

J.LO'S & PARIS'S EMPLOYEES BLAB • TAYE DIGGS, F-I-N-E • INSIDERY O.C. DIRT

# JANE

FREE! THE COOLEST NEW BAG

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**Four Kegel road tests,** cute 'n' cuddly condoms and a \$30,000 hookup. Mitzi Miller doesn't do traditional.

Isn't it weird how someone's always reminding you to do Kegel exercises? I mean, how strong should the vagina really be? It's not like you'd use it to put the smack down in a wrestling match. To meet this apparent demand, there are a bunch of new gadgets specifically designed to help you do them. Considering that strong pelvic muscles supposedly intensify sex and prevent incontinence, maybe it's time to stop complaining and start clenching.

**The Énergie, \$50, [www.natural-contours.com](http://www.natural-contours.com):** Shaped like a curved barbell, it weighs about 1 pound and makes me work the hardest because of the weight. Since the Énergie is slightly curved, the knobbed end rubs against my clitoris while I squeeze. **Overall experience: 5 out of 5.**

**Kegel Sexercise Pleasure Balls, \$10, [www.tantra.com](http://www.tantra.com):** The two balls are connected by a nylon string. Like a tampon, once I insert both balls I can't feel a thing. I have to keep tugging at the string to feel what I should be contracting against. **Overall: 2.**

**Myself Pelvic Muscle Trainer, \$99, [www.dependonmyself.com](http://www.dependonmyself.com):** An LCD screen records how much pressure is applied to this inflatable, disposable sensor that looks like an adapter you plug into a car cigarette lighter. It's easy to assemble, but it's so light that each time I flex, the sensor pops out. **Overall: 3.**

**The KegelMaster2000, \$99, [www.mykm.net](http://www.mykm.net):** The Master resembles one of those handgrip exercisers with adjustable resistance springs. It's hard to know whether I'm actually clamping the thing closed without sitting up to look (and then I use my abdominal muscles, which is a no-no). **Overall: 2.**