Penis Muscle

## Workout Plan

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# How To Use This Workout Planner

Below you’ll find everything you need to plan your workouts for the next 6 months.

You can either print this out or keep it safe on your computer. Either way, use it often and use it well, because planning is the backbone of your penis workout success and without it, you’ll be unlikely to do as well as you could.

### Safety With Exercising

I cannot stress enough how important it is to avoid injuring your penis. It occasionally happens that over enthusiastic men, without receiving proper guidance, suffer injuries to the penis which can cause erection problems and pain for months. This could all be avoided if they’d taken the time to follow some simple precautions. It’s really not worth the trouble so take care to respect the safety advice.

Warming up before exercises is very important in order to avoid injury. Warming down is also strongly recommended. We’ll get into how to do that in just a minute.

### Planning Workouts

Print or type in the below table to record progress.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise**  **Type** | **Reps** | **Month/Year: \_\_\_\_\_/\_\_\_\_\_\_** | | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **1** |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |
|  | | **CURRENT DIMENSIONS:**  **MY OBJECTIVE By Date \_\_\_/\_\_\_:** | | | | | | |

### Exercise Reference Table

The below table lists all the exercises you’ll have the option of doing, their purposes and their numbers.

This will make it very easy for you to refer to and to eventually even build your own plan for in the months to come.

|  |  |  |
| --- | --- | --- |
| **Number** | **Category** | **Name of Exercise** |
| **1a** | **Erection Boosters** | **Regular Kegels** |
| **1b** | **Erection Boosters** | **Long PC Flexes** |
| **1c** | **Erection Boosters** | **Ultra quick PC flexes** |
| **2a** | **General Penile Health** | **Perineum Massage** |
| **2b** | **General Penile Health** | **Pubis Massage** |
| **2c** | **General Penile Health** | **Base massage** |
| **3a** | **Length Exercises** | **Straight Stretches** |
| **3b** | **Length Exercises** | **Circular Stretches** |
| **3c** | **Length Exercises** | **Straight Jelqing** |
| **3d** | **Length Exercises** | **Flutter Jelqing** |
| **3e** | **Length Exercises** | **Ambi Jelqing** |
| **3f** | **Length Exercises** | **Kegel Jelqs** |
| **4a** | **Girth Exercises** | **The Power Squeeze** |
| **4b** | **Girth Exercises** | **The Head Enhancer** |
| **4c** | **Girth Exercises** | **The Kegel Inject** |
| **4d** | **Girth Exercises** | **Balloon & Edge** |

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## Workout Designs

The workouts break down into the following 4 categories, each one designed to fit your requirements of concentrating more on length, girth or erection health. All of the exercises improve ejaculation control, orgasm intensity, penile health and can reduce curvature.

**Weeks 1-6**

* **Routine #1** - All over enhancement
* **Routine #2** – 75% Length enhancement
* **Routine #3** - 75% Girth enhancement
* **Routine #4** – 50% Erection health 50% Enhancement

**Weeks 7-16**

* **Routine #5** - All over enhancement
* **Routine #6** – 75% Length enhancement
* **Routine #7** - 75% Girth enhancement
* **Routine #8** – 50% Erection health 50% Enhancement

**Weeks 17-25**

* **Routine #9** - All over enhancement
* **Routine #10** – 75% Length enhancement
* **Routine #11** - 75% Girth enhancement
* **Routine #12** – 50% Erection health 50% Enhancement

## Workout Routines Weeks 1-6

Note that the following routines are only for the first 6 weeks. After 6 weeks, you can choose more advanced workouts further along.

### Routine #1 – General Size

**Suitable For**: All Over Enhancement, Erection Health

**Ratio**: 50% Length : 50% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 150 |  | x |  | x |  |  | x |
| 2a | 2 | x |  |  |  |  |  |  |
| 2b | 2 |  |  | x |  |  |  |  |
| 3a | 5 |  |  | x |  |  |  | x |
| 3c | 70 | x |  |  |  | x |  |  |
| 4a | 50 | x |  |  |  | x |  |  |
| 4b | 10 |  |  | x |  |  |  | x |

### Routine #2 – Length Acceleration

**Suitable For**: Length Boosting

**Ratio**: 75% Length : 25% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 150 | x |  |  | x |  |  |  |
| 2a | 2 |  | x |  |  | x |  |  |
| 2b | 2 |  |  | x |  |  | x |  |
| 3a | 5 |  |  | x |  |  |  | x |
| 3b | 5 | x |  |  |  | x |  |  |
| 3c | 70 | x |  |  |  | x |  |  |
| 3e | 50 |  |  | x |  |  |  | x |

### Routine #3 – Girth Acceleration

**Suitable For**: Girth Enhancement

**Ratio**: 35% Length : 65% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 150 | x |  |  | x |  |  |  |
| 2a | 2 |  | x |  |  | x |  |  |
| 2b | 2 |  |  | x |  |  | x |  |
| 4a | 50 |  |  | x |  |  |  | x |
| 4b | 10 | x |  |  |  | x |  |  |
| 4c | 5 | x |  |  |  | x |  |  |
| 4e | 3-5 |  |  | x |  |  |  | x |

### Routine #4 – Erection Health & Some Enhancement

**Suitable For**: Restoring Full Erectile Functions, Overall Enhancement

**Ratio**: 25% Length : 25% Girth : 50% Erection Improvement

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 150 | x |  | x |  | x |  |  |
| 1b | 125 |  | x |  | x |  | x |  |
| 2a | 3 |  | x |  | x |  | x |  |
| 2b | 3 |  | x |  | x |  | x |  |
| 2c | 3 | x |  | x |  | x |  | x |
| 3c | 70 | x |  | x |  | x |  | X |
| 4a | 50 | x |  | x |  | x |  | x |

## Weeks 7-16

Now your first 6 weeks are complete, you’ll be noticing some signs of growth which will be encouraging and should make you feel great.

Now it’s time for a change in the routine to ensure that you keep up your growth rate and get some new variety.

### Routine #5: General Size

**Suitable For**: All Over Enhancement, Erection Health

**Ratio**: 50% Length : 50% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 200 |  | x |  |  |  | x |  |
| 1b | 150 | x |  |  | x |  |  |  |
| 2c | 2 |  | x |  |  |  | x |  |
| 3d | 150 |  |  | x |  |  |  | x |
| 3e | 80 | x |  |  |  | x |  |  |
| 4a | 70 | x |  |  |  | x |  |  |
| 4b | 15 |  |  | x |  |  |  | x |
| 4d | 3-5 |  | x |  | x |  |  | x |

### Routine #6 – Length Acceleration

**Suitable For**: Length Boosting

**Ratio**: 75% Length : 25% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1b | 125 | x |  |  | x |  | x |  |
| 2a | 2 |  | x |  |  | x |  | x |
| 2c | 2 |  |  | x |  |  |  | x |
| 3b | 10 |  |  | x |  |  |  | x |
| 3d | 150 | x |  |  |  | x |  |  |
| 3f | 70 | x |  |  |  | x |  |  |
| 4d | 3-5 |  | x |  | x |  | x |  |

### Routine #7 – Girth Acceleration

**Suitable For**: Girth Enhancement

**Ratio**: 35% Length : 65% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1b | 125 | x |  |  | x |  |  |  |
| 2a | 2 |  | x |  |  | x |  |  |
| 2c | 2 |  |  | x |  |  | x |  |
| 3e | 150 |  |  | x |  |  |  | x |
| 4b | 15 | x |  |  |  | x |  |  |
| 4c | 10 | x |  |  |  | x |  |  |
| 4d | 3-5 |  |  | x |  |  |  | x |

### Routine #8 – Erection Health & Some Enhancement

**Suitable For**: Restoring Full Erectile Functions, Overall Enhancement

**Ratio**: 25% Length : 25% Girth : 50% Erection Improvement

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1b | 100 | x |  | x |  | x |  |  |
| 1c | 250 |  | x |  | x |  | x |  |
| 2a | 3 |  | x |  | x |  | x |  |
| 2c | 3 |  | x |  | x |  | x |  |
| 3c | 150 | x |  | x |  | x |  | x |
| 4a | 70 | x |  | x |  | x |  | x |
| 4d | 3-5 | x |  |  | x |  |  | x |

## Weeks 16-25

### Routine #9 - All over enhancement

**Suitable For**: All Over Enhancement, Erection Health

**Ratio**: 50% Length : 50% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 300 | x |  |  |  |  | x |  |
| 1b | 100 |  | x |  |  | x |  |  |
| 1c | 400 |  |  |  | x |  |  |  |
| 3a | 10 |  |  |  |  |  | x |  |
| 3d | 300 |  |  | x |  |  |  | x |
| 3f | 150 | x |  |  |  | x |  |  |
| 4a | 100 | x |  |  |  | x |  |  |
| 4c | 15 |  |  | x |  |  |  | x |
| 4d | 3-5 |  | x |  | x |  | x |  |

### Routine #10 – 75% Length enhancement

**Suitable For**: Length Boosting

**Ratio**: 75% Length : 25% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 300 | x |  |  |  |  | x |  |
| 1b | 100 |  | x |  |  | x |  |  |
| 1c | 400 |  |  |  | x |  |  |  |
| 3a | 10 |  |  | x |  |  |  | x |
| 3c | 300 | x |  |  |  | x |  |  |
| 3e | 150 | x |  |  |  | x |  |  |
| 4c | 100 | x |  | x |  |  |  | x |

### Routine #11 - 75% Girth enhancement

**Suitable For**: Girth Enhancement

**Ratio**: 35% Length : 65% Girth

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 300 | x |  |  |  |  | x |  |
| 1b | 100 |  | x |  |  | x |  |  |
| 3a | 250 |  |  | x |  |  |  | x |
| 3f | 40 |  |  | x |  |  |  | x |
| 4a | 100 | x |  |  |  | x |  |  |
| 4b | 20 | x |  |  |  | x |  |  |
| 4c | 20 |  |  | x |  |  |  | x |
| 4d | 3-5 |  | x |  |  | x |  | x |

### Routine #12 – 50% Erection health 50% Enhancement

**Suitable For**: Restoring Full Erectile Functions, Overall Enhancement

**Ratio**: 25% Length : 25% Girth : 50% Erection Improvement

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Day** | | | | | | |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| 1a | 300 | x |  |  |  |  | x |  |
| 1b | 100 |  | x |  |  | x |  |  |
| 1c | 400 |  |  |  | x |  |  |  |
| 2b | 5 |  | x |  | x |  | x |  |
| 3d | 200 | x |  |  |  | x |  |  |
| 3f | 50 |  |  | x |  |  |  | x |
| 4a | 50 | x |  |  | x | x |  |  |
| 4c | 20 |  |  | x |  |  |  | x |