

First off, this work out DEMANDS your total devotion, and needs to be performed at least 5 times a week. No exceptions. If you really want to enlarge your penis, you will make a good habit of following this plan daily. I do it 6-7 days a week, but I have worked my way up to it. If at any time you feel real pain or discomfort, ease up. There's no need to hurt your penis in order to enlarge it. You will find after about 2-4 weeks, your penis will begin to feel and look larger and thicker, as well as harder. First off, lets start by using a hot wrap:

**The Hot Wrap:** Take a wash cloth and soak under hot-warm water for several seconds, wringing out excess water. Wrap around your penis and testicles and hold for several minutes. Repeat 2-3 times, making sure your penis is good and warm.

After you have Hot wrapped, dry of your penis well to ensure a good grip for the following exercises:

### **1.) The Length Xtender: Making it longer!**

This exercise I call the Length Xtender for obvious reasons. This exercise stretches your penis out, stretching the erectile tissue. Your erectile tissue is kind of like your penis's central tendons that engorge with blood, which give you an erection. While this exercise will lengthen your penis in its flaccid and erect state, it will not thicken it as much as lengthen. I find this exercise much healthier and safer than using weights for penis enlargement. This exercise should be performed sitting on an edge of a chair or couch, but can be performed standing if preferred.

1. Make sure your penis is in its flaccid (limp) state. Take one hand and grip around the head of your penis. Grip firmly, but not hard enough to feel discomfort. Take your other hand and grip around the hand gripping your penis. This will ensure a firm and tight grip.

2. Pull out directly in front of yourself, pulling with enough force to feel a good stretch in your penis. Hold and count for 30 seconds. Repeat 10 times, adding a little extra force each time, but not too hard to cause pain.

3. Relax, and slap your penis against your leg about 75 -100 times to get the blood flowing again. Rest for a minute.
4. Repeat step 2, except pulling to the **left** this time.
5. Repeat step 3.
6. Repeat step 2, except pulling to the **right** this time.
7. Repeat step 3.
8. Repeat step 2, except pulling **up** this time.
9. Repeat step 3.
10. Repeat step 2, except pulling **down** this time.
11. Finish by slapping your penis against your leg 75-100 times.

Next, Repeat step 2 as stated above, except this time rotate your penis in a circular fashion to the left about 30 times. Now rotate your penis to the right about 30 times. Keep alternating left to right, until you have completed this exercise about 5 times to each side. End by slapping your penis against your leg 75 -100 times.

This exercise will ensure a longer penis within as little as 2 weeks, but within 3-4 months will really be noticeable. We encourage you to take a notebook and log your measurements are each week. This way you will know exactly what your progress is, and will also encourage you to keep up the exercises.

**This next exercise is called "jelq"**. Jelqing has been done for centuries by many tribes, cultures, and as a family secret. Passed down from father to son for generations, it has been held in the highest regard as the most effective method for enlarging your penis. This milking exercise forces blood into the penis, repeatedly engorging the penis with blood. Over the course of several months, the blood spaces in the penis becomes larger, being able to hold

more blood, which in return makes your penis larger. This exercise requires 20-30 minutes of your time, and should be performed sitting on the edge of a chair, but may be done standing if desired. You will need a teaspoon of Vaseline or a healthy dousing of baby oil to perform this exercise.

Note: Sitting vertical is better than laying down due to the fact that gravity will aid in your milking sessions by keeping blood within your penis.

## **2.) Jelq - (Milking the Penis for Enlargement)**

First, apply a generous amount of Vaseline, baby oil, or other lubricant to your penis and rub evenly all over. Massage your self to almost a full erection, but not quite. Now, massage a small amount of lubrication into your palms. Take your left hand and make an "ok" symbol with your thumb and forefinger. Take your thumb and forefinger and grip tightly around the base of your penis. Keeping a tight grip, slide your hand down to the head of your penis, pulling as you go.

You should watch the head of your penis expanding as you slide your hand down. Repeat with your right hand. Now continue this act over and over, one hand then the other in a sort of "milking" action. Be sure to keep a tight grip around your penis with your thumb and forefinger as you milk down to your head, watching your head expand with blood as you repeat, one hand then the other, over and over again at a medium to brisk pace.

While milking, do not ejaculate. If you feel the urge to ejaculate, pause milking for a few moments and wait for the urge to subside. Holding back is an exercise in restraint, which will instill a sense of self-control. This milking stimulates circulation in the genitalia, and the increased blood supply is temporarily trapped in your penis. After several months of milking, your penis will begin grow longer as well as much thicker. You will probably notice a change after the first couple of sessions.

After about 3-4 months of daily practice, results will become permanent, but we encourage you to continue Jelq sessions to keep your penis in its utmost prime shape. For the first week or so, only

jelq for about 10 minutes per day, or 100-200 repetitions. After a week or so, try to work up to 20 minutes every day.. Really add some force (not too much though, a moderate grip will work best) while you milk. Remember, keep your penis in a half-erect state. If it's totally limp while you milk, you will not see any results. You MUST have a partial erection while doing this exercise.

After about 2 weeks, work yourself up to jelq sessions that last 30 minutes or so. Within a 3-4 month period you will be writing us to say how much you love this manual, we guarantee. This exercise is perhaps the most effective penis enlargement technique known to man. It not only makes your penis longer and thicker, but harder and over all healthier as well.

After you have had a 30-minute jelq session, your penis should feel warm, larger than normal, and tingly. This is the feeling that you want because it shows that you have broken down and fatigued your erectile tissue in your penis, and it will grow back bigger and stronger, similar to body building. If you cannot achieve an erection for several hours after a vigorous milking session, do not worry because this is quite normal. Your erectile tissue is just extremely tired, and will recover shortly. Remember to keep your hands to the side of your penis, and your thumb over the top and your index finger under while you grip your penis to perform the milking exercise.

After your jelq session, perform another "hot wrap" with a wash cloth to stimulate your penis and keep blood held within.

**This next Exercise is a true sex secret. Its called The PC Exercise**, and it just may save your life one day by helping prevent prostate cancer, as well as give you rock hard erections, and enable you to ejaculate further than you ever dreamed. It will also give you incredible power to hold back the urge to ejaculate until you feel the desire to. No more "minute man" syndrome.

#### **4.) Kegel's - The PC Exercise**

This next article was emailed to me by an anonymous source, but has had a HUGE impact on thousands of men's sex lives as well as overall well being.

Would you like to know an exercise that can restore a youthful erection, help to create mind-blowing orgasms (solo or with a partner), and even save your life by giving you a healthy prostate...?

PC exercises, also known as Kegel exercises, strengthen the pubbocoxygennus muscle (PC muscle), a sling of muscle that surrounds your anus and prostate gland. The PC muscle is the muscle that involuntary "pumps" when you ejaculate. Strengthening - and learning to control - this muscles is THE sex secret. Maybe it sounds too good to be true, but there's now a simple, foolproof way for men to boost their partners' and their own pleasure during lovemaking. And it doesn't rely on aphrodisiacs or drugs. Instead, it involves doing a set of easy to learn pelvic-muscle exercises called Kegels (after Arnold Kegel, M.D., the gynecologist who developed them over 40 years ago). Women have been practicing these moves for years to intensify their orgasms and increase their partners' stimulation. Now, sex therapists and researchers have discovered that both partners can benefit sexually when men do Kegels too.

Time-honored Taoist healing techniques refer simply to "tightening the anus."

First, locate it. Stop the flow of urine when you take a pee. If you have trouble doing this, you really need these exercises.

PC clamps: squeeze and release your PC muscle. Start with a set of 20-30, and work your way up to sets of 100-200. Do at least 300 EVERYDAY, for the rest of your life. This will give you an erection harder than when you were a teenager. Continual practice will ensure you a rock hard erection, any time you desire, as well as giving you the ability to actually hold back your orgasm as long as you desire simply by flexing your PC muscle.

Long squeeze: hold PC muscle clamped tight for a count of twenty... or as long as you can.

Stair steps: tighten and loosen in increments.

PC flutter: tighten the PC muscle as slowly as you possibly can. At

some point it will "flutter," and you'll feel energy sparkling up your spine. Concentrate on deep, slow breathing while you do this - great for restoring energy when you're running down!

Kegel exercises both strengthen and tone the pubococcygeal (PC) muscle-which runs from front to back in men's and women's pelvises--as well as the surrounding pelvic muscles. The PC muscle is what helps bring a man or woman to climax, and, along with other pelvic muscles, it also controls urination.

In his recent book, "The New Male Sexuality (Bantam Books, 1992), psychologist Bernie Zilbergeld, Ph.D., claims that many of his male patients who practiced pelvic-muscle contractions over time reported increased sexual sensation and more intense orgasms. That's not all. Over the past 20 years, William Hartman, Ph.D., and Marilyn Fithian, Ph.D., co-directors of the Center for Marital and Sexual Studies in Long Beach, California, have prescribed Kegel exercises to more than 1,300 male patients who were troubled by erection problems. Most of the men who did the exercises as prescribed reported firmer erections than before.

What's more, nearly 200 of Dr. Hartman and Dr. Fithian's male patients who practiced Kegels learned to delay ejaculation, enabling them to prolong sex to their own and their partner's satisfaction. And most surprising, 10 percent of these men were eventually able to have multiple orgasms--that is, two or more climaxes during a single act of intercourse before ejaculating. (Orgasm and ejaculation don't always occur simultaneously in men.)

With so many sexual benefits, Kegels are the perfect "sexercises" for men as well as women to master. Besides helping to create the physical conditions that enhance lovemaking, the exercises can spice up sex in another way as well. "Partners can take turns tightening their pelvic muscles during intercourse," explains Dr. Hartman. "Each will feel the other's muscle contractions, which adds to the excitement."

For a man who wants to learn how to perform Kegels, the first step is locating the PC muscle. Here's how: Some time when he has the urge to urinate, he should sit on the toilet with his legs spread, start

to urinate, then try to stop the flow. (The PC muscle is the one he squeezes to do this.) After restarting the flow, he can practice stopping and restarting the stream of urine. It may take several attempts to actually isolate the PC muscle--the buttocks muscles have a tendency to kick in if the legs aren't kept wide. When a man has familiarized himself with the sensation of contracting the PC muscle, he's ready to practice holding the contractions. He should first try holding a contraction for several seconds three or four times a day. Over the next few weeks, as he continues doing Kegels, he can gradually increase the time of the contraction until he is holding it for 10 to 15 seconds. Next, he should alternate these Kegel holds with a series of short, quick contractions. Dr. Hartman recommends that men gradually work up to a daily routine of 100 quick PC contractions and five holds. (Women who want to learn how to do Kegels should follow these same steps, but they only need to do the long holds for five seconds; men, however, need the 10- to 15-second hold for delaying ejaculation.)

After a few months of diligent practice, a man should be ready to try using the Kegel hold during intercourse to delay ejaculation. But first he must familiarize himself with the sensation known as ejaculatory inevitability--the point at which he can no longer hold back an ejaculation. He will feel an uncontrollable urge to ejaculate as his prostate gland and seminal vesicles contract. Once a man has developed an awareness of this sensation, he can then learn to produce a PC contraction before he reaches that point of no return. (Another option is for a man to try practicing this technique on his own while masturbating.)

Most men can do Kegels anywhere, since they're seldom aroused by the exercises; women may want to practice Kegels in private since for them, the increased blood flow to the pelvic region is more likely to spark arousal. Continued over a lifetime, the exercises can help men (and women) head off urinary incontinence later in life. That plus greater arousal, enhanced orgasms and longer-lasting sex make these some of the simplest, most beneficial exercises a man or woman can do. I do at least 5 sets of a hundred every day, and some days I even go for 10 sets.. This exercise, without a doubt, can increase your sexual performance 10 fold.

Now that you know how to do the exercises, let's begin our workout plan.

***Please follow all 4 steps.***

**1.** Begin by gently stretching your penis out by grasping around the head and pulling outward, then around in a circular rotation, left then to the right. Do this for about 5 minutes. This is the Length Xtender workout. Eventually you can work yourself up to 30 minutes of this exercise, but that's after you've been doing this for at least a few months. This will lengthen your penis over time by stretching the center tissue out longer. After about 5 minutes of warming up, proceed to #2.

**2.** Time for Jelq. A generous amount of Vaseline is needed for this exercise, about a teaspoon full. Rub the lubrication all around your penis, messaging yourself to a partial erection. Take the excess Vaseline and rub into your palms. Now take your index finger and thumb and grasp around the base of your penis, grab firmly and "milk" forward until you come to the head of your penis. Repeat with the other hand, and do this over and over at a medium pace, really concentrating on your head expanding as you milk forward. Do this for 15 minutes starting out. After one week Jelq for 20 minutes. After 2 weeks Jelq for 30 minutes at a time. By the third week you will start noticing a difference in your length and especially in your thickness. After you have jelqed continuously for your appropriate amount of time, move on to exercise #3.

**3.** Kegels. This exercise is explained in the first part of the manual, so if you can't remember how to do them, please revert to the beginning of the manual. Hold a PC flex for as long as you can, do this 5 times to warm up. Now do a set of 50 kegels, taking a 30 second brake after the 50 have been achieved. Do 4 sets of 50 kegels starting out, every day after you jelq. Many men also get into the habit of doing kegels while they drive, work, etc. Kegels are the most important exercise to do for overall sexual performance. After a week of this regimen, do a set of 100 kegels at a time. Over a period of a month or so, you should be able to do 200-300 kegels at one time. Do 4 sets of these a day, and within a few months you will be able to hold off the urge to ejaculate for as long as you want, and will also be able to keep an erection after you have ejaculated. This exercise truly is the "sex secret".

**4.** Finish with a Hot wrap. Soak a wash cloth under a hot faucet and wrap around your penis and testicles. Do this 3 times, and finish by drying with a towel.

**Do this workout plan every day, taking 2 days off every month. We guarantee results! They will come! DO THEM EVERY DAY. We guarantee you will be emailing us with a great success story in no time at all. Give us a chance at making your life better.**

**Performance Enhancing Exercise:**

**Glute Flex's:**

Lie on your back and tense your buttocks. Flex your buttocks 5 times with a 3-second delay before unflexing. If you feel even a slight burn, then you are very out of shape. This is where most of your thrusting force comes from where sex is concerned. Your buttock holds most of your thrusting power and stamina, with your abdominal being second in line. Here's the Flexing exercise from start to finish:

Lie on your back, and make sure you are on a floor, or firm surface so that you have the appropriate resistance to force against (i.e., the carpet, floor, etc. Your bed is far to giving and will not work for this exercise.).

1-Flex your buttocks as hard as you can, holding for a slow 3 count, then unflexing. Do these 5 times to warm up.

2-Flex and unflex in a fast, steady pace for 3 sets of 50, or if you can't even do 50, do as many as possible. rest for 30 seconds between each set, and take in deep, slow breaths through your nose, and exhaling through your mouth.

3-Next, flex as hard as possible and hold for as long as you can until you start to tremble. Once trembling, unflex and repeat 5 times..

4-Repeat step 2.

5-Repeat step 3.

6-Finish by doing very rapid flexes continuously for 30 seconds or as long as you can.

7-Sit up and rest for several minutes.. This exercise will give you flex power and will increase your thrusting 10 fold after several weeks of exercising. They should be performed 5 days a week, for the rest of your life. This will also tighten and shape your buttocks, which will also be more appealing to your lover.