



► Welcome To Our "Online Manual" (**Version 1.2**) Thank You for your purchase.

We have compiled a lot of information into this manual. Please read through it thoroughly in order to have a full understanding of each technique. Also, make sure you read carefully and fully understand each EXERCISE before you try them out. Perform these exercises safely, And don't overdo it. Remember, it will not happen overnight. But if you do these exercises on a daily basis as instructed, then you will start to see changes in both the size and performance of your penis within the next 2 to 3 weeks! Use these techniques daily, be patient, and significant size gain will be accomplished in a few months.

However, you can't expect unbelievable results in just 1 or 2 weeks. This is the same concept as body building, you don't go into the gym and expect to look like Arnold Schwarzenegger in just a few weeks. Give us a few months to see REAL results and you will be a believer. After all, that's why we have a full [6 months Money Back Guarantee](#) to back up our claims! We are a very respected and trusted website, so you can be assured that our methods really do work.

Please, remember, to check back often, as we are continually updating our manual to contain the latest information as it becomes available.

Every day we receive e-mails from clients who have achieved amazing results from the techniques you're about to discover. We hope to open our mailbox in a few short weeks, and read a great success story from YOU!

► **NOW, let's get started...**

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► How Will It Work?

► So will these exercises work for me?

Well, your penis is divided into three chambers which are made of a spongy tissue. This tissue absorbs blood as it rushes to the penis, creating an erection. If you can perform the right exercises, these three chambers will gradually expand and eventually be able to hold more blood. This creates a larger Penis!

The key to growing the penis is to stretch and create tension to the erectile tissues, which makes up the majority of the penis in mass, being the corpus cavernosa. This stretch or expansion can take place with certain tools for the flaccid, semi-flaccid, or erect state. No matter who you are, it WILL work for you. Tension and force will make your erectile tissues grow because it has no choice but to respond. Even if gains are slow, you'll make them.

It takes about a day before a new cell is permanently created and established inside your penis. However, just because permanent size gains are made, it does not mean that they are immediately noticeable to the human eye. You must be patient. It will take a few weeks before these accumulated permanent results are noticed.

When you first engage in penis enlargement your flaccid size will increase rapidly for about the first 2 inches. At this same stage you will gain roughly 1 inch in erect size. So, in the beginning you'll gain 2 inches in the flaccid state and 1 inch in the erect state. This is what happens on average.

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► Before You Start

Firstly, read through this manual carefully and make sure you understand each exercise. Once you've found the techniques that you're comfortable using, stick with them. Here are a few tips before you get started.

► MAKE SURE YOU MEASURE YOUR PENIS FIRST...

FLACCID: Get a ruler and place it over your penis. Then Push the ruler back into your abdomen as far as it will go. Hold your limp penis along the ruler and measure to the tip of the head.

ERECT: While standing, gently angle your erect penis until is is parallel to the floor. Press the ruler against your pubic bone (just above the base of the penis) and measure from top to tip. It may be easier to measure by standing with your knees locked and grabbing the penis from the bottom, just behind the head on either side. Press ruler against your pubic bone, and measure on top of penis as you pull it out as far as you can. Try moving your pelvis or changing the angle to see what variations can occur during this type of measurement. Once you've figured out how to measure to get the same result as your erect length, you will find that this measurement is easier and more convenient than measuring your actual erection.

GIRTH: With a piece of string or cloth measuring tape, measure the circumference of your erect penis at mid-shaft.

CUT YOUR PUBIC HAIR: Not only does this make your penis look bigger, but it helps when you're doing some of these exercises. When stretching, pulling and "milking" your penis, you don't want to be pulling your hairs out!

EAT HEALTHY AND TAKE VITAMINS: In order to eliminate any possibility of slow growth, make sure you're getting an ample amount of nutrients. The proper levels of minerals, amino acids, and vitamins DO have an effect on the workout process. Also, drink lots of water! See our list of recommended [vitamins & herbs](#).

MOST IMPORTANTLY, HAVE A GOOD STATE OF MIND: Your mentality has a lot to do with the growth of your penis. If you don't believe that enlargement will work, it's very likely that your

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subconscious will make it more difficult to physically grow the penis. A positive attitude is essential.

As we've said, these exercises demand COMPLETE 100% devotion. You MUST perform them 5 DAYS A WEEK. If at any time, though, you begin to feel discomfort or pain, take a little time off. You only want to enlarge your penis, not hurt it.

Remember, by applying tension, pulling, pressure, stretching, or expansion to a penis you are creating a force which will spit the cells in the penis. You want to be sure to split the cell and break it down just enough to ensure structural balance on a SAFE level as to allow for the normal healing processes. By forcing the division of too many cells, because of too much pressure, you are creating ugly healing which will create a distorted penis, possibly with no rate of gains. So again we stress... DON'T OVERDO IT!

If performed correctly and routinely, you will soon begin to see the results you hope for. Within the first few weeks or so, your penis will actually start looking LONGER AND THICKER. That should be all the encouragement you need to keep up with your daily exercises!

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► Lubrication

► **When performing the jelqing exercise, you will need to apply a lubricant on your penis.**

Do NOT use soap or shampoo! These can irritate the skin when applied so vigorously and for so long to the skin. It can also dry out the skin severely, causing it to crack and peel for a few days. Furthermore, it can sting if it gets into the hole (the urethral opening) at the end of your penis.

Vaseline (Petroleum jelly) works, but.. be forewarned.. it's greasy and makes a mess. Another downside is that Vaseline is so thick, it may not allow you to move your hand as fast as you'd like.

Baby Oil also works, but it is also very messy and leaves stains.

One of your best bets is using Vaseline Intensive Care. It cleans up fairly easily, is slippery, it lasts long, and lets you go as fast as you want when performing the exercises.

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► Safety while exercising

Be aware of when and when not to engage in penis enlargement. You should consult a urologist if you have a disease which may alter blood circulation, oxygenation, and regeneration of tissues which exists under the conditions of advanced diabetes, respiratory instability, and cirrhosis. As you're doing your workout, here are some symptoms to be aware of:

Blisters are a result of too much pressure on the penis for a prolonged period of time. You want pressure, but don't overdo it!

Red sores are a result of too much stretch. In order to avoid this, hold off on your exercises until the blisters have disappeared.

Nerve inflammation is caused by using too much weight, too often, for too long of a period. This will distort the nerves within the penis and cause them to swell. If the swelling continues, then atrophy might occur. This means you won't be able to get an erection again.

"Fuzzy skin" is a result of tissue abuse. When you touch this affected area you can actually feel its fuzziness because it's directly external. This is the partially dead tissue covering your penis. This can happen when too much tension is applied. Red sores sometimes accompany fuzzy skin.

That being said, the exercises we're about to discuss are all healthy natural ways to produce penis growth. Just use good sense when performing them. We offer a recommended Daily Workout which should be performed 5 days a week, but if at any time you begin to feel real pain or discomfort, ease up!

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► Hot Towel Warm-up

You should begin your daily workout with this procedure. This is not really an exercise, so much as a prerequisite. What the hot compress does is draws blood to the area of your penis, increasing the blood flow and making the skin slightly elastic. This also ensures a good grip for the exercises you will be performing.

Soak a washcloth in warm-to-hot water, then wring out. Take the cloth and wrap it around the shaft of your penis (either flaccid or erect). Hold it there a minute, then repeat a couple of times. Dry off your penis well.

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► Stretching Exercises

After the Hot Towel warm-up, proceed to performing a stretching exercise. Squeezing and pulling your penis on a regular basis can produce incredible size gains, just as exercising muscles will make them larger. These exercises stretch your penis out, while also stretching the erectile tissue. These are the exercises for lengthening your penis in its flaccid and erect state. Choose ONE of these stretching exercise techniques to include in your workout.

► TECHNIQUE ONE

If you really want to enlarge your penis, this is the technique men swear by. You can perform this either standing up or sitting down.

1. With the penis in its flaccid state, take one hand and grip firmly around the head of your penis. Be careful not to cut off too much circulation.
2. Pull your penis out directly in front of yourself. Stretch it as much as you can without causing pain or discomfort. Hold it there for 5 minutes. After each minute, pull it out slightly further each time.
3. Relax for one minute. "Twirl" your penis in a circular motion about 30 times. This gets the circulation flowing again.
4. Repeat Step Two again 4 times, except pull your penis in a different direction each time... up, down, to the left, and to the right. After each 5 minute pull, repeat Step 3.
5. After you've completed 5 pulls (5 minutes each), pull your penis out directly in front of you one more time. Give it a good 1-minute stretch and 10 slight "tugs" outward, not jerking too hard.

Stretching the penis with your hand produces the same results as traditional penis weight systems. The best way to use your hand is by applying most of the pressure anywhere else except on the dorsal nerve, which is that thin nerve that runs along the top of the penis. There is nothing wrong with designing your own way of gripping your penis, as long as you know where and where not to apply the wrong pressures. Again, DON'T HOLD TOO TIGHT, otherwise you'll cut off the circulation.

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This exercise will ensure a longer penis within as little as 2 weeks, but within 3-4 months will really be noticeable.

► **TECHNIQUE TWO**

This technique is very similar to technique one. It's been posted on web-forums several times by men who say they've added up to 2" to their penis!

1. While in its flaccid (limp) state, take one hand and grip around the head of your penis. Grip firmly, but not hard enough to feel discomfort or cut off too much circulation.
 2. Pull out directly in front of yourself with enough force to feel a good and painless stretch in your penis. Hold and count for at least 30 seconds to one minute and rest.
 3. Then continue doing this until you've logged in 5-20 minutes of stretching for one session. Take a 10-20 minute break after each session.
-

► **TECHNIQUE THREE**

This is one of the ancient sexual secrets. It involves stretching the penis in both flaccid & erect state. As is the case with most of these Ancient methods and healings, it is a little esoteric and describes some practices that may be unfamiliar to you. But for purposes of this manual, we will print the technique as it is described in the Taoist teachings:

Inhale the air through your nose into the throat, then swallow and press it down to the stomach. When the air reaches your lower abdomen, press it into the penis itself. Take the 3 middle fingers of your left hand and press them to the Hui-Yin midpoint between the anus and the scrotum. This lodges the power in your penis. Resume normal breathing, still keeping the left fingers at the midpoint. With your right hand, begin exercising the penis by pulling it forward & backward, stretching it out in a smooth rhythmical motion 36 times. Use your thumb to rub the glans of the penis until it is erect. With your right hand, circle the penis firmly at its base. Still holding firmly, slide your hand forward an inch. This locks the air energy into the penis, pushing it toward the head. Pull the penis out to the right, then rotate with a stirring action 36 times clockwise and counter-clockwise. Then pull the penis out to the left and do the same. The energy of many of your body organs flows into the penis, which enhances its tone and function. Complete the exercise by gently beating the inner right thigh with your erect penis 36 times, then beat the inner left thigh 36 times.

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▶ **TECHNIQUE FOUR**

This version of stretching appears in a bestselling book on male sexuality. It also involves stretching the penis in both its flaccid and erect state. This seems to be just a slightly modified version of the Ancient technique listed above (Technique Three).

1. With your right hand, grip the penis and rhythmically pull it forward and away from your body 10 times (roughly 15 seconds each pull).
 2. Repeat to the right (10 times), to the left (10 times) and down (10 times).
 3. Rub the head of your penis with your thumb until you get an erection. Circle the penis at its base with your thumb and forefinger. Pull forward an inch (10 times) to force energy into the head.
 4. Pull the erect penis to the right and rotate in small circles while pulling outward (10 times). Repeat to the left (10 times).
 5. Gently slap your erect penis against inner thigh while pulling out on each side (10 times).
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► Growth & Circulation

After performing your daily stretching exercise, you should use this growth and circulation exercise. This technique gets the blood flowing in your penis and prepares you for the "semi-erect" state you will need to be in for the next exercise in your workout... the Jelqing Exercise.

Hold the penis and whip it around gently. Whip it no more than 30 times and make sure you protect your scrotum with the other hand, otherwise you may hurt yourself.

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► Introduction To Jelqing

JELQING (also known as "Milking") is an "ancient" technique that has been performed for centuries by many tribes and cultures. It is considered THE most effective method of penis enlargement.

These milking exercises force blood into the penis. Over the course of several months, the blood spaces in the penis became larger, which means that they can hold more blood. This in return makes your penis larger.

We have found that there are SEVERAL different variations of Jelqing that are practiced by men. The general notion of "milking the penis" is always the same, but the techniques seem to vary a bit. Our personal preference is TECHNIQUE ONE. We've had more success growth-wise with our clients with this particular technique. Read through all the different variations on Jelqing and decide which technique you think would work for you.

You will want to use a [lubricant](#) for these exercises.

The results from Jelqing are PERMANENT. The penis will become enlarged in both the flaccid and erect states, but especially in its erect state. The exercises are beneficial, not harmful. They will actually improve the health and strength of the male organ as well as increase its size.

IMPORTANT: Care must be taken that the exercise is NOT PERFORMED DURING HARD ERECTION. Vascular (vein) damage could result if the penis is forcibly milked in its fully erect state. You want your penis between half to 3/4 erect. Results cannot be obtained until a partial erection is present. After this exercise has been performed, it will be noticed that the penis (even in its flaccid state) appears both longer and thicker. This is a fact. And from within one to several months of exercise, the penis will appear rather enormous; this is due to the impaction of blood in the penile tissues. Choose ONE of these jelqing exercise techniques to include in your workout.

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▶ TECHNIQUE 1

This simple exercise, if practiced five days a week, will enable a man who possesses, for example, a six-inch erect penis, to add from between one to three inches to the length of his penis (measured at the top, from tip to pelvis) and it will grow in circumference proportionately. Little or no growth may be apparent for approximately one month. During the second or third month an increase of two or more inches will not be uncommon.

1 - When your penis becomes SEMI-ERECT, make the American "A-OK" sign with the thumb and forefinger of your left hand. With this hand, grip tightly around the base of your penis.

2 - Now starting from the base, pull the penis gently but firmly. Stretch downward and outward. You should still be in a semi-erect state. Make sure to touch the penis all the way from the base to the head. Note that the head of your penis expands with blood.

3 - Switch to the right hand and do the same thing, starting from the base and stretching downward to the head. Alternate both hands in a smooth rhythmic ("milking") motion, touching upon every part of the penis except the very top part of the penis head.

Do 200-300 strokes/day at medium strength for the first week. (10 minutes)

Do 300-500 strokes/day at medium-full strength for the next week. (15 minutes)

Do 500 or more strokes/day from then on, and as strong as you can make them. (20 minutes)

If you find yourself getting an erection during this exercise, squeeze harder to discourage it or simply wait until it subsides. You can encourage circulation afterward by slapping your penis up and down 25 - 50 times. Perform this exercise 5 days a week. Remember to keep your penis only partially erect. If you feel ejaculation coming on, pause milking until the urge subsides. This is itself an exercise... one

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of self-control.

► TECHNIQUE 2

- 1 - Apply lubrication to the flaccid penis from the hilt to the head.
- 2 - Using only the thumb and forefinger, stretch the penis downward and slightly outward. Be gentle, but firm.
- 3 - Alternate hands, one then the other, in a "milking action".
- 4 - Keep performing gently until a certain amount of swelling develops, then perform the action a bit more firmly and forcibly.
- 5 - Repeat this action 100 times.

For the first ten days, take it relatively easy. Gradually though, you should be performing 200 repetitions. These exercises are the same for both circumcised and uncircumcised men. It will be noticed that the head (or glans) becomes extremely red and that it will swell considerably. This is normal and good, and is due to the forcing of blood to that area.

► TECHNIQUE THREE

This is the "Dry" version of Jelqing. Similar to Techniques 1 and 2, but without the lubrication.

In "dry" milking, you squeeze and pull the skin, but you don't slide your fingers over the skin. As the penis becomes too large to cover in one stroke, work on the base and middle of the shaft separately.

Some guys like to milk "dry" in the morning before getting out of bed (when testosterone levels are the highest.) If you find your penis is getting sore, take a day off.

► TECHNIQUE FOUR

Apply lubrication to your penis, rubbing all over. With your penis in a 1/2 state of erection, rub a little more Vaseline into your palms. Take your left hand and make an "ok" symbol with your thumb and forefinger. Then take your thumb and forefinger and grip tightly around the base of your penis. Keeping a tight grip, slide your hand down to the head of your penis, pulling as you go (the head of your penis expands as you do this). Repeat with your right hand, and continue over and over, one hand then the other. Keep this movement going at a medium to fast pace.

For the first week or so, only jelq 100-200 repetitions (about 10

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minutes). After the first week, try to work up to 20 minutes each day. Remember to keep your penis only partially erect. If you feel ejaculation coming on, pause until the urge subsides.

▶ **TECHNIQUE FIVE**

This is also known as the Tao technique. This works for men who want a bigger "mushroom" head on their penis. It's essentially the same as Technique One, except performed slower and more gently.

Use your fingers to push the blood up to your penis head and create some sustained pressure. Hold that position momentarily (approximately 10 seconds.). This will expand the capacity of your head to take in more blood, in the end creating a bell or mushroom shape. You can also squeeze the shaft to make the blood engorge in the head. Once it's hard, you can release the squeeze. Repeat as many times as you wish (but don't exceed 10 minutes).

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► PC Introduction

In researching this manual, time and time again we came across resources mentioning the PC Muscle. Performing These exercises are most IMPORTANT for several reasons: they give you stronger erections, create intense (sometimes multiple) orgasms, help you control your ejaculations, help shorten the recovery time between orgasms, and even give you a healthy prostate. The PC muscle (or pubococcygeal muscle) is actually a group of pelvic muscles that form the basis for your sexual health. They run from your pubic bone in the front to your tailbone in the back. You can feel this muscle at your perineum, just behind your testicles and in front of your anus. In addition to controlling urination with other pelvic muscles, the PC muscle is what helps bring a man or woman to climax. For men, this is the muscle that involuntarily "pumps" when you ejaculate. Strengthening and learning to control this muscle, you will find, is THE sex secret.

These PC exercises involve doing a set of easy-to-learn pelvic-muscle exercises. This is a FOOLPROOF way for men to boost their partners' and their own pleasure during lovemaking. Women have already been using their PC muscles for years to help them get sexually aroused easier, lubricate faster, and have more and better orgasms.

First you must Locate Your PC Muscle. It's actually easier for men to locate this muscle and do these Exercises than it is for women. Simply stop your urine midstream when you urinate. This not only teaches you how to find the PC muscle, but gets you started on your exercises. Stop and restart your urination 5 times during every trip to the bathroom. Using your ability to stop the flow of urine will help you control your ejaculations.

Ancient techniques refer to this process simply as "tightening the anus". You can flex the PC muscle quickly and repeatedly, or clench tight and hold for as long as you can. This latter exercise is tougher than it sounds, yet this is the exercise that the sex gurus say will help you prolong your erections and increase the force with which you ejaculate.

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▶ PC Exercises

Once you've found your PC muscle, you can start doing the PC Exercises anytime, anywhere. You want to squeeze your PC on a daily basis. These are the PC Exercises:

- ▶ Perform quick PC CLAMPS. Squeeze and release, over and over. Start with sets of twenty, then build to 100 or more. Do at least 250 PC clamps every day, for the rest of your life. Your goal is to be capable of creating 1,000 clamps a day.
- ▶ Practice LONG SQUEEZES by holding the PC muscle clamped tightly for thirty seconds, or as long as you can.
- ▶ Try doing STAIR STEPS: tighten and loosen in increments. Tighten for a couple of seconds, loosen for a couple of seconds. Do it over and over again.
- ▶ PC FLUTTER: Tighten the PC muscle as slowly as you possibly can. Once you've finished the slow squeeze (to where you can't squeeze anymore), let go. At some point it will "flutter," and you'll feel energy sparkling up your spine. Concentrate on deep, slow breathing while you do this. This is great for restoring energy when you're running down!
- ▶ When you urinate and you want to let those last squirts shoot out, you use your PC muscle in the other direction. By doing this you'll feel your anus open and the sensation is different. This is called the PUSH OUT PC.

Most men can do Kegels anywhere, since they're seldom aroused by the exercises. Continued over a lifetime, the exercises can help men (and women) head off urinary incontinence as they get older. That, plus greater arousal, enhanced orgasms and longer-lasting sex, make these some of the simplest, most beneficial exercises a man or woman can do.

Psychologists and sex experts have prescribed Kegel exercises to thousands of male patients, many of whom were troubled by erection problems. Most who did the exercises reported firmer erections than ever before. Others reported increased sexual sensation, more intense

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orgasms, and the ability to delay ejaculation. And most surprisingly, some of the men were eventually able to have multiple orgasms! That is, two or more climaxes during a single act of intercourse BEFORE ejaculating!

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► Massage & Warm-down

This is how you should end your workout, as applying heat and massage optimizes healing. Your testicles are always trying to maintain a 34 degree temperature to keep the cells alive. Heat restores any nerve and sensitivity problems you may have incurred during your enlargement program.

After your workout, gently massage your penis for several minutes. If you prefer, you can do this with a [herbal enlargement cream](#), which is available for both sexes. After massage, you can either apply another hot towel as you did at the beginning of your workout, or you can place your penis in a bowl of lukewarm water for a another few minutes. Either of these "heat applications" will keep the blood held within your penis and stimulate the damaged parts, restarting them to function better. Dry off well with a towel.

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▶ Workout Introduction

Now that we've explained each of the exercises, it's time to apply them in a daily workout program. This, men, is the moment of truth! If you really want a LARGER PENIS, you MUST perform these exercises as explained. These are VERY POWERFUL methods that have been PROVEN! They've worked for us, they've worked for thousands of clients, and they've worked for hundreds of thousands of men throughout history! So believe us when we say.. **THEY WILL WORK FOR YOU!!**

This is OUR suggested Workout Program. You MUST do this program for ONE HOUR EVERY DAY, 5 DAYS A WEEK. Be sure to take 2 days off a week (consecutively or not), as this is your "healing" time when your cells rebuild after they've been broken down. Do this, and you should start seeing results within the next 3 weeks. Once you witness this penis growth for yourself, you won't want to stop this program, nor should you! Remember... Knowledge, Commitment, Growth. These exercises have been designed not only for penis enlargement, but also for a better self-esteem and personal satisfaction.

▶ NOTE:

For this workout, we have included OUR recommended techniques for the exercises you have just read about. If you think you'd like to try one of the other techniques, go ahead and do so. But whichever techniques you decide to use, make sure you stick with them and give them a chance to work. If after a month you find that one of the exercises isn't working for you (which is rare!), then try a different technique. Always refer to the instructions for ANY of the exercises whenever you need to.

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▶ Recommended Daily Workout

(You should print this info for easy reference!)

The Daily Workout Program

- ▶ Hot Towel warm-up (*5 minutes*)
 - ▶ Stretching Exercise (*25 to 30 minutes*)
 - ▶ Growth and Circulation Exercise (*1 minute*)
 - ▶ Jelqing Exercise (*10 to 20 minutes*)
 - ▶ PC Exercises (*5 minutes*)
 - ▶ Massage and warm down (*5 to 10 minutes*)
-

▶ HOT TOWEL WARM-UP (*5 Minutes*)

Soak a wash cloth in hot-warm water, wringing out the excess water. Wrap the cloth around the shaft of your penis (either flaccid or erect). Hold it there a minute, then repeat a couple of times. Dry off your penis well. This will ensure a good grip for the exercises you're about to perform.

▶ STRETCHING EXERCISE (*25 to 30 minutes*)

1. With the penis in its flaccid state, take one hand and grip firmly around the head of your penis. Be careful not to cut off too much circulation.
2. Pull your penis out directly in front of yourself. Stretch it as much as you can without causing pain or discomfort. Hold it there for 5 minutes. After each minute, pull it out slightly further each time.

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3. Relax for one minute. "Twirl" your penis in a circular motion about 30 times. This gets the circulation flowing again.

4. Repeat Step Two again 4 times, except pull your penis in a different direction each time... up, down, to the left, and to the right. After each 5 minute pull, repeat Step 3.

5. After you've completed 5 pulls (5 minutes each), pull your penis out directly in front of you one more time. Give it a good 1-minute stretch and 10 slight "tugs" outward, not jerking too hard.

► **GROWTH AND CIRCULATION EXERCISE** (*1 minute*)

Take the penis and whip it around gently. Whip it no more than 30 times, making sure you cup your scrotum with the other hand, otherwise it will bounce around and get hurt.

► **JELQING (MILKING) EXERCISE** (*10 to 20 minutes*)

1. Using Massage Oil, Hemp Oil, or Vaseline for lubrication, slide your fingers over the skin of your penis and apply all over. A few drops of oil will last for several hundred strokes. Don't use soap or you'll be sore for days!

2. With your thumb and forefinger, squeeze the base of the penis shaft. Pull downward. Stop at the head. Repeat, alternating hands. Make each stroke last about three seconds. This sensation should help you achieve an erection.

3. When your penis becomes SEMI-ERECT, make the American "A-OK" sign with the thumb and forefinger of your left hand. With this hand, grip tightly around the base of your penis.

4. Now starting from the base, pull the penis gently but firmly. Stretch downward and outward. You should still be in a semi-erect state. Make sure to touch the penis from the base the head. Note that the head of your penis expands with blood.

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5. Switch to the right hand and do the same thing, starting from the base and stretching downward to the head. Alternate both hands in a smooth rhythmic ("milking") motion, touching upon every part of the penis except the very top part of the penis head.

Do 200-300 strokes/day at medium strength for the first week. (10 minutes)

Do 300-500 strokes/day at medium-full strength for the next week. (15 minutes)

Do 500 or more strokes/day from then on, and strong as you can make them. (20 minutes)

(If you find yourself getting an erection during this exercise, squeeze harder to discourage it or simply wait until it subsides. You can encourage circulation afterward by slapping your penis up and down 25 - 50 times. Do this exercise 5 days a week. Remember to keep your penis only partially erect. If you feel the urge to ejaculate, pause milking and wait for the urge to subside. Holding back is an exercise in restraint, which instills a sense of self-control.)

PC EXERCISE (5 minutes)

Refer to the directions as to how to find your PC muscle. Do different variations of these exercises each time you perform your workout. You can also do PC exercises throughout the day while you're driving, watching t.v., whatever.

1. Perform quick PC CLAMPS. Squeeze and release, over and over. Start with a set of twenty, then build to a hundred or more. Do at least 250 PC clamps every day, for the rest of your life. Your goal is to be capable of creating 1,000 clamps a day.

2. Practice LONG SQUEEZES by holding the PC muscle clamped tightly for thirty seconds, or as long as you can.

3. Try doing STAIR STEPS: tighten and loosen in increments. Tighten for a couple of seconds, loosen for a couple of seconds. Do it over and over again.

4. PC FLUTTER: Tighten the PC muscle as slowly as you possibly

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can. Once you've finished the slow squeeze (to where you can't squeeze anymore), let go. At some point it will "flutter," and you'll feel energy sparking up your spine. Concentrate on deep, slow breathing while you do this. This is great for restoring energy when you're running down!

5. When you urinate and you want to let those last squirts shoot out, you use your PC muscle in the other direction. By doing this you'll feel your anus open and the sensation is different. This is called the PUSH OUT PC.

► **MASSAGE AND WARM DOWN** (*5 to 10 minutes*)

After your workout, gently massage your penis for several minutes. If you prefer, you can do this with an [herbal enlargement cream](#). After massage, you can either apply another hot compress as you did at the beginning of your workout, or you can place your penis in a bowl of lukewarm water for another few minutes. Dry off well with a towel.

Well, that's the workout. These are the exercises, the "secrets", that are going to give you a longer, thicker, stronger penis... a firmer fatter erection... better orgasms....and lifelong sexual vigour! Do this Workout Program 5 DAYS A WEEK, and YOU WILL HAVE PERMANENT GROWTH!! IT REALLY WORKS! Please e-mail us with your progress. We love hearing from every guy who's happy with his penis!!

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▶ Harder Erections

These tips will help you achieve longer lasting & harder erections:

▶ Stick to a low-fat, high-fiber diet. High levels of cholesterol can actually clog the blood vessels in your penis. This also can cause impotence. Furthermore, you should include a little zinc in your diet. Foods containing zinc include lean beef, turkey, cereal, lamb, crabmeat and oysters. Also check out the [vitamins and supplements](#) that we recommend for a harder erection.

▶ Make sure you get plenty of exercise. When you're out of shape, not only does this negatively affect your ability to have sex, it increases the likelihood of erection problems.

▶ Stop smoking. Besides the obvious health risks of smoking, studies show that smoking plays a major role in erectile & impotence problems among men.

▶ Finally, the best piece of advice that can be given (and one you probably won't have any problem with) is this: If you want to have better erections- Have MORE erections! The muscle tissue in your penis needs oxygen to survive. Where does it get that oxygen? From the red blood cells flowing in the blood. The more blood that circulates, the less chance of erectile failure. Since blood flows to the penis at a much greater rate when you have an erection, the best way to keep the muscle tissue in your penis properly oxygenated is by having more erections. There, now you have a legitimate excuse to masturbate.

▶ ANCIENT SECRET:

"Place your thumb on the top of the penis at the root and your index finger at the bottom of the penis at the root. Take a deep breath and while holding, squeeze and grip the shaft of your penis in a wave toward the tip of the penis. The thumb, the index finger and the pinky finger push, forcing blood into the penis head. Now hold this grip for as long as you're able to hold your breath. Repeat this exercise 9 times. Each time you hold your breath, count to 9 and with each count, squeeze more toward the head of the penis."

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▶ Control Premature Ejaculation

First of all, it should be noted that one man in 3 ejaculates quicker than he wants to, and that the vast majority of men sometimes ejaculate too quickly. So if this happens to you, you're hardly alone.

▶ **The following are some tips and exercises that will assist you in learning to control this problem:**

For starters, you might drink a glass of wine before having sex. Alcohol may relax you just enough to delay your ejaculation. Or there's the old tried and true practice of masturbating a few hours before making love. If you "take care of your business" early, it will take you longer to ejaculate when the time comes to do it with your partner .

You can learn to tolerate long periods of sexual pleasure without ejaculating once you learn to recognize the feelings that precede your orgasm. There is an exercise you can try called The "One to Ten" Approach. Imagine that the scale of pleasure runs from 1 to 10: 1 you are just starting to feel aroused; 10 you have an orgasm and ejaculate. Therefore 9, the point just before your orgasm, is your point of no return. Try masturbating. When you reach your magic point 8, stop and let the urge to ejaculate subside. Then start masturbating again. Do this a few times. Masturbate, stop, masturbate. At the end of 15 minutes you can ejaculate (if you wish). Repeat this technique until you are able to enjoy your arousal without ejaculating for 15 minutes.

Another method that reduces the chance of premature ejaculation is one that we mention in your workout- Give Your PC Muscles a Squeeze. Review our discussion of Kegel (PC) Muscles if you've forgotten where these muscles are located. Strong PC muscles operate like a good set of brakes in your car- by contracting the muscles, you can control your arousal the same way you use your brakes to control speed. In the broadest terms of how to apply this muscle when making love, you prolong orgasms by a simulation of "stopping your urination in midstream". Learn the powers of these muscles and how to use them. They will work wonders in the bedroom!

Finally, the oldest, simplest & best method for learning ejaculatory
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control is called the Locking Method. When having sex, if you feel yourself becoming too excited... simply withdraw your penis from the vagina and pull back so that only the head of your penis remains inside her. Then just remain motionless for 15 - 30 seconds. Wait for the urge to subside, then back to where you left off.

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► Curvature Straightening

Having a curve in your erection is caused from having a weak Corpora Cavernosa which allows the shaft to bend a certain direction because of the weaker cell walls. This problem can be easily dealt with using the [Jelq](#).

This exercise strengthens your Corpora Cavernosa on both sides of your penis, and will start to form a straighter penis after several months of daily exercise.

► Jelqing for a straighter penis -

Though this exercise is basically the same as you have read before, there is a little "twist" you must utilize. Begin jelqing just like you have before, grasping around the base of a partial erection, squeezing fairly tight and sliding it to your head, repeating with the other hand. Every 5 or 10 jelqs, milk your penis against the curve, bending it the opposite way as you milk down to your head, This will begin to not only strengthen your shaft, and also help strengthen the wall that's curving, slowly training it to bend the opposite way.

As you milk down, really concentrate on your penis rebuilding with each stroke. Concentrate on visualizing your penis expanding and straightening every time you milk, taking deep breaths through your nose and exhaling through your mouth. With each breath you breathe in, visualize a ball of energy growing and and expanding in your stomach and chest. Once you cannot breath in any more, exhale and visualize the ball of energy flowing down and out through your penis as you continue to milk strongly. You will find that results will come much faster when you do this.

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► Vitamins & Herbs

Your regular enlargement workout program can be significantly enhanced by specific vitamins, herbs and supplements which you should add to your daily diet. Not only will they provide you with extraordinary energy, they can greatly enhance your sex drive and pump up your sensual passion.

It is best to purchase "A" grade supplements. You may pay a little more, but the results are noticeably better (and better for you) than cheap "bargain-brand" supplements. If you wish, you can shop online through one of our many affiliate vitamin and health stores. They all offer high-quality supplements and you can have them delivered right to your doorstep. Go to our [Shopping Index](#).

► Vitamins to be taken daily for energy:

- 2,000 mg of vitamin C 2 or 3 times a day
- 30 mg of zinc
- 10,000 units (IU) of mixed carotenoids.
- 100 mg of vitamin A
- 200 mg of Magnesium
- 80 mg of coenzyme Q
- 100 i.u. of vitamin D
- 50 mg of thiamin

These vitamins are available at most of our affiliate stores in our [Shopping Index](#), including the Internet's #1 Vitamin Store, [Drugstore.com](#)

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▶ **Additional Supplements for greater sexual performance:**

- 525 mg of Calcium
 - 200 mcg of Vitamin B12
 - 150 mg of Vitamin E
 - 25 mcg of Potassium
 - 300 mcg of Biotin
 - 200 meg of selenium
 - 400 mcg of Folic Acid
-

▶ **Herbs to enhance sexual awareness:**

- Damania Root
- Pumpkin Seed
- Buckwheat Protige
- Cranberry extract

These and other herbs for sexual enhancement are available online at the Erotix Products Pharmacy and many of our other featured affiliate stores in our Shopping Mall.

▶ **To increase your ejaculation:**

Take 1000 - 1500 mg of Amino Acid L-Arginine daily. Not only will it increase the volume of your ejaculation, it will assist in giving you a harder, firmer erection. We recommend taking 500 mg daily and 1000mg an hour or two before intercourse. Be careful, though, with L-Arginine. Don't take too much in a 24 hour period, and if you notice any adverse reactions, stop taking immediately.

L-Arginine is also available in ArginMax for Men, a clinically-proven supplement to enhance your sexual performance. We've tried this stuff too, and it's pretty incredible!

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▶ **One more thing...**

Drink lots of water! 150 - 200 ounces of pure bottled water every day is a wonderful healing nutrient, which aids in your enlargement workout. Not to mention adding that extra bit of boost needed to get you through your normal daily routines.



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[Propecia](#) - The Worlds' most popular tablet for hair regrowth.

[Celebrex](#) - The Arthritis Pain Management Drug.

[Xenical](#) - The diet sensation that has taken Europe by storm, and is now available in the United States.

[Vasoderm](#) - Herbal Enlargement Lubricant, now available online.

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► Frequently Asked Questions

Below are a few of the most frequently asked questions about our manual:

When should I use these techniques?

Whenever you wish. A lot of men do their workout first thing in the morning, and others do it before they go to bed at night. The actual time of day will not affect the process.

Can I ejaculate right before, during, or after exercising?

When you ejaculate your body goes through several chemical and physical changes, first your blood testosterone levels begin to drop, second, all your connective tissues begin to tighten as well, it is best to wait at least several hours after completion of the exercises before ejaculating, just as it is also important not to ejaculate for at least several hours before exercising as well.

When I jelq I get a little, (or a lot) sore, is this normal?

Check the soreness and see what is causing it, you may just need to trim the pubic hair right at the base of your penis. Is it a sharp pain or just a dull discomfort? Are you doing the hot wraps?

A slight discomfort/soreness is normal and should pass as your penis and all supportive structures get used to the exercises. Try not to stop, a slight discomfort is normal, if the pain is sharp or is strong enough to keep you from exercising take a few days off from the exercises while continuing to do the hot wraps.

How can I keep from getting erect when jelqing or stretching?

DO NOT JELQ WHEN FULLY ERECT FOR ANY REASON!!!

When you are just starting out on the program your penis is accustomed to getting hard from the stimulation because it is always being used for the same thing, get hard, get stimulated, achieve orgasm and ejaculation. After a couple weeks to a few months your

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penis will be accustomed to the exercises and the erections should be more controllable. During these first few weeks if you get an erection take a few seconds or minutes to let it subside, you won't hurt anything as all these first few weeks are for is so that Mr. Penis, (and you), can get accustomed to the exercises.

Can I do the exercises twice a day?

The ideal heal time for tissues in your body is 48 hours, (depending on the tissue type, muscle tissue is one of the the fastest, nerve tissue is the slowest at 1 to 2 mm a month). When you exercise more than once a day you are not giving Mr. Penis time to heal correctly often times at the sacrifice of growth.

I'm not circumcised, is there anything special I should do to do the exercises?

Not necessarily, there are mainly just two things you should be aware of. First, when jelqing be sure to stop just at the base of the head, second, if you choose you can use your free hand to retract the foreskin then jelq as you normally would.

How do I find my pc muscle?

An easy to find your pc muscle is: When urinating, stop the flow of urine without using your hands, and no, it's not your anal sphincter or your abdominal muscles. After time you will get good at it and will be able to do it whenever you want, this is flexing your pc muscle. For starters stop the flow of urine as many times as you can every time you go. After a few days you will be able to do it whenever you want. Try and do as many Kegels as you can every day. Kegels are the exercise that work the pubococcygeal (pc) muscle.

Do I have to do the Hot Wraps?

The hot wrap should not be considered optional as they serve two main purposes.

- First they serve to loosen connective tissues so they can stretch more easily with less risk of injury.
- Second the hot wraps serve to increase penile circulation which in turn increases the amount of nutrients that reach your penis.

When can I expect to see my first gains?

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Most begin to see their first gains at around the second week with others seeing gains after their 2nd month, some see gains as soon as the first exercise session. You can expect to see flaccid gains before erect gains as your penis becomes more accustomed to the increased blood flow.

I don't have enough time to do all the exercises at once, Can I spread them out over the day?

Yes. We know that sometimes it is hard to find the time. If you wish to split the exercises up during the day, then do so.

Why can't I do the exercises 7 days a week ?

You must rest your penis for two days, This is essential for healing. YOU MUST ALLOW TIME TO HEAL. Many men spend a year or more trying to achieve enlargement, but never seem to grow. This is because the cells and tissues in your penis, after being stretched in exercise, must have enough adequate time to rejuvenate and build back up. This can only be accomplished through the rest time that you take off each week.

How long can I keep using these techniques?

You can use the program forever if you like. But practically speaking, your penis can only be increased SO much. You will see the most substantial growth within your first 6 months of the program (although some men may need a few months longer). However, after that time your penis may only grow a half inch a year, but there will be a slight size gain.

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