

Penis Muscle

**Increase The Size, Strength And Power
Of Your Erections In 6 Weeks**

Jon Remington

Contents

Copyright.....	4
Medical Disclaimer.....	5
Introduction	6
The Benefits Of Penile Enlargement	7
What To Expect And When	8
How Penile Exercises Influence Size	8
The Importance Of Your Testicles.....	9
The Importance Of Blood Flow	10
Maximizing Results From Penile Workouts	10
Where And When To Perform Penile Exercises.....	17
Safety With Exercising.....	18
Before You Begin.....	19
Planning Workouts.....	19
Fixing Objectives	20
How To Measure Up	22
Time To Warm Up.....	25
Warming Down After Your Exercises.....	26
The Exercises.....	27
Overall Penile Health Exercises.....	28
Regular Kegels.....	28
Kegel Exercise 1a – Regular Kegels	30
Exercise 1b: Long PC Flexes.....	31
Exercise 1c: Ultra quick PC flexes.....	31
Penile Massages.....	33
Exercise 2a: Perineum Massage.....	33
Exercise 2b: Pubis Massage	34
Exercise 2c: Base Massage	35
Length Workouts.....	37
Exercise 3a: Straight Stretches.....	38
Exercise 3b: Circular Stretches.....	38
Exercise 3c: Straight Jelqing.....	39

Exercise 3d: Flutter Jelqing	41
Exercise 3e: Ambi Jelqing.....	43
Exercise 3f: Kegel Jelqs.....	45
Summing Up Length Exercises	46
Girth Exercises.....	48
Exercise 4a: The Power Squeeze.....	49
Exercise 4b: The Head Enhancer.....	50
Exercise 4c: Kegel Inject.....	51
Exercise 4f: Balloon & Edge.....	52
Girth Exercises Summed Up.....	55
Personal Penile Workout Programs	57
Exercise Reference Table	59
Workout Designs.....	60
Workout Routines Weeks 1-6	61
Routine #1 – General Size	61
Routine #2 – Length Acceleration.....	62
Routine #3 – Girth Acceleration.....	63
Routine #4 – Erection Health & Some Enhancement	64
Weeks 7-16	65
Routine #5: General Size.....	65
Routine #6 – Length Acceleration.....	66
Routine #7 – Girth Acceleration.....	67
Routine #8 – Erection Health & Some Enhancement	68
Weeks 16-25	69
Routine #9 - All over enhancement	69
Routine #10 – 75% Length enhancement.....	70
Routine #11 - 75% Girth enhancement	71
Routine #12 – 50% Erection health 50% Enhancement	72
Summary	73
Maintaining Your Gains.....	74
Time To Wrap This Up.....	76

Copyright

This publication is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved, including resale rights: you are not allowed to give or sell this Guide to anyone else.

Although the author and publisher have made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions.

Also, you should use this information at your own risk. Your particular situation may not be exactly suited to the examples illustrated here; you should adjust your use of the information and recommendations accordingly.

Medical Disclaimer

Without prejudice to the generality of the foregoing paragraph, bignaturaltesticles.com does not warrant that: the medical information in this document will be constantly available or available at all; or the medical information on this website is complete, true, accurate, up to date or non-misleading.

Professional assistance:

You must not rely on the information in this document as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider.

If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this document, or on the website you purchased it from.

Liability:

Nothing in this medical disclaimer will limit any of our liabilities in any way that is not permitted under applicable law, or exclude any of our liabilities that may not be excluded under applicable law.

End Medical Disclaimer Notice.

Introduction

Most men are capable of increasing their penis size with some application, discipline and effort. When I say most men, I refer to those for whom health is not a significant issue, who are motivated, ready and willing to do what it takes to increase size.

Since internet communities became aware of the possibility of using exercise routines to improve their penis' size and appearance, many thousands of men have used the unique and specific sequences to boost erection quality, increase the length, improve girth and develop an all round more attractive member.

On the other hand, the increasing awareness that size gains are a realistic possibility has also led to a number of unscrupulous vendors marketing expensive natural pills for the same purpose. Do not fall for dubious claims that taking pills on a daily basis for a number of months can somehow lead to a bigger member. At best, these aphrodisiac substances will boost your erection for a few days. The sole purpose of this sales technique is profit, and every man who falls in the trap will end up disappointed and less a few hundred dollars in his bank account.

Not every man really needs a bigger member, but most of us would be satisfied with “an extra inch” as the common saying goes. Gaining an inch or two is entirely feasible and realistic or rather, seeing gains in length and/or girth of 15-20% is a feat that has been accomplished by many.

The Benefits Of Penile Enlargement

Having a bigger penis generally results in a surge of inner confidence. Many people believe that women can detect sexual confidence and find it attractive.

Men will experience improved sexual intercourse, being able to reach parts of women during penetration that were impossible to reach before. The most noticeable benefits will be as a result of increases in penile girth, which will cause greater friction on the walls of the vagina, resulting in an increased possibility of powerful vaginal orgasms.

In addition to this expect to notice more locker room confidence, feeling better naked, at the beach, at the pool and wearing closer-fitting jeans without feeling as though your package is inadequate.

Consequently, you may notice more people actually checking out your package. Women are very discreet and subtle at doing this, and it happens more often than most of us men realise.

Men may also check you out in the urinals, in the gym or at the pool. Do not be concerned about this, most men do this to try to gauge if they measure up better than other men around them.

The benefits of having a larger penis will be very noticeable not just with the opposite sex, but in many aspects of life.

What To Expect And When

Nearly all men will have positive results and will experience penile growth to varying degrees. Generally within a few days, those that respond faster to the exercises will notice a slight length improvement, noticeably in the flaccid state. For others this will take up to a few weeks.

The first gains in the erect state can be noticeable in terms of girth within around 2 weeks, although again, for others, 4-6 weeks is possible. Erect length may take a little longer to become noticeable, from 3-4 weeks until 7-8 weeks.

For every man, dedication and discipline is a requirement and as anyone who has tried these exercises can reveal, the path to a bigger and more solid member can at times seem long and perseverance is required.

How Penile Exercises Influence Size

If you understand how your penis can grow, your benefits are not only likely to be more impressive, but your motivation will be increased. In order that you can fully grasp the concepts regarding how your member can increase in size, it is necessary to be familiar with certain terms and mechanisms involved in penile growth.

Remember that there are 3 parts of the penis: the glans (head, or tip), the shaft (the main body) and the base, which is where your member is attached to your body and joins to your scrotum and testicles.

Inside the penis there are expandable chambers which, when filled with blood, produce a hard erection. These are:

- Corpora cavernosa
- Corpus spongiosum

When an erection occurs, more blood is transported into these chambers by a network of arteries, veins and capillaries. Repeatedly expanding the blood vessels and chambers, *without* overworking them, usually causes their capacity to hold and retain blood to increase to a certain degree.

The Importance Of Your Testicles

The function of your testicles is primarily testosterone production (male sexual hormones) and sperm production.

The role of your testicles should not to be underestimated as their performance can strongly influence the results of your penile exercises. When they are performing well, the gains experienced from penile exercises will be more noticeable in less time.

See the testicles as the engine of your erections, the tank which contains the fuel to power your libido, erections and desire.

The Importance Of Blood Flow

As well as having a healthy pair of testicles, good blood flow is equally important to your success. It's important that you understand that your blood flow and your endothelial health (health of your blood vessels) will determine how much you will be able to expand the erectile tissue inside your penis.

We'll discuss how to improve your blood flow a little further on.

This brings us to the next point: how to maximize your gains in less time.

Maximizing Results From Penile Workouts

The following statement should be logical to many; however this is not necessarily the case:

Healthier men achieve much better results than unhealthy men.

Staying fit and healthy, eating the right foods at the right time and absorbing optimal amounts of nutrients will be a key factor to a successful enlargement program.

In fact, if you have ever experienced penile shrinkage, weak erections or losing your erection during the act, there is a very high probability that your own habits are responsible.

The following tips will be helpful for you to maintain optimal levels of health, thus ensuring that your results are more than satisfactory.

1. Eat Good Food

Most people think that the food they eat is healthy and nutritious, but a closer look reveals that this is very rarely the case. Over the last 20 years, foreign substances have been subtly introduced to the ingredients of many, many foods that are available to purchase in the supermarket, are being served up in restaurants and cafés, and masquerade as “health” foods.

To keep it simple, let’s concentrate on providing you with some guidance so that you find it easy enough to avoid sabotaging your health by consuming the wrong foods at the wrong time.

2. Read the ingredients

Every time you or your partner goes shopping, make sure you have a say in what is purchased. Read the ingredients of each and every substance and be sure to steer well clear of any processed foods, prepared meals, chemical flavourings, additives and high sugar snacks and sauces.

Most of the recently introduced chemicals are designed to enhance taste and lengthen shelf life, are harmful to your health, can cause hormone imbalances, weight gain and other illnesses such as diabetes, high cholesterol, heart disease and cancer. And despite this they are still for sale on a supermarket shelf.

Weeding out the fake impostors is easy once you start looking at ingredients. Check for:

- Glucose-fructose
- High fructose corn syrup

- Modified corn starch
- Soy by-products
- Benzoate
- Colours, such as “red” and “blue”
- Artificial sweeteners (aspartame, sucralose)
- Sorbate
- Lecithin
- Canola oil
- Vegetable oil
- Sunflower oil

After a few weeks you’ll find it easy to spot chemical names that do not seem to fit in. Believe me, there are enough reasons and countless studies that prove the harm that these products can cause to the human body.

To keep it simple, choose only natural ingredients. If you do not recognize something, put the item back on the shelf and move on.

You’ll also benefit from eating far more fresh foods, vegetables especially and organic produce if possible.

3. Carbohydrates (Carbs)

There is plenty of confusion over carbs, which can be divided into healthy carbs and unhealthy, processed carbs. Obviously you should be sticking exclusively to healthy carbs and eliminating processed and chemically treated carbs.

Consuming carbs too often, too fast and in high quantities can also lead to the body storing the “spillage” as fat, or inside the liver, which

causes fast weight gain. Of course, being overweight will not do much at all to help you in your quest for a bigger member.

Avoiding carbs on 2 separate days per week is the ideal way to avoid overloading and to help the body process the stored glycogen.

To resume your food rules in bullet points, take care to respect the following:

- Stay away from fake foods and chemical ingredients such as those listed above
- Stop completely drinking soda, diet or non-diet
- Avoid excessive and regular alcohol consumption
- Avoid low quality meat, and opt for only organic or grass-fed produce
- Steer clear of hydrogenated oils
- Go easy on dairy products: although some consumption is acceptable, too much can negatively affect blood circulation
- Stay away from junk food and eliminate processed and prepared meals, such as microwave meals and frozen pizza
- Increase your vegetable uptake
- On 2 days of every week (such as Monday and Thursday), consume only 600 calories and a very low amount of carbs – this “fast” will help your cells regenerate, improve gut health and even helps you to lose weight as long as you do not overeat on other days
- Eat healthy carbs (rice, potatoes) on exercise days and only in moderate amounts, unless you are really building muscle, in which case you can increase your intake

- Eat plenty of cruciferous vegetables (broccoli, sprouts, asparagus, cauliflower, kale): 2 portions every day
- Do not overcook vegetables: 5 minutes steamed or boiled is sufficient
- Drink plenty of filtered water
- Avoid excesses of alcohol, marijuana or other recreational drugs

Following these simple steps can help to:

- Increase your testosterone levels
- Reduce estrogen levels
- Improve blood circulation in the penis
- Naturally boost erections
- Increase sexual desire, or libido
- Reduce excess body fat
- Improve your penile growth gains

4. Exercising To Boost Results

Many people think that they know all about how to exercise and yet, many people who exercise 3-5 times per week are still overweight, unhealthy and lacking energy.

By respecting the following exercise recommendations and combining them with nutritional advice, your overall health and results from penile exercises should improve.

1. Exercise 4-5 times per week
2. Do not perform the same exercise day after day
3. Alternate cardio workouts with muscle-building/circuits

4. Eat healthy carbs and protein on muscle-building/circuit days (3 hours before, 30 minutes after)
5. Short, sharp cardio workouts are the most effective of all for weight loss

Following this routine can improve your blood circulation, testosterone and overall health very fast:

- **Monday:** 45 minute muscle-building workout (upper body)
- **Tuesday:** 6-8 x 50 metre running sprints
- **Wednesday:** Rest
- **Thursday:** 40 minute muscle-building workout (lower body, core)
- **Friday:** 6-8 x 50 metre swimming sprints
- **Saturday:** 1 hour walk
- **Sunday:** Rest

The above routine is very simple and highly effective for stripping away fat and boosting testosterone.

5. Regular Sexual Stimulation

The simple way to see this is that your sex hormones will shut down if you don't use them, "assuming" that you do not need them anymore.

If you abstain, rarely have sexual intercourse, are never turned on by seeing an attractive female (or male), and never actively pursue or flirt, then the chances that your libido will plummet and your erections with it are very high.

When erections start to become less and less frequent, blood vessels in the penis can contract, carrying less blood and holding it for less time. This is when some men notice penile shrinkage occurring.

Make sure you engage in frequent and pleasurable sexual activity, pursuit or flirting. Men who do this maintain far higher testosterone levels than those who do not. If you find it tough after 20 years of marriage, then inject some excitement; take a trip away to somewhere sunny, different and pleasant.

Change can stimulate the libido and there's nothing like a novel activity or event such as a trip away, a new bedroom game, or living out fantasies to boost dopamine levels, which will fuel your desire.

6. The Porn Problem

A serious issue that is becoming more and more frequent is that of pornography and excessive masturbation habits. Proven in studies to cause dopamine depletion, addiction and eventually erectile dysfunction, porn consumption is the new cocaine for the internet masses.

If you have a problem with watching porn, if you feel you need porn to get hard, then your only option is complete abstinence from both masturbation and porn. After 6-8 weeks, most men feel their natural functions are restored to working condition and that morning erections return.

Porn on occasions isn't much to worry about. But do not let that trick you into thinking a daily porn and masturbation habit is normal – it isn't! Your ancestors never did this, and you shouldn't either. Your body isn't built for that.

7. Exercise Workout Tips

- **Taking Rest Days From Exercises**

Just as with regular exercise, rest days from your penile exercises are very important, or rather essential to success. Resting the penis allows it to repair, recuperate and become stronger.

Vigorously exercising the male member every single day can cause harm, fatigue and even penile shrinkage. Beware that this can cause serious problems or even damage.

I recommend you rest your member for 3 days per week, on days that follow exercise days.

Keep in mind that if you masturbate or have sex, exercising immediately after this activity will be less effective. Better gains will be achieved from exercising the penis after at least 24 hours rest, or even 48 hours.

Where And When To Perform Penile Exercises

Most men perform their exercises either late at night before sleeping or early in the morning. The most common place to perform routines is the bedroom and the bathroom.

The bathroom is convenient because a workout can fit in just after a shower, very discreetly, without anyone else knowing. This is more suitable for men with a partner.

For single men, either the bedroom or the bathroom is ok.

The morning is a good time to perform exercises due to the fact that testosterone levels are generally higher in the early hours and lower late at night, when fatigue and sleepiness may start to be present.

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.

Before You Begin

Planning Workouts

Just as you would do with full body workouts, you should plan your penile exercise routines in advance. This will prepare you mentally, help you to get out of bed 15 minutes earlier than normal, and set you in a routine.

1. First of all, plan which days of the week you'll be exercising on
2. Then select which exercises you'll do on those days

As you'll need to program rest days, this should be relatively straightforward.

Draw yourself up a grid so you can easily follow your plans and objectives.

Exercise Type	Week 1 - May 2014						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	X				X		
2			X				X
3	X				X		
4			X				X
5	X				x		
6			X				x
7			X				
<p>CURRENT DIMENSIONS: Length 6.0 inches Girth 6.3 inches MY OBJECTIVE May 30th: Length 6.25 inches Girth 6.5 inches</p>							

Fixing Objectives

My experience with any goal setting is that it has to be realistic and attainable. If it is not, then you subconsciously cannot accept your goal and you won't be (as) motivated to reach it. The chances that you'll abandon your project due to "lack of time" (which really translates as a lack of motivation) are much higher.

Setting small goals instead is far more useful for maintaining drive and motivation as opposed to setting larger and seemingly impossible goals, which your mind will have difficulties to accept.

Clearly state your goals and write them down at the start of each month. It should be visible at all times on your tracking sheet to remind you of where you need to be at the end of this month.

The above objective is a modest one which is realistic, attainable and will have the added benefit of giving you a pleasant motivational boost once you see you can reach and possibly even surpass it. You don't have to set your goals exactly this way, but do keep in mind that when you match or beat your goal you'll feel more confident and motivated to continue on to your next goal with energy and pride.

Once you do set your objectives, it is just as important to keep track of them. This way, every time you feel as though you are lacking in motivation or you feel you are not achieving the results as fast as you'd like, then you can look back to 3 months previously to see how far you've already come.

Write down your gains as follows:

Start of Month	Length	Girth
March	5.7"	5.85"
April	5.95"	6.1"
May	6.2"	6.5"
June	6.8"	6.7"
July	7.0"	7.1"
August	7.7"	7.6"

The above results are only an example, and your own gains will depend on your application, personal hygiene and motivation.

After a few weeks of sticking solidly to your routine, you'll be performing your exercises without much effort, almost as an automatic habit.

The first week or two may be the hardest for some. However, many men report an instant boost in erection frequency, libido and tingling around the penile area during the early stages. This initial benefit, as well as the fairly rapid boost in flaccid size that men often experience in the first two weeks, is easily enough to carry the motivation further.

The real challenge is at about 6-8 weeks when gains are coming, but can appear to be slow. This is why tracking your measurements and setting small but realistic objectives is very important.

Remember at all times that your health will be an important determining factor in the achievement of your gains, so keep eating healthily, exercising regularly, and keep away from excessive porn and masturbation.

How To Measure Up

Knowing how to measure up is very important with regards to progress. Noticing an extra half inch on the tape measure can be a great motivation booster.

Noticing growth trends over the past weeks will help you to be clear about your direction, progress and goals.

The techniques I'm about to give you will help you to measure up safely.

- **Top Side**

The universally accepted and trusted method of measurement is using a tape measure or ruler from the top of your penis, starting from your public bone.

You'll need to measure both your flaccid and fully erect states once a week in order to check your progress. I'd suggest measuring up early in the morning, before a shower as various factors can make a difference to size, such as temperature, time since last ejaculation and testosterone levels.

If you are overweight then some fat will be protruding from just above your penis and in the lower abdominal area. In fact, this is the case for men who are even slightly overweight as fat appears to linger in this part of the body more often than in others.

Make sure you push the ruler gently into your fat tissue so that you are indeed measuring your full length.

- **Flaccid measurement:**

Hold the end of your member and angle it at right angles away from the body, or parallel with the floor. Then push the ruler gently into your pubic bone. Your length is that where the tip of the penis ends.

- **Erect measurement:**

Making sure your erection is in a healthy, full erect state (no exceptions), perform this measurement in exactly the same way, holding the ruler to your public bone and measuring outwards.

- **Girth measurement:**

Use a string to measure the circumference around the thickest part of your shaft. Take care to join the string and mark the spot. Then use this spot to measure against a ruler so that you know the length.

- **Lubricants**

It's time to talk about the best lube for penile exercises. Lube is essential for success in penile enlargement, due to the fact that if you do not use it you'll experience dryness, chaffing and irritation. With lube, you'll feel a more pleasant sensation and less friction.

Finding lube is easy. In many supermarkets or drugstores, you'll find a variety of lubes that are used for sexual activity. Choosing one which is water-based will help more with durability and therefore effectiveness of exercises.

If you find yourself out of lube, even using olive oil can work, although this is not recommended for regular use, so make sure you are able to

stock up on more lube soon. Using soap or shower gel is not recommended at all.

- **How Often Do I Measure?**

As previously mentioned, it's best to measure up when your member is warm, relaxed and when your testicles are producing higher levels of testosterone.

Choose one morning a week, preferably a weekend morning (unless you've drunk a lot of alcohol the previous night) when you can calmly measure away without any disturbances just after waking up.

The morning after sex is fine as your testosterone levels should be high, especially as you've slept to recuperate since ejaculating.

Make sure to monitor progress every week in order to keep track of your results and ensure motivational levels are maintained.

- **Removing Pubic Hair**

As well as helping your penis appear bigger, having less pubic hair will help you to measure more efficiently and will be more attractive for your partner.

I recommend you keep your hairs down there trim using a simple hair trimmer with a guard, to avoid nicking your skin. These can be picked up for only \$10-15 these days.

Using scissors or a wet razor can also work, but is trickier and runs a higher risk of cutting your skin, which can be painful around the genitals area.

Time To Warm Up

Warming up is essential just as it is before any physical exercise. However, it is even more important when it comes to the penis.

The chief aim of warming up is to avoid any injury to the tissue which could result in venous leaks, erectile difficulties, lesions or irritations to the skin. This kind of injury can be far worse than a pulled muscle or tweaked hamstring due to the importance of the functions of your manhood and the fact that you only have one.

The most effective and most efficient warm up method is to run warm water onto a small hand towel or flannel, and to wrap this around your shaft.

- Run warm/hot water from a tap onto a clean hand towel or flannel
- Wring out the towel and squeeze all the water out
- Wrap it around the penis, ensuring that you cover the base, right down as far as possible
- Keep the towel in place for 1 minute
- Repeat twice more to ensure your member is fully warmed up
- Dry off your member completely before commencing exercises

You'll feel that once warmed up, your penis is more malleable, flexible and supple. This is highly beneficial for performing exercises as in addition to this, more blood will have been drawn to the surface.

You may be tempted to hurry your way through your exercise routine, but do not skip the warm up. It is far too risky and your gains may be limited without it.

Warming Down After Your Exercises

Use the same technique after you finish your exercise routine. Warming down is important not only to reduce the risk of injury, but also to ensure that your growth gains are optimized following your exercise routine.

This time, you'll only need to use the hot towel warm down once for 1 minute before drying off.

Massaging the base of your member for 30-60 seconds gently is recommended as part of the warm down process and will leave you with a very pleasant feeling including a libido boost that can last for hours afterwards.

The Exercises

In this chapter, you'll learn all about how to perform the exercises you can do for penile enlargement in detail, with all the information you need in order to do the exercises safely, adequately and to maximise your gains.

To help tailor your workouts to your individual needs (girth, length, general size gains, ejaculation control and erection improvements), penile exercises are divided into 3 different categories:

1. **Overall penile health:** Good for all over gains, erection quality, ejaculation control
2. **Length exercises:** Do this more often if length is your main objective
3. **Girth exercises:** Do this more often if girth is your main objective

Once you've learned all about the various exercises that you'll be doing, you'll be able to see how to tailor your workouts in order to fit your own specific needs with our exercise programs.

Overall Penile Health Exercises

Regular Kegels

Even if you already know about PC flexing or Kegel exercises for men as they are also known, you need to read this part carefully. I consider it essential to remind you of the importance of these powerful workouts that have a number of benefits, perhaps more than any other exercise you'll do.

- **Benefits of Kegel Exercises**

- 1. More muscular erections:** Over 90% of men see improvements in erection quality, strength and durability after a few weeks or even days of performing Kegels. Better erections means you can stay hard for longer during sex, which in turn will increase the blood circulation in your penis, boost your testosterone, and result in more intense and pleasurable orgasms.
- 2. Enhanced girth:** Although this is not specifically a girth exercise, PC flexing can result in thicker erections just a week or two after performing your first set. The first person to tell you about this will probably be your partner.
- 3. Increased libido:** Performing Kegels can result in an erection shortly afterwards. Muscling up your manhood can facilitate instant blood flow and your penis feeling "heavy". You may feel horny as a result in the hours that follow.
- 4. Increased ejaculation control:** As long as you do not have a stress-related ejaculation control issue, then you'll experience far better

control of your ejaculatory reflex as a result of Kegel exercises. The pubococcygeus (PC) muscle is involved in the process of preventing or releasing ejaculations.

- 5. Multiple orgasms:** Your partner may have multiples, but more pertinently, you are capable of having them too. Those who reach advanced levels of Kegel training can experience the wonders of male multiples, or orgasming several times without ejaculation.
- 6. Better prostate:** For some men, prostate pains and prostate health is an ongoing or recurring issue. PC exercises can help to boost blood circulation in and around the prostate, contributing to improved overall health.
 - **How to Perform Kegel Exercises**

First of all, you need to identify your PC muscle. The physical location of it is in the centre of your perineum, positioned in between the testicles and the anus.

The PC muscle extends from here to the base of the penis, just behind where it is attached to the body. It is also the same muscle you use to release and prevent urinating. When you are urinating and you need to stop, you are using your PC muscle.

Do not confuse the PC muscle with your buttocks or rectal muscles. Its purpose is not to control your bowel movements. It is important to be able to distinguish as some men make the mistake of flexing their buttocks or rectal muscles instead of their PC muscles.

Use the same muscle you use for controlling urination, only do not flex it during urination, flex it when you are sitting in your car or at your desk, or dinner table. Performing PC flexes does not take much effort and can be done anywhere at any time.

The following Kegel exercises will be taking into account your goals: in this case, overall penile health, penile enlargement and erection quality.

Kegel Exercise 1a – Regular Kegels

Warm up

Contract and relax your PC muscle 20 times, holding it for just half a second each time. No need to rush this warm up, just rest a second in between contractions. If you find it hard to reach 20 the first time, then aim for 15 repetitions and increase to 20 in a week or so.

- **2 Second Contractions**

Approximately 60 seconds after your warm up routine, start again, this time holding your contractions for 2 seconds each time. When you are holding for 2 seconds, you only need to perform 5 reps.

Repeat the above sequence of warm up exercises and 2 second contractions 10 times throughout the day, remembering each time to rest.

If this is too hard to start with, aim for 3 sequences, increasing to 5 sequences after 2 weeks, then 10 sequences after 4 weeks.

10 sequences per day is $(10 \times 20) + (10 \times 5) = 250$ reps throughout the day

Once you get to performing 250 reps per day for 4 weeks straight, you should change your routine to improve results.

As the workout plans later on will demonstrate, it's important to rest your PC muscle and not to exercise it every single day. Rest and recuperation will help the muscle cells to repair and regenerate, coming back stronger.

The following variations of Kegel exercises will be those that you do more of once you are 6-8 weeks in.

Exercise 1b: Long PC Flexes

Also referred to as “super-kegels”, contracting your PC muscle for longer will be hugely beneficial for ejaculation control as well as size improvements and erection boosting.

After a warm up of 20 regular reps, flex your PC muscle for 20 seconds at a time, 5 times in a row. Rest for around 15-20 seconds between reps. When you feel ready, increase your contractions to 30 seconds.

Perform these longer flexes throughout the day, 10 times.

10 sequences per day is $(5 \times 20) + (5 \times 5) = 125$ reps throughout the day

Exercise 1c: Ultra quick PC flexes

The ultra fast reps do not require a warm up and will work slightly different muscles, contributing to increased blood circulation in the perineum and the base of the penis, which will be especially useful on enlargement exercise days.

Just as the above Kegel exercises can be done on any day, the quick flexes should be done on penile enlargement exercise days.

You can start these at any time, but I recommend that you wait until after your first week of PC muscle training.

Perform 50 reps without stopping, contracting for just half a second, and without resting in between reps.

You can do this set of 50 once per day to start with, then build up to 10 times per day gradually, setting yourself goals as you progress.

100 sequences per day is $(10 \times 50) = 500$ reps throughout the day.

You may find these exercises tiring to begin with. Do not overdo it, just set yourself more realistic objectives and lower the target instead to 20 reps to start with, increasing by 10 reps each week if that is the case.

Penile Massages

Massaging your perineum (the area behind your testicles) is a highly effective technique for increasing the blood flow to your member, and for general erection health too.

As you know by now, the erection requires proper blood flow, free of restrictions, free of blockages. Massage is a technique that has been used to promote better blood circulation all over the human body since humans existed, and massaging around your penis will have similar results and will prove highly beneficial to penis health.

The results of your penile enlargement exercises will largely depend on how much nutrient-rich blood arrives in your shaft: the more blood, the better.

You'll notice more frequent erections that are much harder, more durable and generally thicker after a few weeks of massaging the perineum and base of the penis.

Exercise 2a: Perineum Massage

When warm, for example when taking a warm shower; find your perineum just behind your testicles. Then, gently knead the muscular area down there, coaxing the blood in the direction of the base of your member.

Use the middle 3 fingers to do this effectively, starting from the back of the perineum, then slowly moving the massage towards the base.

You may find this induces a pleasant erection, which is a good sign. Resist the urge to masturbate as this will be pointless at this stage.

Instead, keep massaging gently in the direction of your member, moving right to the penile base.

As long as you perform this gently, it can be done at any time. I recommend you do it 3 times per week at least to optimise circulation in the muscles surrounding the penis.

Exercise 2b: Pubis Massage

Again, with the aim of promoting increased healthy blood flow to supply your member, a pubis massage targets the blood vessels above the penis.

Very often, men who have regularly consumed low quality foods and hydrogenated fats for lengthy periods of time will experience erectile problems due to the formation of plaques in the small blood vessels supplying the male member.

Even if this is not your case, then a pubis massage will still be beneficial for improving blood flow and results.

The pubis is just above the base of the penis, where it is attached to the body. Typically it is where the pubic hair grows on a man. Trimming or removing your pubic hair will be much more comfortable

Massage gently in a circular motion, starting on one side (either side is fine), then moving to the middle. Use your forefinger and your index finger to do this.

Once you reach the other side, return slowly, massaging gently in a circular motion.

After 2 minutes of pubis massage, then use both of your hands to massage the base of the penis again in a small circular motion. The best way to do this is to use 2 fingers from each hand to directly massage the left and the right side of the penis base together for 1 minute.

Now we've discussed the most effective general penis health techniques to ensure you are in excellent condition, we can move on to both length and girth specific exercise workouts.

Exercise 2c: Base Massage

The base of your penis is where it is attached to the body. Please note, the base in this case is not 25% of the way down your shaft, it refers to exactly where it attaches to the body.

This also refers to the part of your penis that is concealed by your scrotum.

Massaging the base of your member is excellent both in flaccid and a semi-erect state.

When warm (first thing when you awake, or while taking a warm shower) use firstly one of your hands with principally the forefinger and

the index finger and begin to massage the base of your member inside the scrotum. Massage in a motion that encourages the blood upwards and outwards, towards the shaft.

Continue this massage for 2-3 minutes and then move to the sides of your base for 2 minutes.

In order to massage the sides, use both hands with primarily the thumb and forefinger. Place the thumb of both hands on the top half of the base and the forefinger on the underside.

Massage in a motion that directs your penis towards the ground, away from you, extending only 15% down the shaft before returning to your original position. Each motion should only take 1 second. Do this for 2 minutes and this will complete the exercise.

Length Workouts

The following exercises are specifically designed to boost the length of your member. You may also notice some increases in girth as a result of these exercises, but not necessarily.

Remember, before deciding how to tailor your own workouts, length is a great confidence booster. However, women invariably prefer girth over length for creating more friction inside them, and more stimulation.

If increasing length is your main priority then go for it. But do not neglect to increase your girth either.

First of all you need to understand how your hands and fingers need to be formed in order to accomplish many length exercises effectively.

The “ok” sign that divers use is a fairly well-know one.

See the image below:



Use your forefinger and thumb to form a circle or a ring. In this exercise (and in several others) you'll be using your hand like this.

Now that you know this, we'll refer to it as the "ok" sign.

Exercise 3a: Straight Stretches

In this exercise you'll be stretching the penis out away from the body at all times staying within comfortable stretching limits.

State: 0-10% erect

1. Standing up, form a circular grip with all digits of your hand and position it just behind the head (glans) of the penis
2. Pull your penis out away from the body firmly but gently
3. Make sure you are stretching the penis and you can feel the stretch but no pain or straining
4. Do not stretch too hard or aggressively; hold it in position for 30 seconds
5. Pause for 20 seconds then repeat

Workouts:

Weeks 1-6 – 5 times per day, 30 second stretches

Weeks 7-16 – 10 times per day, 45 second stretches

Exercise 3b: Circular Stretches

These exercises are much like the straight stretches, but with more motion. You should perform these exercises either on alternate days to the straight stretches, or simply as a change in routine after 6 weeks.

Circular stretches should help your penis become more supple, flexible and tend to result in noticeable flaccid length gains that are visible within a week or two.

State: 0-10% erect

1. Standing up, form a circular grip with all digits of your hand and position it just behind the head (glans) of the penis
2. Pull your penis out away from the body firmly but gently
3. Make sure you are stretching the penis and you can feel the stretch but no pain or straining
4. Do not stretch too hard or aggressively; hold it in position for 10 seconds
5. Move the penis to the left for 5 seconds, to the right for 5 seconds, upwards away from the body for 5 seconds and finally downwards for 5 seconds

Workouts:

Weeks 1-6 – 5 times per day, 30 second stretches

Weeks 7-16 – 10 times per day, 45 second stretches

Exercise 3c: Straight Jelqing

Most men will see changes in length if they use the popular jelqing technique properly. Some will see satisfying boosts in both length and girth however.

Jelqing is a common and well-known method of enlarging the penis. However it is also one which is often misunderstood and performed incorrectly. As a result of not taking precautions, many enthusiastic men have caused damage to their penile tissue.

This is why we stress the importance of not over-exercising your penis and of warming up and down and also of using the correct water-based lubricant.

If you take precautions and use your common sense, you'll be absolutely fine.

With the jelqing exercise, you'll be able to push more blood into your vessels and chambers for longer, causing permanent gains in size.\

Remember that jelqing is exclusively to be performed on the base and the shaft of your penis, and **not** the head or the glans. It's very important to take care not to extend your jelq to your penile head.

Furthermore, do not ejaculate during or after your jelqing session. If you do this you'll feel tired and weak on your feet. The purpose of jelqing is not unload your wad onto the bathroom floor. The exercise will be pointless if you do so.

Again, using lube is very important to this exercise so make sure you have plenty.

State: 30-50% erect

1. Standing up, form an ok sign with your forefinger and thumb and position it at the base of the penis (where it is attached to the body).

2. With a firm and constant grip, move your hand grip slowly from the base of the penis outwards and stop before reaching the head.
3. You should feel more blood being pushed towards the end of your member if you are doing this correctly.
4. Alternate between the left and right hands.
5. Do not go further than the head. Jelq on the base and the shaft only.
6. Make sure your hand moves outwards from your body directly in front, slightly to the left and slightly to the right.

Workouts:

Weeks 1-6 – 50-70 times per day

Weeks 7-16 – 150 times per day

Weeks 10-15 – 200 times per day

Weeks 17-25 – 300 times per day

Exercise 3d: Flutter Jelqing

Flutter jelqing is a method used to provide some variety and to help boost your growth in times of slow gains.

If you reach a point after a few weeks or months where you see you are not achieving the results that you expect and desire, then it's time to introduce some variety and differences to your methods.

This exercise is not intended to be performed together with regular jelqing, but rather as an alternative, on different days of the week or simply when you feel it's time for some variety to boost your growth.

State: 30-50% erect

1. Standing up, form an ok sign with your forefinger and thumb and position it at the base of the penis (where it is attached to the body).
2. With a firm and constant grip, move your hand grip slowly from the base of the penis outwards and stop before reaching the head.
3. You should feel more blood being pushed towards the top half of your member if you are doing this correctly.
4. Alternate between the left and right hands.
5. Do not go further than the head. Jelq on the base and the shaft *only* and stop before arriving at the head.
6. Jelq 1 goes to the top left
7. Jelq 2 goes to the top right
8. Jelq 3 goes to the bottom right
9. Jelq 4 goes to the bottom left

Workouts:

- Weeks 1-6 – 50-70 times per day
- Weeks 7-16 – 150 times per day
- Weeks 10-15 – 200 times per day
- Weeks 17-25 – 300 times per day

Exercise 3e: Ambi Jelqing

Ambi jelqing is an advanced jelqing method with both hands used to provide more variety and to help boost your growth in times of slow gains.

Similar to flutter jelqing you reach a point after a few weeks or months where you see you are not achieving the results that you expect and desire, then it's time to introduce some variety and differences to your methods.

This exercise can either be combined with regular jelqing or can be done alone as an alternative when you feel as though it's the best moment to accelerate your growth.

State: 20-30% erect

Lube: Moderate

1. Standing up, form an ok sign with your forefinger and thumb and position it at the base of the penis (where it is attached to the body)
2. With a firm and constant grip, move your hand grip slowly from the base of the penis outwards and slowly, taking 3 seconds to reach 2 thirds of the way (65%) down your shaft
3. Your penis should be pointing slightly towards the side of your gripping hand at all times during the movement
4. While performing this movement with your first hand, prepare your free hand in the ok sign to be positioned behind the first hand

5. While your first hand is in motion, position your free hand behind your first hand without applying pressure
6. Once the 3 second movement of your first hand is coming to an end (2 thirds of the way down the shaft) begin the same jelq motion starting behind your first hand (about half way down the shaft). The
7. Continue the same movement with your new hand, only pulling gently to the other side of the body now.
8. Once you reach behind the penis head, the 6 second movement is complete

Workouts:

- Weeks 1-6 – 20-40 times per day
- Weeks 7-16 – 50-80 times per day
- Weeks 10-15 – 100-120 times per day
- Weeks 17-25 – 130-150 times per day

You can also combine regular jelqs with these Ambi Jelqs. For example, your first 50 movements can be regular jelqs, and your 2nd 50 can be Ambi Jelqs.

Variety of this kind during your workout can be pleasurable and can result in you having more involuntary erections during the day.

Exercise 3f: Kegel Jelqs

The Kegel Jelq exercise can be very effective for pumping up the blood level in the penile chambers fast.

In this exercise you'll pump some extra blood into your blood vessels before your slow jelq, which is highly effective as both a length and girth exercise.

This is an advanced technique which you should save until the further stages, after 4 weeks of penile workouts.

Furthermore, your PC muscles will be firmer and stronger by this point, resulting in a more effective return from your exercise.

State: 30-40% erect

Lube: Plenty

1. Standing, form an ok sign with your forefinger and prepare it just at the base of the penis (without gripping).
2. Warm up by performing 20 quick moderate PC flexes
3. Perform 1 x solid 10 second PC flex
4. Coinciding with the end of your PC flex, with your hand in form of ok sign, grip your member at the very base with a firm and constant jelq grip
5. Move your hand from the base along the shaft applying moderate pressure only, stopping before the head. This completes 1 movement.
6. Each 5 repetitions, take a short break of 15 seconds to allow normal blood circulation to resume.

Workouts:

Weeks 7-16 – 20 times per day

Weeks 10 onwards – 30+ times per day

Again, it is more effective to begin with this exercise after at least 4 weeks of penile workouts.

If you feel comfortable with it by then, then introducing it slowly as an extra exercise or a partial alternative to another exercise will help you boost results significantly.

Summing Up Length Exercises

Length exercises can be divided into 2 different categories: stretching and jelqing.

These 2 main exercises than can be broken down into sub-categories to create different variations.

If you've ever spent time in the gym, or if you are knowledgeable on the topic of fitness training, you'll probably know that varying your exercise routines every 6 weeks or so is likely to improve your results, according to some fitness trainers, by up to 30%.

This is because the human body behaves as an advanced machine, evolving to develop higher tolerance to the same exercise routines and reducing its need to repair and grow after a certain point.

I feel that exactly the same principle applies with penile training:

Introducing some different routines and new varieties of and exercise will cause your body to react in new ways, stimulating growth and repair.

You'll be spending plenty of time over the next few weeks doing these exercises, which will soon come to feel like second nature to you. Remember to take care, to use lube where recommended and to stop if you feel any discomfort or irritation whatsoever.

Next, you'll be learning about how to boost girth.

Girth Exercises

When I mention that girth is more important to women, I am basing the statement on results from studies, not on my own opinion.

Nevertheless, even before I realised that there were existing studies and surveys on this topic I was of the opinion that girth was clearly far more important than length, having been told by several lovers that the girth of my member was directly responsible for multiple orgasms.

It should be logical to most people that females consider penile thickness to be more important than length due to the fact that a thicker member will stimulate the receptive cells on the vaginal walls more.

In the interests of helping you to decide how to tailor your own penile workouts to get the desired results, we need to mention that according to studies and surveys, around 90% of women confirmed that they have a preference for penile girth over length (sources: [Biomedcentral](#) and [pubmed](#)).

The girth exercises you're about to discover are different to those used to enhance length and can be used to target different parts of your member: the base, the shaft and the head.

You'll still require the use of lubrication and taking care not to overwork, strain or irritate your member is equally as important as with your length exercises.

Let's get started..

Exercise 4a: The Power Squeeze

State: 30-50% erect

Lube: Plenty

1. Standing up, form an ok sign with your forefinger and thumb and position it at the very base of the penis (where it is attached to the body).
2. Maintain a firm and constant grip with this hand so that you feel the blood circulation is restricted, although not blocked.
3. You should feel more blood being pushed towards the top half of your member if you are doing this correctly.
4. With your free hand, form an ok sign and grip your member just above your other hand.
5. Squeeze downwards on your shaft with your top hand applying moderate pressure only, keeping your other hand grip firmly at the base of the penis.
6. Move along the shaft, stopping before the head of the penis. This completes 1 movement.
7. Each 5 repetitions, take a short break of 15 seconds to allow normal blood circulation to resume.

Workouts:

Weeks 1-6 – 30-50 times per day

Weeks 7-16 – 60-80 times per day

Weeks 10-onwards – 100+ times per day

Exercise 4b: The Head Enhancer

Knowing how to enhance the head of your penis is important, especially for those men who consider that their glans is underdeveloped, or just not big enough from a visual point of view.

Having a larger head can be pleasing visually and sexually, can cause that extra reassuring gasp to occur during penetration and is excellent for boosting confidence.

State: 60-70% erect

Lube: Plenty

1. In a sitting position, form an ok sign with your forefinger and thumb and position it just behind the head of the penis.
2. Maintain a constant grip with this hand so that you feel the blood circulation is restricted to the head, although not blocked.
3. With your free hand, form an ok sign and grip your member at the very base with a firm and constant grip.
4. Squeeze downwards on your shaft with your top hand, keeping your other hand grip firmly behind the head of the penis.
5. Move your hand from the base along the shaft applying moderate pressure only, stopping before the other hand of the penis which is positioned behind the head. This completes 1 movement.
6. Each 5 repetitions, take a short break of 15 seconds to allow normal blood circulation to resume.

Workouts:

Weeks 1-6 – 10 times per day

Weeks 4- onwards – 15 times per day

Exercise 4c: Kegel Inject

The Kegel Inject exercise can be very effective for increasing girth and getting very firm erections.

What happens with this exercise is that you'll power more blood into your penile shaft right before performing a girth exercise.

See the Kegel Inject exercise as a highly effective trump card exercise to play when you feel like your progress is starting to slow. This is the ideal moment to introduce this powerful technique.

The other advantage of starting this exercise further along in your program is that you'll be more proficient at performing Kegel workouts and your PC muscles will be stronger, fitter and able to hold more blood.

State: 70-80% erect

Lube: Plenty

1. Sitting or standing, form an ok sign with your forefinger and prepare it just at the base of the penis (without gripping).
2. Warm up by performing 20 quick moderate PC flexes
3. Perform 1 x solid 5-10 second PC flex

4. Coinciding with the end of your PC flex, with your hand in form of ok sign, grip your member at the very base with a firm and constant grip, restricting blood flow but not blocking it.
5. Form an ok sign with your free hand and squeeze downwards on your shaft, keeping your other hand grip firmly at the base of the penis.
6. Move your hand from the base along the shaft applying moderate pressure only, stopping before the head. This completes 1 movement.
7. Each 5 repetitions, take a short break of 15 seconds to allow normal blood circulation to resume.

Workouts:

Weeks 1-6 – 5 times per day

Weeks 7-16 – 10 times per day

Weeks 10 onwards – 15 times per day

Exercise 4f: Balloon & Edge

The ballooning and edging exercise for me personally was the quickest to bring about solid girth increases together with firmer, longer-lasting erections. Who can argue with such a result?

While this is the exercise that is likely to bring you a very pleasing girth boost within just 2 weeks, it has other advantages too. In addition to

this, you'll develop better control over your ejaculation, erections that just seem to last forever and a much more solid shaft.

In fact, many men even use this during sex when they feel their erection is subsiding, to encourage more blood into the penile shaft, improving erection longevity.

When should you start this? The temptation is to start right away, today, but really it depends on your health. Why?

Ballooning is an exercise that is generally much more effective if your testosterone levels are high and if your health is good.

If you have occasional erection problems, if you lose your wood during sex sometimes or just cannot keep it up, then you should concentrate first on improving your sexual fitness through improved diet, exercise, weight loss and regular sexual stimulation (without porn).

If you are in this category of men who are not satisfied with their erections, then perform at least a few weeks of penile workouts before moving on to ballooning and edging once your erections are notably improving.

On the other hand, if you already have solid erections and a good level of sexual fitness, then you can start this exercise right from the first week. You may want to do this if increasing girth is important for you.

You may or may not be familiar with the concept of edging. This technique consists of bringing yourself to the brink of orgasm, before holding back and pausing before bringing yourself to the bring again and again, several times.

When combined with ballooning the results can be impressive to say the least.

While this is an effective method, take a lot of care to work only the very base of your penis and the beginning of the shaft. If you pressure your penis head with blood when erect it can be dangerous and can result in ruptured blood vessels or venous leaks, which are to be avoided at all costs. I must emphasize that it's essential to take care.

State: 80-100% erect

Lube: Helpful, but not absolutely necessary

1. When erect or before an imminent erection, start by massaging your perineum (behind your testes) with your middle 3 fingers, using the perineum massage technique described earlier (massaging in the direction of the penile base)
2. While fully or nearly fully erect, bring yourself to the brink of orgasm preferably with a partner, or alone if you are single. Take your time to get to this first brink, at least 10 minutes if you are able to.
3. Once you are very near to orgasm: stop, relax your chest area, breathe deeply with your lower diaphragm and pull your testicle sack gently down and away from the penis (you will feel that it is tight). This will help you to resist ejaculating.
4. Now during this pause, massage your perineum with your 3 middle fingers, coaxing the blood towards your penis for 1-2 minutes
5. Repeat the process twice more, massaging the perineum again
6. On your 4th and 5th pauses, move both hands to the base of the penis, using 2 fingers of both hands (forefinger and thumb) on

either side of your shaft and massage in a outwards movement gently, encouraging blood flow gently towards the glans

7. Do not at any time do this aggressively or hard, your penis is already carrying blood and only some coaxing of blood flow is necessary
8. If you are doing this correctly you'll feel your shaft and glans swelling, becoming more solid and your erection becoming harder and longer-lasting

Workouts:

3-5 times per session

3-4 times per week, with rest days.

Girth Exercises Summed Up

In this chapter you've learnt some highly effectively girth workouts. Remember, girls prefer girth, even if length has a say in the matter. Men obsessed by their length are misguided and thinking too much of their own needs only.

The girth exercises are quite easy to follow and highly recommended. There's nothing quite like the buzz of excitement when noticing your penis has becoming thicker. You'll probably find that it's not you that is the first to notice; it'll be your partner.

With a solid erection, decent ejaculation control and a thick penis, you'll be capable of dishing out multiple orgasms on a regular basis. If I

were you, I would aim for this every single time. After 2 or more climaxes, you'll notice how much sweeter your girl will become for the following 48 hours or so.

In fact, if you find that your wife or girlfriend is nagging, having a go at you for seemingly minor mishaps or just being grumpy and irritable, then you'll know it's time you gave her some more multiples. And I'm referring exclusively to vaginal orgasms achieved through penetrative sex. Of course, you can combine vaginal and clitoral orgasms and even go for combo orgasms, but I recommend you start her off with the penetrative orgasms before tiring her out, then finishing up with clitoral orgasms from the outside, using oral sex or your hand.

If you're not in the habit of dishing out multiples then I suggest you get into the habit of it. You have everything here to help you get there.

Next, we'll discuss how you can personalize your penile exercise plans to suit your own specific requirements, and then it will be time to start your own program.

Personal Penile Workout Programs

Now you know all about the benefits of muscling up your penis, you know how it works, the science behind it and the reasons for doing it.

You've learnt that it's possible to increase the size and performance of your member, you've read about each individual enlargement exercise and you know how to optimize your health and how to get better erections.

Now it's time you decided on a workout plan and what you'll be doing over the next 3 months. Obviously, I cannot decide this for you as I am not aware of your individual needs.

However, what I can do is show you what *will* work to suit your own requirements and show you fastest route to get there.

Obviously, this is going to depend on your current predicament. Generally, I find that men fall into the following categories:

Category	Percentage*
All over enhancement	62%
Mostly girth enhancement	18%
Mostly length enhancement	14%
Mostly satisfied with their size but want "an extra inch"	6%

*These percentages are approximations

Within the above categories we also see that most men have further requirements and that a surprisingly high proportion need to significantly improve their erectile function.

These additional requirements that men have in addition to the above break down as follows

- A. Better erections
- B. Improved ejaculation control
- C. Straighter penis
- D. Bigger testicles
- E. Enhanced bulge

We'll provide workout programs suited to all of the above. What you're about to see are a variety of penile programs for the next months, each one being useful for different personal needs.

In order to take action, you'll simply proceed by selecting the best possible workout routine suited to you.

After 6 weeks, you can review your personal progress and then decide on the best path for you to take. Perhaps you've responded better than you expected in terms of length and now want to focus on girth from here onwards?

Maybe your member has become unexpectedly thick and you'd now like to start to concentrate on your length instead? Either way, there will be workouts for you to choose from at every stage of your enhancement process.

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

(Print This Page)

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

Summary

There are enough exercises here to keep you busy for the first 6 months.

The above workout plans are our best recommendations, but you may find yourself tweaking them and replacing certain exercises with different ones that you prefer.

For example, by week 8 you may feel as though you were getting best overall results from the Ambi Jelqing technique and decide that you'd like to ease off the circular stretches.

You may notice by week 10 that your length is being enhanced more than your girth and that you'd like to introduce some Kegel Inject girth enhancing exercises instead of the straight stretch.

You may have a week during which you feel tired, you eat bad food, don't exercise and your sex drive takes a battering. This might be the ideal time to concentrate on erection workouts for a couple of weeks.

Now you have enough to keep you busy for the first 6 months, I'm sure you're eager to get started. Before you do, read the next 2 chapters first to learn how to start your program with the right mindset and how to maintain your gains once these 6 months are over.

Maintaining Your Gains

Some of the common questions that men ask in the PE community are typically:

What happens once these 6 months are over?

Do I just immediately stop all my workouts, and enjoy my big new manhood forever?

Does it lose the gains I've worked so hard to get over the past 6 months?

Most men derive so much personal satisfaction and confidence from doing their penile workouts so much that once this initial 6 month period is over, they continue at exactly the same tempo, introducing new personal workouts to the mix, even inventing new exercises themselves.

Other men maintain their gains by simply concentrating more on the penis health exercises such as kegels, edging and massaging, and dive back into their full workout routines for a few weeks every time they feel they need to muscle up their member again.

Other men are content with their size in terms of both length and girth, and keep up the penile workouts, only reducing the intensity and variety. This is the best course of action to take if you would like to maintain your new size at its current dimensions.

You can reduce your exercise time by around 40%, operating at around 60% capacity, and still maintain the impressive gains you've achieved.

This is the course of action that I recommend should you want to keep hold of the new size you've worked so hard for (and I imagine that you do).

For example, instead of the regular 2 or 3 enhancement exercises, you can content yourself with 1 exercise, then 2 the next time, 2 days later.

Note that length is more likely to be a permanent gain, whereas the bulk you've acquired with your girth exercises is less likely to stay around. So make sure that you keep this in mind when devising your post 6 month workout routines, and be sure to keep girth exercises as a main component of them.

Whether maintaining your gains is a goal or not, you should always maintain a solid penis health workout plan, even if you stop performing the size enhancement workouts. Kegel flexes and massages will help you keep your erections until you are very old, far longer than most other men of your own age. If your erection is important to you (and is there any man it's not important to?) then I highly recommend that you look after it well.

Time To Wrap This Up

Now you've learnt all about penile workouts, you know what you can do and what you need to do to get there, the next step is to take action.

Most men already have the motivation at this point to get a bigger member and don't need anyone to remind them what to do next.

Others however, will read this manual, make a mental note to get back to it in a few days and won't do anything for months, if ever.

Remember, you got this book for a reason and it's because you want to increase the size and performance of your manhood.

And I'm pretty sure that once you feel the benefits the first few workouts will bring you; you'll be overflowing with enthusiasm.

Within a couple of weeks from now, you can be noticing a pleasantly increased bulge in your crotch, a penis that is hanging lower than before and a satisfying boost in your girth.

In addition to this you'll feel horny all day after a proper penile workout, you'll start to feel your erections reaching their full capacity and you'll start to get very excited at the thought of sex. When you do get down to it, you'll see that your erections have become longer-lasting and controlling your ejaculation is much easier than before.

In wrapping this up, there is one last point I have to make: do not neglect to improve your health.

I am aware that many men following this guide are reasonably healthy. Unfortunately many will also be just as unhealthy and this is not a good sign for your penis.

Make a commitment to stay fit, to eat well and to follow the health tips we've outlined here very stringently. You'll feel far more of a man for doing so.

Good luck.

Jon Remington