

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