

SMARTTRACT

FULLY AUTOMATIC VED

SmartTract Go User Manual

Setup, operation, safety and care



ESSENTIAL GUIDANCE

Read this first

Read the safety guidance before first use. Keep this manual available while learning the device, and stop immediately whenever pressure or sensation becomes uncomfortable.

Safety at a glance

EMERGENCY RELEASE: Briefly press the red Power / Stop button to end the workout and release pressure. If needed, disconnect the tube from the device.

- Stop immediately if you experience pain, numbness, bruising or unusual discomfort.
- Limit use to 20 minutes per session and allow breaks between sessions.
- Use only water-based lubricant and the included 12V / 2A charging adapter.
- Do not use on broken, irritated or damaged skin. Do not use the device in water.
- Consult a licensed healthcare provider before use if you have a pre-existing medical condition.

Use only as directed

Discontinue use if pain, discomfort or an adverse reaction occurs. This product is not intended to diagnose, treat, cure or prevent disease.

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01 - PACKAGE CONTENTS

What's in the box

Confirm the configuration purchased before setup.



Device only

SmartTract Go device
20-inch silicone tube
12V / 2A charging adapter
Quick-start guide



Bundle

Everything in Device Only, plus:
40-inch silicone tube
Cylinder - selected size
SmartTract Glide lubricant
Comfort pad
Travel / storage case

BEFORE SETUP: Inspect every part. Do not use a component that appears damaged, cracked or worn.

02 - KNOW YOUR DEVICE

Device layout and controls



BUTTON	FUNCTION
	Play / Pause Start, pause, resume or confirm
	Next Next exercise or navigate forward
	Previous Previous exercise or navigate back
	Pressure Up Increase pressure or navigate up
	Pressure Down Decrease pressure or navigate down
	Connect Start Bluetooth pairing
	Power / Stop Stop workout; hold 2 seconds to power off
	Hard Reset Restart without erasing settings

Status icons



Bluetooth
Connected to the mobile app



Sync
Workout history transfer in progress

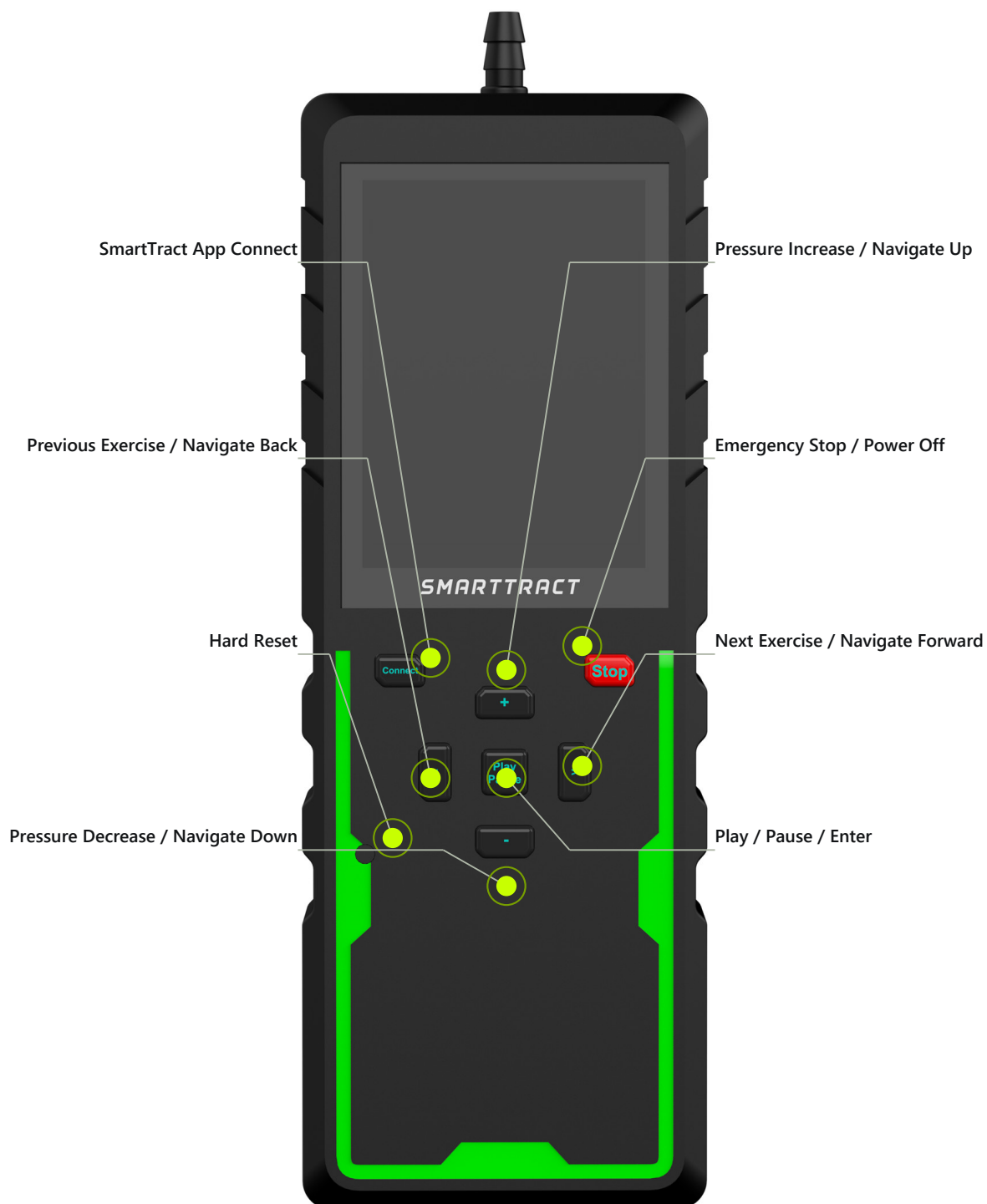


Battery
Current level and percentage

BUTTON MAP

Product overview

Use the callouts to identify each physical control.



RESET TYPES: Hard Reset restarts the device without erasing routines or logs. Factory Reset performs a data wipe.

03 - SETUP

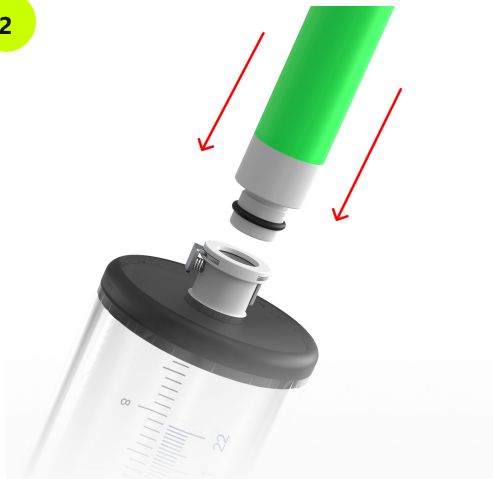
Quick installation

1



Attach the silicone ring to the open end of the cylinder.

2



Press and twist the connector to attach the tube.

3



Confirm the connection is secure. A click indicates proper connection.

4



Connect the other end of the tube to SmartTract Go.

03 - SETUP

Quick installation - continued

5



Apply water-based lubricant around the silicone ring opening.

6



Gently insert fully and create a snug, airtight seal.

7



Turn on the SmartTract Go device.

8



Select a routine and press Play / Pause to begin.

NOTE: Use only water-based lubricant. Never exceed comfortable pressure or duration.

04 - SMARTTRACT MOBILE APP

Connect with your phone

Scan Me



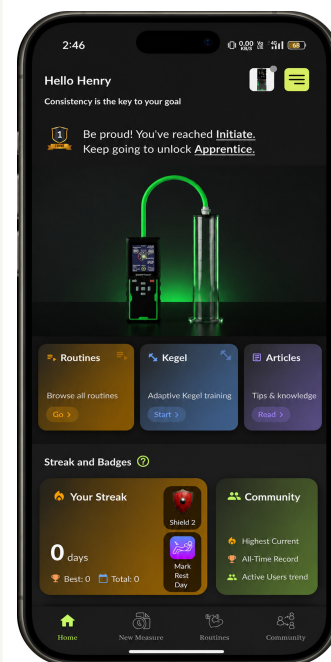
Install and sign in

Get the SmartTract app and sign in to your account.



Press Connect

Turn on the device and press the Connect button.



Add the device

Open the device screen in the app and complete pairing.

Pairing is unavailable below 10% battery, during a workout or while already connected.

STOP AND RELEASE PRESSURE

Emergency release



Electronic release

Briefly press Power / Stop. The workout ends and pressure releases.



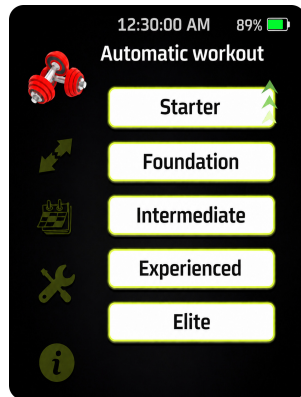
Manual release

Disconnect the tube from the device to vent pressure manually.

STOP IMMEDIATELY: End use if you feel pain, numbness, bruising or unusual discomfort.

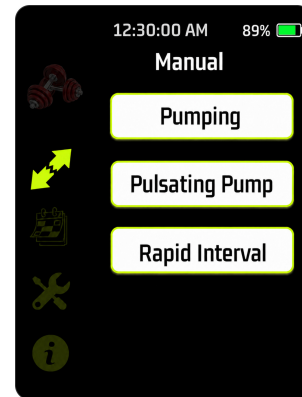
05 - ON-DEVICE OPERATION

Home screen and navigation



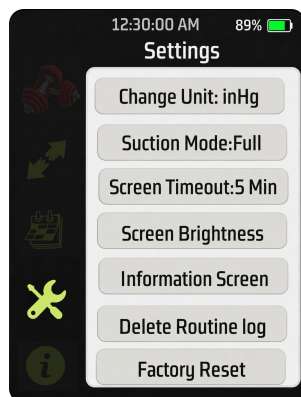
Automatic Workout

Browse and launch app-prepared routines.



Manual Workout

Control pressure and pump mode directly.



Settings

Adjust suction, units and display behavior.

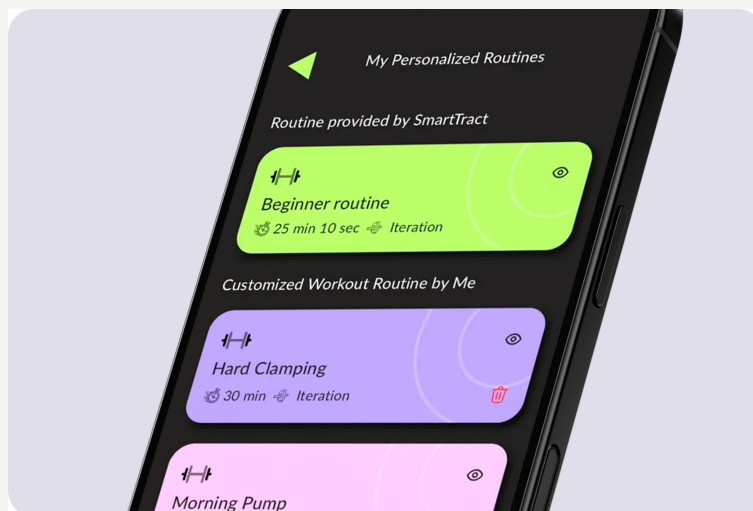


History and device info

Review sessions, firmware and battery status.

06 - GUIDED ROUTINES

Automatic workouts



Choose a prepared routine, review any guidance screen, and begin with Play / Pause.

1

Open Automatic Workout

Select Automatic Workout from the home screen.

2

Browse routines

Use Pressure Up and Pressure Down.

3

Select

Press Play / Pause on the desired routine.

4

Review guidance

Read the How to Perform screen when shown.

5

Begin

Press Play / Pause and monitor comfort.

PRESSURE BEHAVIOR

Suction Mode

Each pump exercise can carry its own Suction Mode and pressure cap.

Static Pump

Continuous suction between Vacuum and Release targets.

Pulsating Pump

Rhythmic pressure variation around the target.

Rapid Interval

Fast pump-up and release cycles.

Advanced Rapid Interval

Multi-level cycling with upper and lower holds.

Suction Mode controls motor response and the maximum available pressure.



READING THE EXERCISE SCREEN

Workout status display

SCREEN KEY



- 1 SmartTract app connected
- 2 Data uploading to app
- 3 Battery percentage
- 4 Pressure configured / set
- 5 Vacuum off time
- 6 Vacuum duration
- 7 Current pressure
- 8 Time elapsed in current exercise
- 9 Total exercises in current routine
- 10 Exercise number in progress
- 11 Current status: running / paused / waiting
- 12 Total configured routine time
- 13 Time elapsed since routine start

GUIDED TRACKING MODES

Other exercise types

SmartTract Go can provide timing, countdowns and history tracking for exercises performed by hand or with other accessories.

**Extend**

Traction-based stretching

**Clamp**

Clamping exercise

**BFR**

Blood flow restriction

**Gua Sha**

Gua Sha technique

**Jelq**

Jelqing exercise

**ADS**

All-day stretcher mode

**BTC**

Between-the-cheeks positioning

**Bents**

Bent stretch correction

**Shearing**

Shearing stretch technique

**Bundled Stretches**

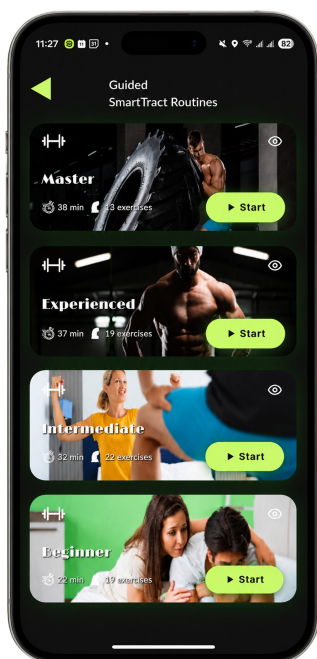
Combined stretch routine

**Manual Stretches**

Guided manual stretching

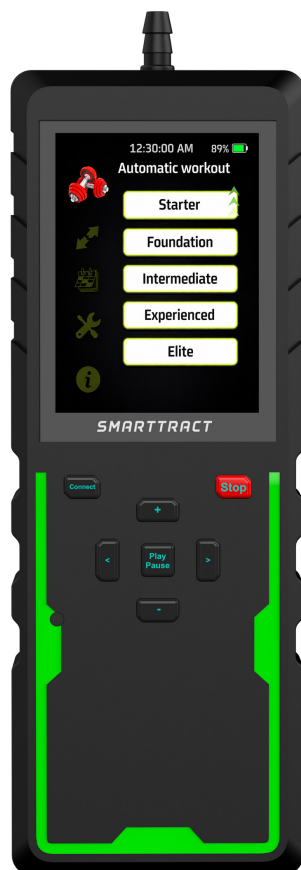
CHOOSE YOUR WORKOUT

Workout routines



Choose a routine

Browse predefined routines or download custom routines from the app.



Automatic

Run structured routines with preset timing and pressure targets.

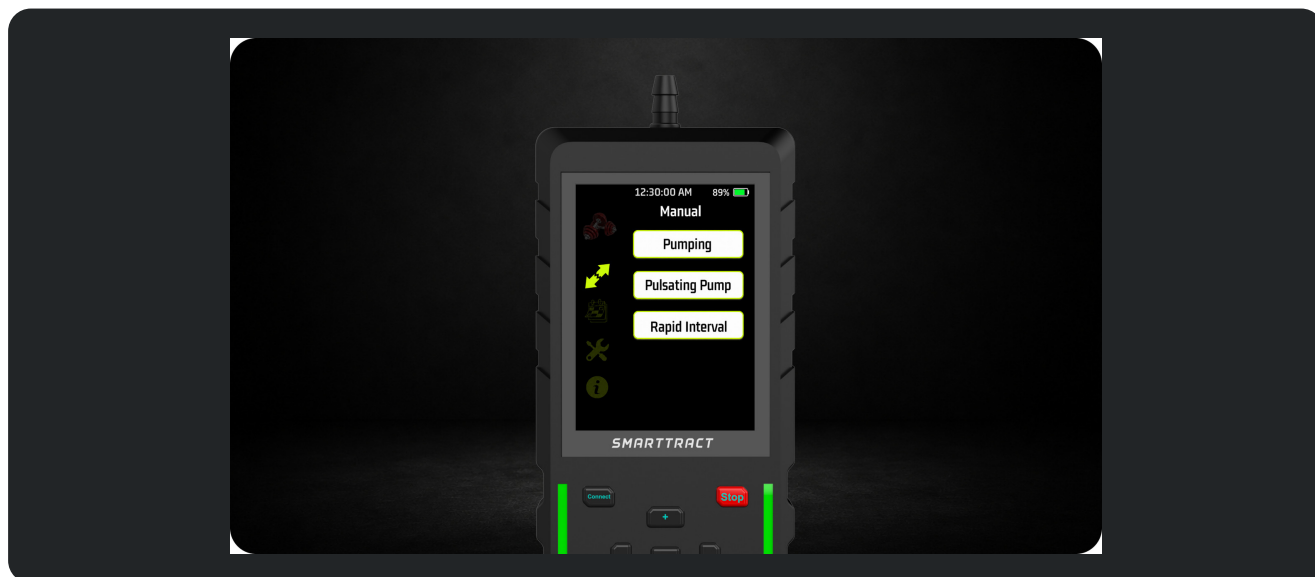


Manual

Control pressure and switch among supported pump modes.

07 - VACUUM AND RELEASE PHASES

Pump modes in detail



Every pump mode alternates between a Vacuum phase and a Release phase. The difference is how pressure behaves during Vacuum.

Static

Builds to the target and holds within a tight band.

Steady and constant

Pulsating

Varies pressure around the target in smooth waves.

Rhythmic pulsing

Rapid Interval

Repeats fast pressure rises and reductions.

Quick bursts

ARIP - AUTOMATIC WORKOUTS ONLY

Advanced Rapid Interval Pump

ARIP moves through stronger and lighter pressure levels during the Vacuum phase, using separate hold times.

1**Build**

Pressure rises toward the stronger level

2**Upper Hold**

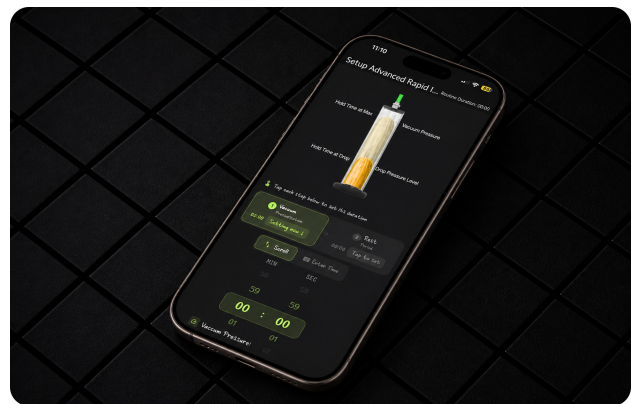
The stronger level is maintained

3**Ease Down**

Pressure transitions toward a lighter level

4**Lower Hold**

The lighter level is maintained



SEQUENCE: Build > Upper Hold > Ease Down > Lower Hold > Build

Advanced Rapid Interval is configured in the app and is not available in Manual Workout.

COMPARE BEHAVIOR AND FEEL

Pump mode comparison

Feature	Static	Pulsating	Rapid Interval	Advanced
Vacuum behavior	Hold steady	Pulse around target	Fast pulses	Multi-level pattern
Feel	Constant	Pulsing waves	Quick bursts	Layered levels
Release target	Configured	Configured	Programmed	Programmed
Hold timing	Full Vacuum Time	Full Vacuum Time	Quick intervals	Staged intervals
Display	Vacuum / Release	Vacuum / Release	Vacuum / Release	Hold Max / Hold Low
Manual mode	Yes	Yes	Yes	No

Begin conservatively and use the lowest pressure that remains comfortable.

08 - DIRECT CONTROL

Manual workouts

Manual Workout provides real-time control of pressure and pump mode.

1 Open Manual Workout

Select Manual Workout from the home screen.

2 Choose a mode

Static, Pulsating or Rapid Interval.

3 Open Pressure Setup

Press Play / Pause.

4 Set the target

Use Pressure Up and Pressure Down in 0.5 inHg steps.

5 Begin

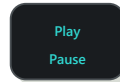
Press Play / Pause and monitor comfort.



Completed manual workouts sync to the app after the device reconnects.

AUTOMATIC AND MANUAL SESSIONS

Workout controls

**Start / Pause / Resume**

Use the same key to control workout state

**Stop workout**

Briefly press Power / Stop

**Increase pressure**

Pump exercises only

**Decrease pressure**

Pump exercises only

**Next**

Automatic: next exercise; Manual: next mode

**Previous**

Automatic: prior exercise; Manual: prior mode

Pressure changes apply only to supported pump exercises.

09 - PERSONALIZE THE DEVICE

Settings

Suction Mode sets motor response and applies a matching pressure cap.

Starter

8.0 inHg

Gentler response

Medium

12.0 inHg

Stronger response

Full

17.0 inHg

Highest available cap



Starter and Medium limits can be customized in the mobile app.

Pressure units

inHg

kPa

cmHg

mmHg

SCREEN BEHAVIOR AND DEVICE DATA

Display settings



Pressure unit

Select inHg, kPa, cmHg or mmHg.



Screen timeout

Choose 3, 5, 10 or 30 minutes.



Display brightness

Low, Medium, High or Very High.



Information screens

Keep pre-workout guidance enabled for the best guided experience.



Delete routine logs

Clears workout history without erasing custom routines.



Factory Reset

Erases app registration, custom workouts, history and device time.

10 - CONNECTED FEATURES

Bluetooth and mobile app



Sync History

Transfer workout records



Create Routines

Build and send custom routines



Firmware Updates

Install wireless updates



Time Sync

Align device time with your phone



Device Info

View firmware, serial and battery



Pressure Limits

Adjust Starter and Medium caps

Pair your device

1

Install and sign in

Open the SmartTract app.

2

Enable Bluetooth

Turn on Bluetooth and SmartTract Go.

3

Press Connect

Use the device Connect button.

4

Add the device

Follow the in-app pairing prompts.

5

Confirm

Check for the connected icon.

Connect is unavailable below 10% battery, during a workout or while already connected.

TRANSFER WORKOUT RECORDS

History sync

Workout history is stored on the device and can be transferred to the mobile app.

1 Open the app

Sign in to SmartTract.

2 Connect

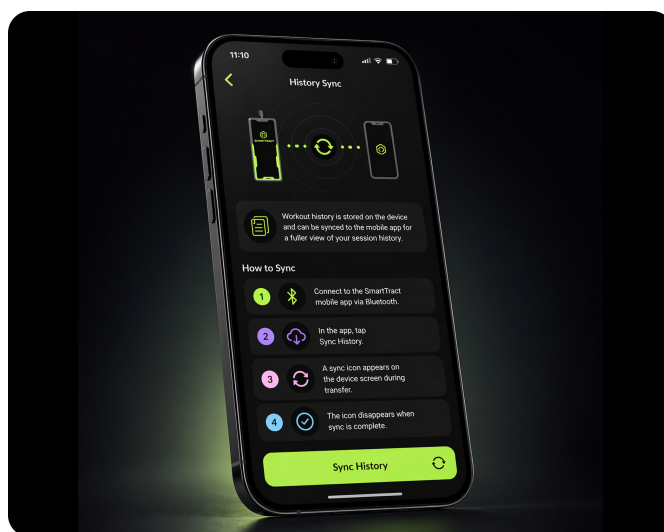
Enable Bluetooth and connect the device.

3 Open History

Navigate to the History section.

4 Sync

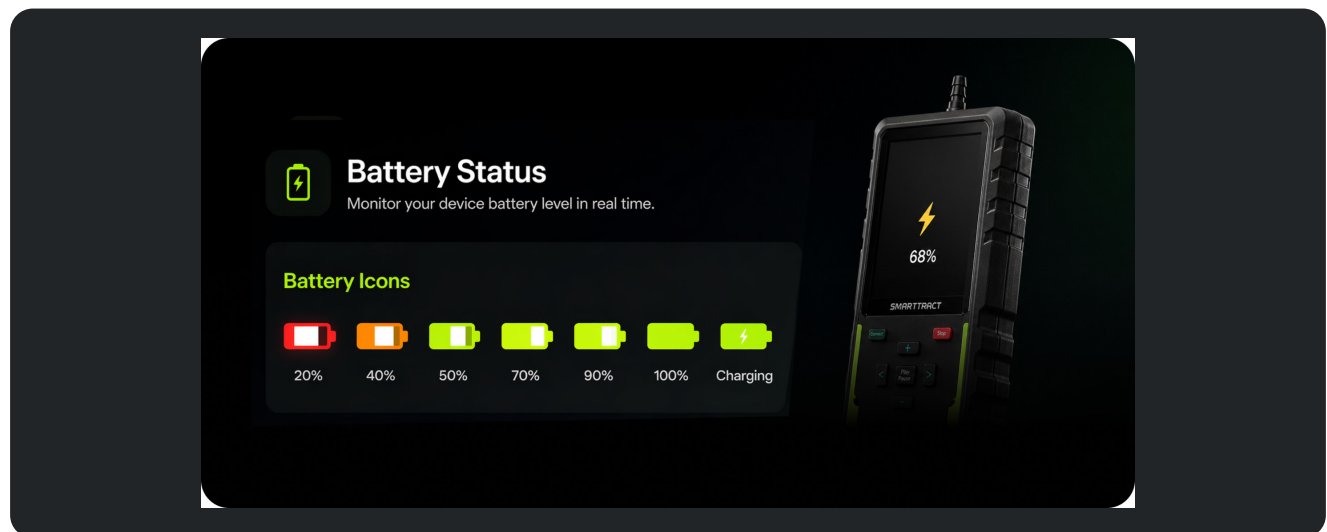
Tap Sync to transfer workout data.



History sync requires an active Bluetooth connection.

11 - POWER

Battery and charging

**CAPACITY**

2600 mAh

BATTERY

Lithium-ion

ADAPTER

12V / 2A

CHARGE TIME

About 5 hours

1**Connect adapter**

Use the included 12V / 2A charger.

2**Monitor charging**

The screen shows animation and percentage.

3**Confirm full charge**

The display reaches 100%.

CALIBRATION: Charge for at least 4 hours, then leave connected for 45 minutes after the indicator turns green.

SmartTract Go can be used normally while connected to the charger.

12 - KEEP THE DEVICE CURRENT

Firmware updates



Downloading

Installing

Verifying

Complete / Failed

1

Charge above 20%

Provide sufficient battery.

2

Connect the app

Use Bluetooth.

3

Tap Update

Accept the available update.

4

Wait

Allow download and installation.

5

Restart

The device loads new firmware.

If the device does not restart, wait 2 minutes and press Hard Reset. A failed update restores the previous firmware.

13 - READ BEFORE FIRST USE

Safety information



Use only as directed. Stop immediately if pain, discomfort or an adverse reaction occurs. Consult a healthcare provider before use if you have a pre-existing condition.

Pressure limits

STARTER

8.0 inHg default cap

MEDIUM

12.0 inHg default cap

COMFORT

Never exceed a comfortable level

Temperature protection

DURING CHARGING

80 C - automatic shutdown

DURING OPERATION

57 C - automatic shutdown

Battery safety

- Use only the included 12V / 2A adapter.
- Keep the device away from water, extreme heat and prolonged direct sunlight.
- Disconnect and contact support if charging fails or behavior is unexpected.

USAGE GUIDELINES

Warnings and care

Stop use / do not

-  Do not use on broken, irritated or damaged skin.
-  Stop if you experience pain, numbness or bruising.
-  Do not share the device.
-  Do not over-pressurize or use for extended periods.
-  Limit each session to 20 minutes and take breaks.

Care and preparation

-  Increase pressure and duration gradually.
-  Wash the cylinder and silicone ring with mild soap and water.
-  Avoid harsh cleaners and wipe spills immediately.
-  Use only water-based lubricant.
-  Trim pubic hair if needed to improve seal and comfort.

14 - COMMON ISSUES

Troubleshooting

RECOVER UPDATE: When not in a workout, press Previous 20 times within 5 seconds to boot the previous software version.

**Device will not turn on**

Charge for 15 minutes, then press Hard Reset if needed.

**Screen is unresponsive**

Press Hard Reset to restart the device.

**Bluetooth will not connect**

Enable Bluetooth, remove prior pairing data and pair again.

**Battery percentage is inaccurate**

Charge 4 hours, then keep connected 45 minutes after green.

**Update completes without reboot**

Wait 2 minutes, then press Hard Reset.

**Update failed**

Previous firmware is restored; reboot and retry.

**System error detected**

The device rebooted safely; normal operation should resume.

**Unexpected shutdown**

Check battery and allow the device to cool.

SUPPORT: Contact support@smarttract.com with the serial number, firmware version and a description of the issue.

15 - TECHNICAL REFERENCE

Specifications

DISPLAY

240 x 320 color LCD

CONNECTIVITY

Bluetooth 5.0 BLE

BATTERY

2600 mAh lithium-ion

CHARGING ADAPTER

12V / 2A included

CHARGE TIME

Approximately 5 hours

PRESSURE RANGE

0-17 inHg

PRESSURE UNITS

inHg, kPa, cmHg, mmHg

PRESSURE INCREMENT

0.5 inHg per step

STORED ROUTINES

Up to 10, including 5 preloaded

EXERCISE TYPES

15 supported types

MANUAL MODES

Static, Pulsating, Rapid Interval

BUTTONS

Play / Pause, Next, Previous, Up, Down, Connect, Power, Reset

FIRMWARE

Over the air via Bluetooth

CERTIFICATIONS LISTED

FCC, CE, ISDN

SMARTTRACT

CONTROL. CONSISTENCY. PROGRESS.

Need help?

support@smarttract.com

www.smarttract.com/pages/user-manual

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This product is not intended to diagnose, treat, cure or prevent disease.

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