

ULTIMATE NATURAL PENIS ENLARGMENT GUIDE

*Proven Techniques That Will Help
You Grow a Bigger and Stronger
Penis Naturally*

Adetony

www.comeshowlove.com

DISCLAIMER

This manual was created for informational purposes only and it is the responsibility of the user to thoroughly read the safety, warm-up, warm-down procedures prior to beginning this program.

As a result, the creator of this manual is not liable for any misuse or damage resulting from the contents in this manual.

The exercise techniques, if used improperly can damage the penis. This manual clearly indicates any possible safety issues that may arise while using these techniques.

By utilizing these techniques and continuing forward in this manual, you declare that you have read this legal notice and do not hold anyone liable for any damages incurred while using this product.

The creator of this guide is not a certified medical practitioner.

So, make sure you consult a professional medical

practitioner for professional advice before you start to apply any of the instructions contained in this manual.

INTRODUCTION

Take this from me.

There are lots of scams all over the world when it comes to what truly works to increase the size of a man's penis.

There are millions of pills, creams, pump machines etc that are being sold and right now, people are still buying them more aggressively than ever.

Why?

The reason is because a lot of men grow up only to find out that while they have most of the things they want in life, they are on the smaller side underneath.

And that does not feel good.

I am not here to tell you that pills, creams and machines don't work (although I have serious doubts to MOST of their claims) but there are some ALL NATURAL tips and techniques that I know do.

I know because not only have I tried some of them with GREAT success, I also have positive responses from people who got them from me and used them.

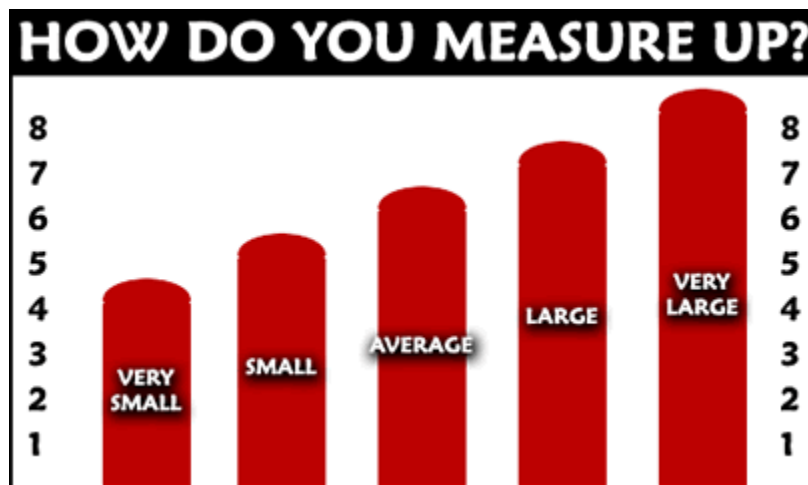
SIDE NOTE - Have you seen those National Geographic photos of those natives in Africa that have penises so long they tie them in knots? They aren't that long naturally! They did something to make them that way.

I am delighted to share this information which will help you to make your own penis bigger, stronger and longer lasting. You will be more

confident of yourself and more proud of your “manhood” than ever before!

HOW BIG CAN YOU GET?

I want you to take a good look at the chart below first to have an idea of what your goals should look like.



Personally, I don't think any man needs a penis that is above 7 inches but if you think you can get more than that, no problem.

Your penis is divided into three chambers which are made of a spongy tissue. This tissue absorbs blood as it rushes to the penis, creating an erection.

If you can perform the right exercises, these three chambers will gradually expand and eventually be able to hold more blood. This creates a larger penis!

The key to growing the penis is expanding the erectile tissue.

When you first engage in penis enlargement, your flaccid size will increase rapidly for about the first 1.5 inches. At this same stage you will gain roughly 1 inch in erect size.

So, in the beginning you'll gain 1.5 inches in the flaccid state and 1 inch in the erect state. The rate and overall effectiveness of enlargement, however, depends on numerous things like your physiology and current size.

For example, if you are currently 7.5 inches, your penis will probably not grow 3 inches to 10.5. If your erect penis is currently 5.0 inches, then expect that it will be around 6.5 inches within about 90 days!

Another thing you should know is that the rate of growth depends on how fast your muscle can grow. There are 4 types of penis size gainers.

4 Kinds of Penis Size Gainers

- 1. There are men who are able to easily increase both length and girth of their penis fast.*
- 2. There are men who can easily increase the length of their penis.*
- 3. There are men who easily increase the girth (thickness) of their penis and....*
- 4. There are men who are slow at increasing both length and girth of their penis.*

How do you know which of the 4 groups you belong to? Well, you can't until you start trying it out.

Firstly, read through this manual carefully and make sure you understand each exercise. There are 6 effective techniques in this guide.

Once you've found the techniques that you're comfortable using, stick with them.

Here are a few tips before you get started.

MAKE SURE YOU MEASURE YOUR PENIS FIRST...

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

ERECT: *While standing, gently angle your erect penis*

until it is parallel to the floor. Press the ruler against your pubic bone (just above the base of the penis) and measure from top to tip.

It may be easier to measure by standing with your knees locked and grabbing the penis from the bottom, just behind the head on either side.

Press ruler against your pubic bone, and measure on top of penis as you pull it out as far as you can. Try moving your pelvis or changing the angle to see what variations can occur during this type of measurement.

Once you've figured out how to measure to get the same result as your erect length, you will find that this measurement is easier and more convenient than measuring your actual erection.

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

SMART WAYS TO MAKE IT LOOK BIGGER

I just added these tips to encourage your process.

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

LOSE WEIGHT: *It is estimated that for every 30 pounds overweight you are, you lose one inch in length because of it is hidden underneath your fat.*

[*Click here to lose weight.*](#)

EAT HEALTHY AND TAKE VITAMINS: *In order to eliminate any possibility of slow growth, make sure you're getting an ample amount of nutrients. This works*

like when a body builder is trying to develop big and strong muscles.

He has to eat very well and take good vitamins.

The proper levels of minerals, amino acids, and vitamins DO have an effect on the workout process.

Also, drink lots of water!

MOST IMPORTANTLY, HAVE A GOOD STATE OF MIND:

Your mentality

has a lot to do with the growth of your penis. If you don't believe that this enlargement of a thing will work, it's very likely that your subconscious will make it more difficult to physically grow the penis. A positive attitude is essential.

EXERCISE IT LIKE YOU DO THE REST OF YOUR BODY:

You go to the gym

to tone up, get the blood pumping and to make certain muscles bigger. You can do the same with your penis and the following sections will tell you EXACTLY how it can be done.

THE ALL NATURAL EXERCISES

As we've said, in order to see real gains these exercises demand COMPLETE 100% devotion.

You MUST perform them at least 5 DAYS A WEEK.

If at any time, though, you begin to feel discomfort or pain, take a little time off. You only want to enlarge your penis, not hurt it.

Remember, by applying tension, pulling, pressure, stretching, or expansion to a penis you are creating a force which will split the cells in the penis.

You want to be sure to split the cell and break it down just enough to ensure structural balance on a SAFE level as to allow for the normal healing processes (like a body builder would do).

By forcing the division of too many cells, because of too much pressure, you are creating ugly healing which will create a distorted penis, possibly with no rate of gains.

So again we stress... DON'T OVERDO IT!

If performed correctly and routinely, you will soon begin to see the results you hope for.

*Within the first few weeks or so, your penis will actually start looking **LONGER AND THICKER**. That should be all the encouragement you need to keep up with your daily exercises!*

When performing the jelqing exercise (you will get more information about it later), you will need to apply a lubricant on your penis.

*For the lubricant, Do **NOT** use soap or shampoo!*

These can irritate the skin when applied so vigorously and for so long to the skin. It can also dry out the skin severely, causing it to crack and peel for a few days. Furthermore, it can sting if it gets into the hole (the

urethral opening) at the end of your penis.

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

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

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

Be aware of when and when not to engage in penis enlargement.

If you have a disease which may alter blood circulation, oxygenation, and regeneration of tissues like advanced diabetes, respiratory instability, and cirrhosis, consult a urologist. As you're doing your workout, here are some symptoms to be aware of:

- Blisters are a result of too much pressure on the penis for a prolonged period of time. You want pressure, but don't overdo it!*
- Red sores are a result of too much stretch. In order to avoid this, hold off on your exercises until the blisters have disappeared.*
- Nerve inflammation is caused by using too much weight, too often, for too long of a period. This will distort the nerves within the penis and cause them to swell. If the swelling continues, then atrophy might occur. This means you won't be able to get an erection again.*

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

That being said, the exercises we're about to discuss are all healthy and natural ways to produce penis growth.

Just use good sense when performing them. We recommend a daily workout which should be performed 5 days a week, but if at any time you begin to feel real pain or discomfort, ease up!

You should not rush through these exercises in an attempt to speed up the process.

Doing more than you can handle is a recipe for overtraining.

WARM UPS For the Exercises

You should begin your daily workout with this procedure. This is not really an exercise, so much as a prerequisite. It is warmup that must be done before starting the main exercises.

Always warm up before starting the penis workouts.

You will need a towel and hot water (not very hot) for this warm up.

Why hot water?

Heat makes the penis more flexible, more relaxed and less stiff. The main reason for warming up is so when you're exercising you aren't tearing stiff tissue within

your penis. Instead, you're exercising relaxed, flexible tissue and the more flexible your penis, the easier it stretches, and the more it enlarges.

What the hotness does is it draws blood to the area of your penis, increasing the blood flow and making the skin slightly elastic. This also ensures a good grip for the exercises you will be performing.

START - Soak a washcloth/towel in warm-to-hot water, and then squeeze it. Take the cloth/towel and wrap it around the shaft of your penis (either flaccid or erect).

See pics below:



*Hold it there a minute, then repeat a couple of times.
Dry off your penis well.*

WARNING - *Keep the warm up away from your testicles. Your testicles do not like heat. So, keep the hot towel away from them.*

Also make sure that you warm up your perineum – The perineum is the area between your testicles and your anus and that is where your inner penis is located.

After the hot towel warm-up, proceed to perform a stretching exercise.

Squeezing and pulling your penis on a regular basis can produce incredible size gains, just as exercising muscles will make them larger.

These exercises stretch your penis out, while also stretching the erectile tissue. These are the exercises for lengthening your penis in its flaccid and erect state.

Now, Choose ONE of the following 4 stretching exercise techniques to include in your workout.

STRETCHING TECHNIQUE ONE

If you really want to enlarge your penis, this is the technique a lot of men swear by. You can perform this while standing, lying down or sitting down.

This is stretching and it is indispensable if you want length increase in your penis. You will have to do about 3-5 minutes of stretching per day.

The goal of stretching is to slowly get your penis used to the stretch.

STEP 1 - *With the penis in its flaccid state, take one hand and grip it firmly. Anywhere will do as long as it is not directly on the penis cap. Be careful not to cut off too much circulation.*

See pics below:



STEP 2 - Pull your penis out directly in front of yourself. Stretch it as much as you can without causing pain or discomfort. Hold it there for about 30 seconds. After each round, pull it out slightly further each time.

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

STEP 4 - Repeat Step Two again 4 times, except pull your penis in a different direction each time... Up (penis pointing towards ceiling), Down (penis pointing towards the floor), to the left, and to the right. After each 30 seconds pull, repeat Step 3.

STEP 5 - After you've completed 5 pulls (30 seconds each), pull your penis out directly in front of you one more time. Give it a good 1-minute stretch and 10 slight "tugs" outward, not jerking too hard.

Stretching the penis with your hand produces the same results as traditional penis weight systems.

There is nothing wrong with designing your own way of gripping your penis, as long as you know where and where not to apply the wrong pressures. Again, **DON'T HOLD TOO TIGHT**, otherwise you'll cut off the circulation.

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

Common Question – *Can I hold each stretch longer than 30 seconds?*

Answer – *It is advisable that you use the 30 seconds basic when you are just starting out. Over the next 5 weeks, you can now increase it up to 60 seconds per stretch.*

STRETCHING TECHNIQUE TWO

This technique is very similar to technique one. A lot of upcoming porn-stars who want to quickly add up to 2" to their penis use have admitted to using it. It is also known as the JAI stretch.

Here are the instructions:

1. While in its flaccid (limp) state, take one hand and grip around the head of your penis. Grip firmly, but not hard enough to feel discomfort or cut off too much circulation. (Remember: Pull gently)

2. Pull out directly in front of yourself with enough force to feel a good and painless stretch in your penis. Hold and count for at least 30 seconds to one minute and ...

3. Release the stretch for about 2 seconds before you stretch again.



Then continue doing this until you've logged in 5-20 minutes of stretching for one session.

That is all you have to do here. This works mainly for increasing length.

STRETCHING TECHNIQUE THREE

This is one of the ancient sexual secrets.

It involves stretching the penis in both flaccid & erect state. As is the case with most of these ancient methods and healings, it is a little esoteric and describes some practices that may be unfamiliar to you.

But for purposes of this manual, we will print the technique as it is described in the Taoist teachings:

Inhale air through your nose into the throat, then swallow and press it down to the stomach. When the air reaches your lower abdomen, press it into the penis itself.

Take the 3 middle fingers of your left hand and press them to the Hui-Yin midpoint (this is the small space that is between the anus and the scrotum). This lodges the power in your penis.

Resume normal breathing, still keeping the left fingers

at the midpoint. With your right hand, begin exercising the penis by pulling it forward & backward, stretching it out in a smooth rhythmical motion 36 times.

Use your thumb to rub the glans of the penis until it is erect. With your right hand, circle the penis firmly at its base. Still holding firmly, slide your hand forward an inch. This locks the air energy into the penis, pushing it toward the head.

Pull the penis out to the right, then rotate it fast 36 times clockwise and counter-clockwise. Then pull the penis out to the left and do the same. The energy of many of your body organs flows into the penis, which enhances its tone and function.

Complete the exercise by gently beating the inner right thigh with your erect penis 36 times, then beat the inner left thigh 36 times.

This technique is the ONLY one that I usually do not use. But it works well. Just follow the instructions and you will get used to it.

STRETCHING TECHNIQUE FOUR

This version of stretching appears in a bestselling book on male sexuality. It also involves stretching the penis in both its flaccid and erect state.

1. With your right hand, grip the penis and rhythmically pull it forward and away from your body 10 times (roughly 15 seconds each pull).

2. Repeat to the right (10 times), to the left (10 times) and down (10 times).

3. Rub the head of your penis with your thumb until you get an erection. Circle the penis at its base with your thumb and forefinger. Pull forward an inch (10 times) to force energy into the head.

4. Pull the erect penis to the right and rotate in small circles while pulling outward (10 times). Repeat to the left (10 times) and do the same.

5. Gently slap your erect penis against inner thigh while pulling out on each side (10 times).

Those are the stretching techniques. You basically need to choose 1 or 2 of them to use in your routine.

Next...let's talk about a different form of enlargement exercises that not only helps you to add length but it also helps for increasing your girth and hardness.

It is known as Jelqing.

JELQING TECHNIQUES

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

These milking exercises force blood into the penis. Over the course of several months, the blood spaces in the penis became larger, which means that they can hold more blood. This in return makes your penis larger and also helps you to get harder erections.

We have found that there are SEVERAL different variations of Jelqing that are practiced by men. The general notion of "milking the penis" is always the same, but the techniques seem to vary a bit.

Our personal preference is TECHNIQUE ONE. We've had more success growth-wise with our clients with this particular technique. Read through all the different variations on Jelqing and decide which technique you think would work for you.

You will want to use a lubricant for these exercises.

The results from Jelqing are PERMANENT. The penis will become enlarged in both the flaccid and erect states, but especially in its erect state.

The exercises are beneficial, not harmful. They will actually improve the health and strength of the male organ as well as increase its size.

Jelqing doesn't require extreme pressure for it to work. The goal is to push the blood up the penis, not force it. Use a graceful, light grip.

IMPORTANT: *Care must be taken that the exercise is NOT PERFORMED DURING HARD ERECTION.*

Vascular (vein) damage could result if the penis is forcibly milked in its fully erect state. You want your penis to be between half to 3/4 erect.

Results cannot be obtained until a partial erection is present. After this exercise has been performed, it will be noticed that the penis (even in its flaccid state) appears both longer and thicker. This is a fact.

And from within one to several months of exercise, the penis will appear rather enormous; this is due to the impaction of blood in the penile tissues.

Choose ONE of the jelqing exercise techniques below to include in your workout.

This simple exercise, if practiced five days a week, will enable a man who possesses, for example, a six-inch erect penis, to add from between one to three inches to the length of his penis (measured at the top, from tip to pelvis) and it will grow in circumference proportionately.

Little or no growth may be apparent for approximately one month. During the second or third month an increase of two or more inches will be common.

Remember to warm up for about ten minutes before attempting to jelq.

JELQING TECHNIQUE ONE

1 - When your penis becomes SEMI-ERECT, Use your thumb and forefinger to form a circle like in the picture below. With this hand, grip tightly around the base of your penis(as close to your pubic bone as possible.

*(**NOTE:** Your penis must be lubricated at this stage)*



2 - Now starting from the base, pull the penis gently

but firmly. Stretch downward and outward.

Your penis should still be in a semi-erect state. Make sure to touch the penis all the way from the base to the head. Stop the grip directly before you reach the head (cup) of the penis. Each jelq should take about 3 seconds.

See Pics Below:



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



Do 200-300 strokes/day at medium strength for the first 2 weeks. (10 minutes)

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

If you find yourself getting an erection during this exercise, squeeze harder to discourage it or simply wait until it subsides. You can encourage circulation afterward by slapping your penis up and down 25 - 50 times. Perform this exercise 5 days a week.

Remember to keep your penis only partially erect. If you feel ejaculation coming on, pause milking until the urge subsides. This is itself an exercise... one of self-control that will help you last longer when having sex.

JELQING TECHNIQUE TWO

1 - Apply lubrication to the flaccid penis from the handle of the penis to the head.

2 - Using only the thumb and forefinger, stretch the penis downward and slightly outward. Be gentle, but firm.

3- Alternate hands, one then the other, in a "milking action".

4- Keep performing gently until a certain amount of swelling develops, then perform the action a bit more firmly and forcibly.

5- Repeat this action 100 times.

For the first ten days, take it relatively easy. Gradually though, you should be performing 200 repetitions.

These exercises are the same for both circumcised and uncircumcised men. It will be noticed that the head (or glans) will swell considerably. This is normal and good, and is due to the forcing of blood to that area.

JELQING TECHNIQUE THREE

This is the "Dry" version of Jelqing and you can use this in instances when you are outside using a public bathroom.

It is just as if you are doing either Techniques 1 and 2, but without the lubrication.

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

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

JELQING TECHNIQUE FOUR

Apply lubrication to your penis, rubbing all over.

With your penis in a 1/2 state of erection, rub a little more lube into your palms. Take your left hand and make an "ok" symbol with your thumb and forefinger (like the picture I showed you above under jelqing technique 1).

Then take your thumb and forefinger and grip tightly around the base of your penis. Keeping a tight grip, slide your hand down to the head of your penis, pulling as you go (the head of your penis expands as you do this).

Repeat with your right hand, and continue over and over, one hand then the other. Keep this movement going at a medium to fast pace.

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

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

SIDE NOTE - When I was in JSS 2 in the secondary school (I attended a boarding school), there were these set of guys who started to play some type of game with their penis that really looked silly.

This jelqing technique number 4 describes the game.

Back then, we just looked at these guys as stupid BUT by the time we were in SS2, I noticed that almost all these guys had massive dicks.

When we bathed together, I and my friend would look at any of them around with a look of amazement in our eyes...and that was just their flaccid size alone.

I am very sure that most of these guys do not know how this worked. They only used it to play silly "small boy" games.

Back to today, I now understand what happened.

These techniques work.

JELQING TECHNIQUE FIVE

This is also known as the Tao technique.

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

Use your fingers to push the blood up to your penis head and create some sustained pressure. Hold that position momentarily (approximately 10 seconds).

This will expand the capacity of your head to take in more blood, in the end creating a bell or mushroom shape. You can also squeeze the shaft to make the blood engorge in the head.

Once it's hard, you can release the squeeze. Repeat as many times as you wish (but don't exceed 10 minutes).

That is all about the main exercises.

This is what your main workout will look like per day.

MAIN WORKOUT (DAILY)

- 1. Start with 10 minutes of warm ups.*
- 2. Move to 5 minutes of stretching (Choose one out of the 4 stretching techniques I showed you above)*
- 3. 10 minutes of Jelqing (choose one out of the Jelqing techniques I showed you. I personally prefer the first one)*

ANYTIME THROUGHOUT THE DAY

You can do:

- 1. 20 to 60 JAI stretches.*
- 2. Dry Jelqing for about 3 - 5 minutes.*

After the first 5 weeks, you may want to start increasing your workouts especially the jelqing.

For instance, if you observe that you are getting better, you can increase the jelqing to 16 minutes per day and the stretching to about 10 minutes as well.

Let me now talk about some other important things that you should also know and work on as well so that you can quickly get great results.

Introduction to the PC Muscle

There are penis exercises that involve what is called the PC Muscle. If you have read my Solid Bedroom Stamina report, you must have read about the PC muscle before.

The PC muscle is what can help you to last for as long as you want in bed.

*Performing these PC muscle exercises are **IMPORTANT** for several reasons:*

- 1. They give you stronger erections.*
- 2. They create intense (sometimes multiple) orgasms.*
- 3. They help you to control your ejaculations*
- 4. They help you to shorten the recovery time between orgasms*
- 5. They help you to develop a healthy prostate.*

The PC muscle (or pubococcygeal muscle) is actually a

group of pelvic muscles that form the basis for your sexual health.

They run from your pubic bone in the front to your tailbone in the back. You can feel this muscle at your perineum, just behind your testicles and in front of your anus.

In simple terms, this is the muscle that you can use to stop urine when you are urinating. The next time you are urinating, try to stop the flow

of urine several times. The muscle that makes that happen is the PC muscle.

In addition to controlling urination with other pelvic muscles, the PC muscle is what helps bring a man or woman to climax.

For men, this is the muscle that involuntarily "pumps" when you ejaculate.

*Strengthening and learning to control this muscle, you will find, is what I call; **The Ultimate Sex Secret that Most Men Never Discover and Use.***

These PC exercises involve doing a set of easy-to-learn pelvic-muscle exercises.

This is a FOOLPROOF way for men to boost their partners' and their own pleasure during lovemaking. Women have already been using their PC muscles for years to help them get sexually aroused easier, lubricate faster, and have more and better orgasms.

First you must locate your PC muscle.

It's actually easier for men to locate this muscle and do these exercises than it is for women. Simply stop your urine midstream when you urinate. This not only teaches you how to find the PC muscle, but gets you started on your exercises.

Stop and restart your urination 5 times during every trip to the bathroom. Using your ability to stop the flow of urine will help you control your ejaculations.

Ancient techniques refer to this process simply as "tightening the anus" because that is what you are indirectly doing when flexing the PC

muscles. You can flex the PC muscle quickly and repeatedly, or clench tight and hold for as long as you can.

This latter exercise is tougher than it sounds, yet this is the exercise that will help you prolong your erections and increase the force with which you ejaculate.

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

These are the PC Exercises:

1. Perform quick PC CLAMPS. Squeeze and release, over and over. Start with sets of twenty, then build to 100 or more. Do at least 250 PC clamps every day, for the rest of your life.

Your goal is to be capable of creating 1,000 clamps a day.

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

The way to do the PC clamp is by doing the same thing you do when you want to stop urine.

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

3. PC FLUTTER: Tighten the PC muscle as slowly as you possibly can. Once you've finished the slow squeeze (to where you can't squeeze anymore), let go. At some point it will "flutter," and you'll feel

energy sparkling up your spine. Concentrate on deep, slow breathing while you do this. This is great for restoring energy when you're running down!

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

Most men can do these exercises anywhere, since they're seldom aroused by the exercises.

Continued over a long period of time, the exercises can help men to get greater arousal, enhanced orgasms and longer-lasting sex. Make these some of the simplest, most beneficial exercises you should do.

EXTRA Exercise - *DICKS UP*

This exercise will strengthen your PC muscle, help improve the blood flow to your penis, and will aid in ejaculatory control.

You can only do this with your penis in an erect (partial) mode.

INSTRUCTIONS:

Flex your PC muscle so that your penis moves up with each flex. Hold it up for about one seconds with each flex and then drop it down as you relax.

Do this 20 times.

As you get stronger with this, you can increase the length of time for each flex. Like you can lift your penis up and hold it for about 2-3 seconds before dropping.

ADVANCED VERSION - *Do this with your towel hanging on the end of your penis. Do 50 repetitions of this and hold each flex for about 5 seconds each.*

TIP - *You can move to a wet towel later on to make it heavier.*

See illustrations below:

STEP 1 - *Hang a small towel over your penis. It may be dry or wet depending on the weight you can carry.*



STEP 2 - Use the erect penis to raise the penis, then lower it, then raise it up again.



ENDING YOUR WORKOUT

Massage & Warm-down

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

After your workout, gently massage your penis for several minutes. After massage, you can either apply

another hot towel as you did at the beginning of your workout, or you can place your penis in a bowl of lukewarm water for a another few minutes.

Either of these "heat applications" will keep the blood held within your penis and stimulate the damaged parts, restarting them to function better. Dry off well with a towel.

WORKOUT CONCLUSION

Now that we've explained each of the exercises, it's time to apply them in a daily workout program.

This, my fellow man, is the moment of truth!

If you really want a LARGER PENIS, you MUST perform these exercises as explained.

These are VERY POWERFUL methods that have been PROVEN!

They've worked for a lot of guys that I know including myself, and they've worked for hundreds of thousands of men throughout history!

So believe me when I say.. THEY WILL

WORK FOR YOU!! This is MY suggested

Workout Program.

You MUST do this program for 30 MINUTES DAILY, 5 DAYS A WEEK. Be sure to take 2 days off a week (consecutively or not), as this is your "healing" time when

your cells rebuild after they've been broken down.

Do this, and you should start seeing results within the next 3 weeks.

Once you witness this penis growth for yourself, you won't want to stop this program!

Remember... Knowledge, Commitment, Growth. These exercises have been designed not only for penis enlargement, but also for a better self-esteem and personal satisfaction.

NOTE: For this workout, I have included all recommended techniques for the exercises and you have just read about them.

Whichever techniques you decide to use, make sure you stick with them and give them a chance to work. If after a month you find that one of the exercises isn't working for you (which is rare!), then try a different technique. Always refer to the instructions for ANY of the exercises whenever you need to.

EXTRA TIPS

Maintaining a Hard Erection

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

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

I have a set of home workout DVD where I pick one exercise per day and perform it for 30 minutes daily and 4 times in a week.

I call them Fat Burning and Libido Boosting

Workouts. Watch out for more information

about this.

But for now, exercises that you can do easily from your house are things like:

- Jogging on a spot.*
- Skipping*
- Push ups*

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

And don't tell me about the nonsense that "Rolling Dollar (you know that old musician)" still smokes even in his 80s and is said to be strong sexually.

Well, a few people might be lucky but it doesn't mean you are one of those people.

So, take proper precautions. It will help you on the long term.

Finally, the best piece of advice that can be given (and one you probably won't have any problem with) is this:

If you want to have better erections- Simple Have MORE erections!

The muscle tissue in your penis needs oxygen to survive. Where does it get that oxygen?

From the red blood cells flowing in the blood. The

more blood that circulates, the less chance of erectile failure.

Since blood flows to the penis at a much greater rate when you have an erection, the best way to keep the muscle tissue in your penis properly oxygenated is by having more erections.

So, try to find a way to get more erections throughout the day and you will soon discover that you will begin to have better erections and this will keep you from having the same type of erection problems that most men suffer from.

Check out this ancient secret to get better

erections: ANCIENT SECRET:

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

Each time you hold your breath, count to 9 and with each count, squeeze more toward the head of the penis."

Let's go to some frequently asked questions about this issue of increasing your penis size.

FAQ

Below are a few of the most frequently asked questions about increasing your penis using these techniques:

When should I use these techniques?

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

The most important thing is that you should look at your daily plan and find the time that will be comfortable for you to do it.

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

It is best to wait at least several hours after completion of the exercises before ejaculating, just as it is also

important not to ejaculate for at least several hours before exercising as well.

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

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

A slight discomfort/soreness is normal and should pass as your penis and all supportive structures get used to the exercises. Try not to stop, a slight discomfort is normal, if the pain is sharp or is strong enough to

keep you from exercising, then stop and take a few days off from the exercises while continuing to do the warm ups.

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

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

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

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

accustomed to the exercises.

Can I do the Exercises Twice a Day?

The ideal heal time for tissues in your body is 48 hours, (depending on the tissue type, muscle tissue is one of the fastest, nerve tissue is the slowest at 1 to 2 mm a month).

When you exercise more than once a day you are not giving Mr. Penis time to heal correctly often times at the sacrifice of growth.

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

Not necessarily, there are mainly just two things you should be aware of.

Number One, when jelqing be sure to stop just at the base of the head.

Secondly, if you choose you can use your free hand to retract the foreskin, then jelq as you normally would.

How do I find my PC muscle?

An easy to find your pc muscle is: When urinating, stop the flow of urine without using your hands.

After time you will get good at it and will be able to do it whenever you want, this is flexing your pc muscle.

For starters stop the flow of urine as many times as you

can every time you go. After a few days you will be able to do it whenever you want.

Try and do as many of the PC exercises as you can every day.

NOTE that the PC exercises are different from the penis enlargement exercises.

Do I have to do the Hot Wraps/Warm Ups?

The hot wrap (aka warm ups) should not be considered optional as they serve two main purposes.

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

When can I expect to see my first gains on my penis?

Most men begin to see their first gains at around the second week with others seeing gains after their 2nd month, some see gains as soon as the first exercise session.

You can expect to see flaccid gains before erect gains as your penis becomes more accustomed to the increased blood flow.

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

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

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

You must rest your penis for two days for the muscles to repair and also grow.

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

How long can I keep using these techniques?

You can use the program forever if you like. But practically speaking, your penis can only be increased SO much.

You will see the most substantial growth within your first 6 months of the program (although some men may need a few months longer).

However, after that time your penis may only grow a half inch a year, but there will be a slight size gain.

So, it is advisable that you stop using them once you have gotten bigger.

Good luck in your enhancement endeavors and all your life goals. Confidence and a can-do attitude is your first step

Remember, if you are interested in achieving your penis enhancing goals faster, enjoy good sex life. I recommend the following products.

[Penis Enlargement Bible](#)

[Behind Closed Doors](#) -- Sex Advice For Men

[Carbofix](#)..... help with rapid weight loss and appetite suppression. It also helps to supercharge your metabolism, as well as improve your energy levels dramatically.