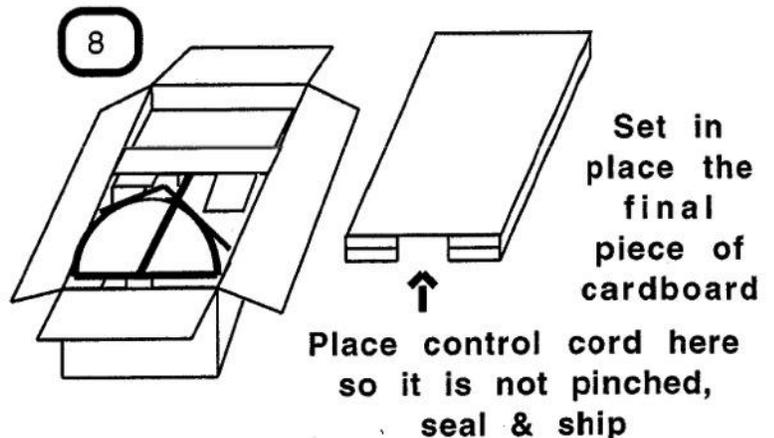
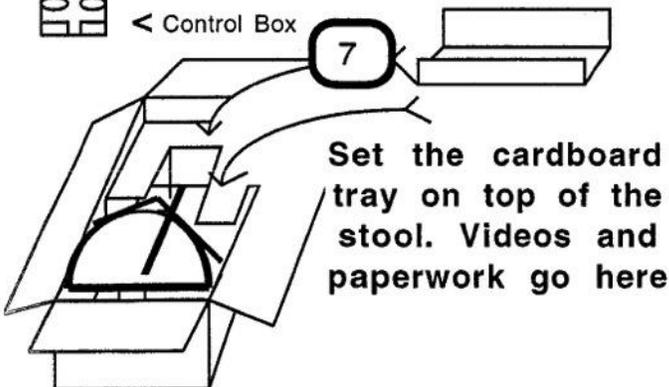
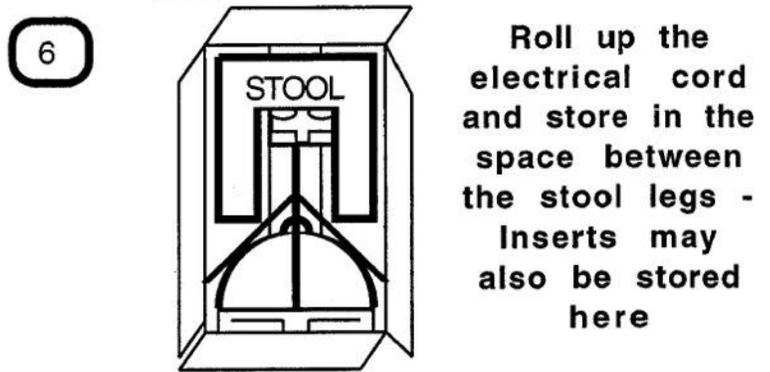
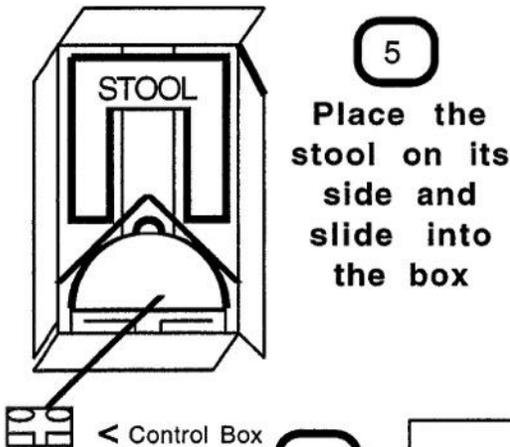
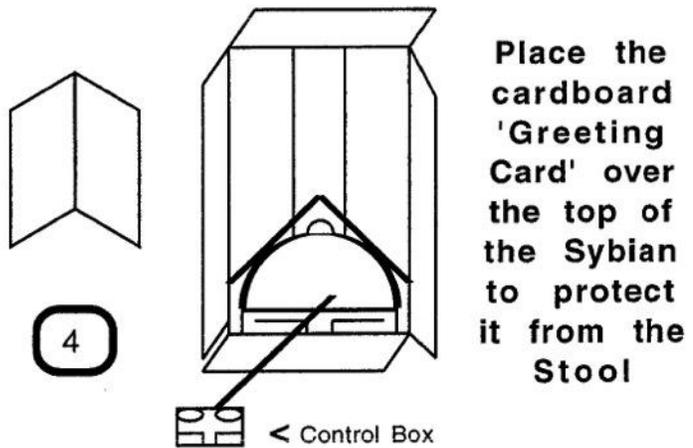
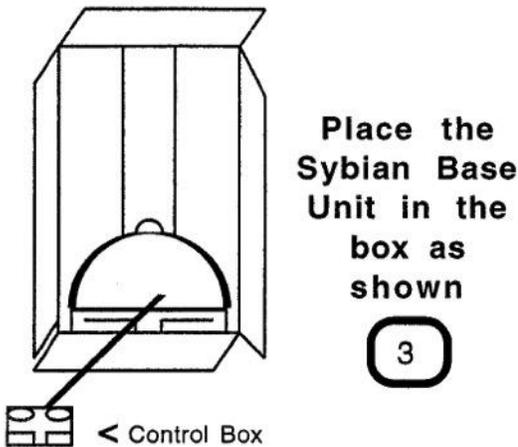
Return Packing Instructions



Place cardboard on bottom of empty box



Place the cardboard piece folded as shown in the box





Optional Configurations

Sybian Cabinet with Storage
 A locking storage unit that will accommodate Sybian and most accessories.

Also serves as a riser with three optional heights.

\$340

Free shipping to 48 states

Not eligible for return



Floor Mat

For use under Sybian.

Naugahyde cover makes it liquid proof and stops most vibration down to the floor.

\$99

Free shipping to 48 states

Not eligible for return



**Additional Attachments
 (L-R)**

GMini - \$35

Enlarged girth for G-Spot stimulation

Finger - \$35

XLarge RealLike Cover - \$44

Jumbo RealLike Cover - \$48

GMax - \$40

Ball shape to stimulate G-Spot

Double - \$48

RealLike Covers fit over either part



Nubbed Flat Top - \$35