

Manual Techniques  
Bonus Section - Customers only!

Penis Enlargement

“It's a great feeling when you can look down and see a more impressive penis both flaccid and erect. In essence - you are more aware of what is between your legs and that gives you a confidence that you previously may not have had.”

Your Product works by itself .....  
...this is simply an added bonus!

## PREFACE

You DO NOT need to follow the penis enlargement techniques that can be found in this manual - but they do seem to work and indeed they can cost anything from £20 - £50 when purchased elsewhere. People using our product have found even better results when using the product with one of the 'manual techniques' - basically this is exercise that you can do by yourself, strengthening the penis and helping to enlarge the penis, in other natural ways.

Some of these techniques date back centuries and have been used by Arabs for hundreds of years - who are we to argue with the wisdom that comes with the methods?

We are now testing these methods and so far... so good - it certainly seems worth the effort.... especially as we have purchased the techniques on your behalf and now offer them to you as our valued customer. Please let us know how you get on - why not keep a record of '- before and after - we'd be pleased to use your evidence on our web-site - annoyomus if you so desire.

Following the huge success in the USA of Vig-Rx Planet Earth Logistics are pleased to offer exclusive distribution of this product in the UK...

Want a  
BIGGER Penis?

Experience the results you've always wanted with a MASSIVE scientific breakthrough:  
This Doctor-Approved Pill Will Actually Expand, Lengthen and Enlarge Your Penis.  
100% GUARANTEED!

Best of all... There Are NO Agonising Hanging Weights,  
NO Tough Exercises, NO Painful And Hard-To-Use Pumps,  
And There Is NO Dangerous Surgery Involved.

Albion Medical has helped 1000's of men cope with and conquer serious erectile dysfunction issues. These painful problems include small penis size and poor self-image, as well as lack of potency and premature ejaculation. How it Will MASSIVELY ENLARGE YOUR PENIS: On either side of your penis, you have two spongy areas called the corpora cavernosa. An erection happens when you become excited and the natural flow of blood fills these erectile tissues. Vig-Rx has been scientifically developed to expand these erectile tissues and make them much larger. As it does this the erectile tissues can hold more blood than ever before. With Vig-Rx, it all happens easily and gently in just a few weeks. Realistically, you can grow up to 3 FULL INCHES IN LENGTH. This growth is so remarkable that it has been described by many as a real 'miracle'. Here is a realistic timetable for what you will achieve: Week One - Four: During this period the most noticeable change will be the expansion in width of your penis. You will also experience and enjoy longer lasting erections. Week Four - Eight: Now you will start to see a remarkable lengthening of your penis. Even when you're not excited and don't have an erection, your penis will rest and hang longer and thicker than ever before. When you look in the mirror you will be amazed! Week Nine And Beyond: Now when you get an erection your penis will look and feel firmer, stronger and more rock solid than you ever thought possible. Take Vig-Rx, grow to the perfect size for you, then even stop taking the pills.

You're right where you want to be, and you stay there forever!

Information & Order HOTLINE FREEPHONE : 0800 45 888 66

#### THE NATURAL PENIS ENLARGEMENT MANUAL

Firstly, THANK YOU for your valued order - we are sure you will be as pleased with the product as we have been ..... we have tested the product ourselves and the gains we have experienced have been to our own and to our partners satisfaction. The most noticeable change has been to the girth of the penis and the strength of the penis when erect, extra length has occurred but we understand that people using these manual techniques have

achieved even better gains. Erections also occur more frequently and ejaculation seems to be a much more pleasurable experience.

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Some companies charge £20 for this method alone!

Important information! Instructions for the new manual.

The new manuals work around a couple of premises. The first is that the program will work the best if it is used in a step-by-step process. This means that you, as a user, should read ALL of the steps before you begin. In the end, making the program work will rely on your choice of exercises, diligence, and patience. Each step and each exercise in the manual has an informational section, some options, and a schedule. This is so that you can get a general idea of what each exercise does, how it is targeted, and how often you should do it. Your workout overall is up to you. We suggest that you set your workout over the course of the day, and do exercises at two different times. If you are alternating or experimenting with different exercises, you can do different ones at different times. i.e. Greg wants to see which length exercise works better, so he does one in the morning with his normal pc exercise and warm-up, and a different one at night. While this technique is not advisable for more than 1 week before a decision is made, Greg can spend a few days deciding which exercise he thinks will work the best for him.

## The PC Exercise

### Description of the Exercise

The pc exercise has quickly become a building block of a natural penis enlargement program. The pubococcygeus muscle is located between the scrotum and the anus, close to the prostate gland. When the pc muscle is flexed it can control movement of a male erection. Having a stronger pc muscle leads to stronger and more stable erections.

You can locate the pc muscle in the diagram by looking between the scrotum and the anus. It is located on what is called the pelvic floor, and is part of a network of muscles that helps ejaculatory and urinary control. If you stop the flow of urine (without your hand) by squeezing the pc muscle while urinating, you will feel where it is located.

### Getting Started.

Your program begins here, the pc exercise is the basis of getting yourself conditioned for change. By exercising your pubococcygeus every day you are not only improving the quality of the blood that enters your penis when you continue with the length and girth exercises, but you are increasing the strength of your erections and the amount of pleasure you get from each orgasm.

## Benefits?

The pc muscle has been linked to everything from prolonged sexual stamina to male multiple orgasms. A strong pc muscle can also help prevent prostate cancer, which is a serious reality for men over the age of 45. There is a lot of research available on the pc muscle and male orgasm, much of which helps support the need for constant pc exercise. It is a good idea to examine the data on the pc muscle, the prostate, and other parts of the male genitalia, since knowledge is a powerful tool when it comes to sexual satisfaction and performance.

## Working the PC Exercise.

The pc exercise is an important part of the program, because it helps increase the strength of erections and improves circulation. The pc exercise has a built-in schedule, as you can see from the exercise itself. However, it is important that you do the pc exercise every day, regardless of if you complete the normal workout. It is understood that the workouts are not possible all the time, and skipping a day here and there is not impossible. However the pc exercise is an exercise that can be done anywhere, and keeping up the strength of the pc muscle is essential to success in other areas of the program.

Goals: Complete the pc exercise every day!

## The PC Exercise (exercise 1)

Goal: the goal of this exercise is to isolate the pubococcygeus, or "pc muscle" and help improve both orgasm control and intensity of sexual enjoyment. This is commonly known as the Kegel exercise, but has been slightly altered due to some suggestions that can be found in some of the most recent sexual literature (Third Age, 2000).

The pubococcygeus is located close to the anal sphincter and the prostate gland. The easiest external point of reference is between the scrotum and the anus, which you can feel when you flex the pc muscle. PC exercises can help strengthen the muscles of the pelvic floor and sphincter muscles.

It has come to our attention that many bodybuilding manuals actually suggest that you suck your thumb while trying to locate the pc muscle. To locate the pc muscle easily you can suck your thumb and flex the muscle that makes your erect penis bounce.

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The pc muscle is what controls movement of erections, insofar that when a man has an erection the muscle he uses to make it "jump" (or when it jumps involuntarily) is the pc muscle. Also when urinating, if a man stops the flow by flexing a muscle, it is again the pubococcygeus.

In women, an orgasm is the result of an involuntary contraction [of the pc muscle] brought about by the parasympathetic nervous system located at emotion central in the

hypothalamus. PC exercises will and do lead to more intense orgasms in both men and women.

The most simple pc exercise is the one that we will use to begin with, since complexity is not necessary when it comes to working muscles in the body. Think of it as you do a normal weight workout, muscle does not come instantaneously, it is a question of using the muscles repeatedly, so that they gain strength over time. Thus it is with the pc muscle.

The exercise:

Gradually tighten the muscles you normally use to hold in your urine and bowel movements over a count of five. Hold these muscles tight for a count of five and then relax them over a count of five to complete the cycle. Begin with ten cycles per session and gradually increase to 50 cycles per session. A total of two to three sessions per day is recommended.

The pc exercise can be done anywhere, since it only requires enough focus to flex unseen muscles. Sitting in the car, or waiting in line, etc are all times where pc exercises become possible. It is suggested that the user increase the increments of the sessions weekly.

Example: John is starting the pc exercise, with 10 cycles per session. After 7 days at 10 cycles he starts doing 20 cycles per session, and so forth until he reaches 50 cycles.

After one has reached the 50-cycle mark, it is important to establish a regular routine, though it need not be as strenuous. Constant exercise of the pc muscle is essential for continued benefits, and greater sexual enjoyment. If at any point sexual enjoyment and strength of erections begins to subside, exercises must again be resumed with renewed vigour. A personal routine of anywhere from 10 to 50 cycles per session, with 3-5 sessions per day, is reasonable after the 50-cycle mark has been reached and maintained for a full week.

Working the Advanced exercise.

The advanced pc exercise exists for men who have reached the 50-cycle mark and wish to push the pc exercises further. The pc exercise can be easily incorporated into an effective PE program. The advanced exercise has also been modified into a girth exercise, using the flexing of the pc muscle and the increased blood flow a healthy pubococcygeus provides to help girth gains in the program.

Goals: Complete the pc exercise every day!

Advanced PC exercise (supplementary)

Goal: to continue along the lines of the pc exercise, incorporating a PE-type grip hand. The exercise: this exercise must be done in private, it is not as inconspicuous as the normal pc exercise. You need an erection for this exercise, although you do not need lubricant. If you must lubricate your penis to stroke yourself to an erection (or pump yourself to an erection with your already-strong pc muscle) that will not cause a problem.

Once you have a full erection, grasp your penis halfway up the shaft. It does have to be exact, grasp what you feel is halfway up your erect shaft. Use your whole hand, gripping with all fingers. Flex your pc muscle and hold for a 2-count, approximately two seconds. Using your grip hand, apply pressure to your penis. You will feel some resistance, since you are containing the blood in the penis.

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Your penis will also want to rise, but keep it in one place. You are applying pressure against both functions of the pc muscle; to move blood into the penis and to increase the rigidity of erections.

Start with a set of ten repetitions. This should take approximately 30 seconds to 1 minute, depending on how long you pause between flexes. Do as many sets of ten as you can until you can no longer flex against resistance. Gradually work your way up to more and more repetitions. If the exercise starts to take a long time, find a place where you are comfortable and try things like applying more pressure downwards (away from your erection...do not squeeze harder, but push down against your pc muscle). The advanced pc exercise should not take more than 3 to 5 minutes total, though you can extend it as long as you are able.

By doing the advanced pc exercise once per day you can work your pc muscle harder. Note: do not do the advanced pc exercise prior to your normal workout. You should wait at least 1 hour between the advanced exercise and any of your other workouts. The advanced exercise will take the place of the normal pc exercise, although it is more time consuming.

Variation

The Variation: A variation of the PC exercise that I have run into that others might like to try out is one that is 2 fold. Do 4 sets with 100 reps or less if needed. While performing a clinching action of your PC muscle meaning holding the flex within the full set, do 100 or the number you select of testicle lifts. It takes a bit of focus at first but it is not that hard. You will find that your orgasms are more intense and your scrotum will tighten up. At least this has been my experience. The testicle lifts can be done without PC involvement too.

Testicle Lifts

Testicle Lifts: Well, let me take a whack at this question on what exactly a testicle lift is and what can be gained from doing it. The description of the physical action is simple, lift them. This does not mean using your hands or any other external means of force (obviously), but instead using the muscles or ligaments attached to your testicles to raise them to the base of your penis or as high as you can go and then releasing them. Do sets of repetitions just like the PC exercises or along with your PC exercises.

Some of you may already be doing them to a slight degree when you are performing your PC exercises. I suggest sitting on the toilet when you perform your PC exercises and watch to see if your testicles do indeed move. Pay attention and try figure out how you

did this by identifying the muscle involved in this action. That was the hard part to explain. I say that because to some my explanation may be vague. I am sure most of you never have used this muscle or ligament intentionally, so you might say "huh?" when you read this. I guess it would be like having a paralysed person ask you how you move your arm, try to explain that one. It just happens because you know how, if you were real smart you could tell about the neurotransmitters sending signals to that area of your body from your brain but that's not necessary or helpful here eh.

Performing the lifts with your PC exercises is a good way to do it I believe, it saves time. I would suggest doing them a few times independently of the PC exercise just to get the hang of it (no pun intended). When I perform the testicle lifts, I have noticed a bit of soreness afterwards. That might go to say I did a good job but I am not a doctor and I do believe that would/could be a good sign. Use \*Caution\* here, you don't need to strain them by going gung-ho. Without a bit of responsible common sense here, you could find yourself with balls of fire instead of family jewels that would make your daddy and grand daddy proud of. No pain no gain?...Sometimes but not always.

As for the benefits I have noticed, my orgasms are stronger and longer. I would definitely say my orgasms since have been at least twice as long as before. Your scrotum will be pulled tighter to your body. I have read that in some cultures that having a scrotum that hangs low is considered good but that's kind of a personal preference.

## Page 5 The Hot Wrap Exercise

### Description of the Exercise

After you have read through the pc exercise, you are ready to move onto the procedures for getting more blood into the penis prior to your workout. This is typically known as the "hot wrap" procedure and works on the basic principle that by heating up the penis, you are improving the blood flow and drawing more blood to the penis. The hot wrap procedure can be a major aid in the enlargement process, if it is used even some of the time in your program. It is important to try the hot wrap or a variation as often as possible, especially when you are starting out.

The hot wrap will help condition new members into the flow of the exercises and the program. It should be noted that for men with circulatory problems, the shower variation of the hot wrap is an especially good idea. Older men or men with diabetes and other conditions that affect circulation should try the shower variation, since it not only increases the circulation to the penis, but to the rest of the body as well.

Note: when moving from the hot wrap to a warm-up exercise, you should KEEP your erection if you have one. There is no reason to lose your erection and then begin again, that only wears out your penis. Keep your erection between exercises if at all possible.

### Working the Hot Wrap.

The hot wrap procedure is important for the same reason that the pc exercise is important; it helps prime the penis for the exercises. Penis enlargement moves along a sliding scale, it is not abrupt like a penis pump. You cannot go from nothing to something immediately, first it is important to set the environment for the exercises by making sure that the penis is well-engorged and healthy. When lifting weights or doing aerobic exercise, it is important to drink water to keep your body hydrated. By using the pc exercise and the hot wrap, you are keeping your penis oxygenated and "hydrated" with healthy blood.

### Goals

Do the hot wrap every time before you exercise. Taking an extra few minutes to do the hot wrap will help you get the most out of the program.

### The Hot Wrap (Exercise)

#### The Exercise:

The idea of circulation is carried easily into the concept of a hot wrap. Heat allows blood to flow more easily through the body, and circulation is always conducive to healthy function. The premise of this procedure is to draw more blood to the penis before engaging the other exercises, making their action more effective. You should have an erection for this exercise.

#### Step 1

Take a washcloth or rag and place it in steaming water. NOTE: make sure that the water is not overly hot, as this will result in possible damage. Check the cloth by picking it up and placing it against the skin of your abdomen and test whether you are able to hold it there. If so, continue with step two.

#### Step 2

Wrap the cloth carefully around the phallus, covering the entire length of the shaft. It is important to close off the end of the cloth closest to the tip, to prevent the flow of colder air. Hold the cloth on the penis until it either cools to a temperature that you can no longer feel through your skin (i.e. lukewarm) or two to three minutes have passed. When you remove the cloth the penis should be a reddish colour due to the increased flow of blood. If for some reason it is not entirely red, repeat step one and two again. Possible problems could be the temperature of the water or your general body temperature. It helps some men to wear warm clothing on the upper body for these exercises.

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#### Conclusion

This procedure is meant to increase the blood flow to the penis, and enable more productive exercises when one engages the manual enlargement procedures. Blood circulation also enhances sensation, and the warm wrap is a possible option prior to intercourse, as well as masturbation. The phallus performs better when stimulated by heat, as is proved through intercourse and the friction of masturbation. The hot wrap procedure is widely used in other settings, to increase blood circulation to parts of the body that will be manipulated in physical therapy, or other related treatments.

## Shower Variation

Many men find that simply doing the exercises in the shower works well. This is an ideal situation, since the circulation in the penis is increased throughout the whole course of the exercises. If you can do at least one set of exercises in the shower, it is a very good idea to do so.

## Length Exercises

### Description of the Exercise

Length exercises are the main focus of the program, although there are many other ways in which the penis can be optimized. Length of the penis is the focus of many men's sexual lives, whether it be comparing it to others, or wondering whether the length is "enough" for a partner. Length exercises target the vertical flow of blood, and the way that it occupies the cavernosa, or spongy tissue of the penis.

The corpus cavernosa makes up the main portion of spongy tissue in the penis. By milking vertically, or pushing blood towards and away from the glans, or penis head, we are able to promote length gains by expanding the size of the cavernosa.

There are length exercises which push blood towards the glans only, but lately it has been decided that pushing blood in either direction is effective, meaning that pushing blood back towards the pubic bone or base of the penis can work as well as pushing it only towards the glans. Also, by cycling blood through the penis, pushing it out and allowing new, oxygenated blood back into the penis, the chances for expansion increase.

### Working the Two-Way Length Exercise

The two-way length exercise uses the flow of blood in both directions (towards the head and towards the base of the penis) to help length growth. The length exercise is targeted for men who are interested in gaining length, and its affect on girth gain will be minimal to none. Length exercises can be used in concert with girth exercises, even in the same workout. When doing a two-way length exercise, it is important to remember that a certain number of strokes or a certain time limit should be set before the exercise. Once you have set this "target" number of minutes or strokes, you should stick to it and it should remain constant every time you exercise. For those of you just starting the program, the target should be somewhere between three and five minutes. For those of you who have been in the program for at least two to three weeks five to seven minutes is acceptable. If you decide to raise or lower the number, you should do so only after at least 1 week of the exercise. If your reason for changing the number is physical, i.e. if you start to feel soreness and want to decrease the number of strokes, you can do so at any time, and reset the 7 day period. You do not need to change every 7 days, that is only the suggested amount of time before you can accurately gauge the effectiveness of your workout.

Goals:

Set a target number of minutes or repetitions for the exercise. Make sure that you stick to your target number for at least a week, unless you experience physical discomfort. Beginners should set a time between three and five minutes, while advanced users (2-3 weeks or more) can raise the range to five to seven minutes per session. If you are using a stroke method, it is best to time how many strokes you can get between the times listed above, and work with that as a base number. i.e. Jim wants to set himself a number of strokes, so he times how many he can do in 4 minutes, and uses that number as a target for one week.

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The Two-Way Length Exercise.

The Exercise

1) Find a place to sit down. This exercise should be done in the sitting position so that the blood from the trunk flows into the penis. Make sure that you are not in a cramped space, and that you have some back support. Being comfortable is important in this exercise.

2) Using one hand, grip the penis near the base of the shaft, in the typical "grip hand" fashion. You should feel some pressure as you start to reduce the blood flow in and out of the penis. Apply enough pressure so that it does not hurt, but you feel the flow of blood into your penis.

Variation: if you wish, using something like a larger rubber band has been suggested by some users as an easier way. Be **VERY CAREFUL** if you attempt this variation, since you can harm yourself if the rubber band is too tight. You want to reduce the flow out of the penis, not cut of circulation entirely.

3) This exercise requires an erection, and at this time you should begin stroking yourself to one. Using lubricant for this exercise is ideal, and should make achieving an erection easier. If you **CANNOT** get a grip on your penis prior to the erection, due to either small size or large hands, wait until you have an erection to do Step Two.

4) Since the penis is now slippery, make a ring with your thumb and forefinger around the shaft. Taking your ring-hand, apply light pressure to the penis and stroke towards the head. Upon reaching the corona, or ridge between the shaft and head (uncircumcised users can feel the ridge, even if they cannot see it), run your hand back to the base. If you are using a grip hand you will feel the blood press against your grip, since you are not only forcing blood towards the head, but back towards the base.

5) Once you have mastered this grip and sliding motion, repeat at least ten times. Go slowly, you are trying to move the blood around, and not masturbating. Each stroke should take 1-2 seconds in each direction. You are now ready to move on to another variation.

6) Return to the starting position. You can leave your slide hand and your grip hand in place on the shaft. If you are losing your erection at this point it is okay to pause and masturbate a little, until you are fully erect again. Now, repeat the same motions with your slide-hand, except apply a little more pressure. You do NOT want to cause soreness, and if you feel sore stop immediately. Repeat this motion 15 times, with the harder grip. It should be almost exactly the same as the first set of repetitions, except that you will be squeezing harder with your thumb and ring finger. If at any point in the exercises you start to feel friction on the skin (circumcised or un-circumcised) apply more lubricant. Lubricant is essential in this exercise.

NOTE: one "repetition" is a stroke both up and back. Once you have reached the starting point, you have completed one repetition.

7) If you feel the need to repeat do so. A suggestion for newer users is to repeat the first and second sets of repetitions twice, and then stop. More seasoned users will want to start at 3-4 sets, and then go from there. As you do this exercise more and more, increase by one set of repetitions per week (if you are doing it every day) or one set for every 7 days that you do the exercise. This should not continue indefinitely, eventually you will reach a point where it becomes a lengthy process. Hence you should put a final stopping point, where you will stay. We suggest a total exercise time limit. However, doing the exercise for long periods of time is not suggested. Note: this exercise should not be done for more than 10 minutes at a time.

NOTE: after this exercise your penis may feel very warm, because it has been giving a very vigorous workout. By expanding the tissue vertically, this exercise seeks to optimise your length gains.

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Working the Dual Stroke Exercise

The dual stroke length exercise is similar to the two-way exercise, but different because it depends on other aspects of the penis and blood circulation. This means that you must approach the dual stroke exercise with different goals, even though both exercises target length. Since you are not using a tourniquet hand with the dual stroke exercise, you must keep a full erection for the duration of the exercise. The exercise may strain your pc muscle, or make it difficult to keep an erection, but there are ways around it. Using external stimuli such as pornography, or simple masturbation between repetitions, can help maintain the solid erection. .

Goals:

Keeping a full erection is vital to the success of the exercise. Set a number of repetitions or a general time limit for the exercise and make sure you keep a full erection for the duration. Beginners should set a time between three and five minutes, while advanced users (2-3 weeks or more) can raise the range to five to seven minutes per session. If you

are using a stroke method, it is best to time how many strokes you can get between the times listed above, and work with that as a base number. i.e. Jim wants to set himself a number of strokes, so he times how many he can do in 4 minutes, and uses that number as a target for one week.

### The Dual Stroke Exercise

- 1) This exercise should be done sitting down or standing. This allows the blood to drain down into the pubic area. Use plenty of lubrication for this exercise. If you feel any sort of friction, make sure to add more. Vitamin E oil/lotion is a good idea, since this exercise uses a lot of stroking.
- 2) Stroke the penis to a full erection. A full erection is necessary for this exercise.
- 3) Once full erection has been achieved, grasp the penis in mid-shaft with one hand, and at the base with the other. You are not using a tourniquet method, you are simply holding the penis lightly.
- 4) Applying some pressure with the thumb and fingers (it should not hurt, but you should feel the pressure), slide the hand located mid-shaft towards the head. Once your hand passes over the head, start sliding the hand located at the base towards the head. Put the hand that has passed over the head at the base. Your hand should leave the penis at the end of the stroke. The pressure with thumb and fingers should remain constant the whole time. Try to keep the same pressure with both hands
- 5) Sometimes, for better accuracy, a number of strokes or repetitions should be decided upon before the exercise. It is a good idea to keep the same number of repetitions/strokes for at least 1 week before changing the number, to determine what type of number works the best.

### Grip Variation

Grip variation can help some men, especially those who have difficulty with the tourniquet grip due to small penis size, or large hand size. Currently the milking exercises (semi-erect girth for example) suggest the use of most of the hand, but in order to get closer to the base for milking, it may be necessary to flip the hand, which looks like so:

This technique can be helpful for men who are having problems doing milking exercises effectively.

## Traditional Jelq Exercise

Many programs centre around the 'jelqing' technique for natural penis enlargement. This technique utilises a semi-erect state, both hands, and a milking motion. Jelqing in most programs is done for extended periods of time, 30 minutes or more. Our jelq technique has been slightly rewritten to take a smaller amount of time, well within the program parameters. We include the jelqing exercise because many users have asked questions about it in the past. Jelqing is said to come from the ancient Arabs, who would jelq boys at a young age, to increase their penis sizes later in life. Jelqing in ancient cultures is said to have been a long and somewhat painful process. The jelq exercise that we provide is as safe as we can possibly make it. In the past men have complained of broken vessels (purple spots) and minor bruising. If this should occur, stop the jelq for a day or two until the soreness goes away.

The exercise:

Start with a partial erection. Unlike the semi-erect exercise you do not need to be rigid, but your penis should have blood in it, making it appear to 'hang' larger than a normal flaccid state. A good way to do this is to stroke yourself to a full erection and then let it die down until it is softer to the touch.

1. Apply lubrication to the penis. Your penis should be well lubricated at all times during the jelq. Using one hand, make a tourniquet grip at the base of the penis with thumb and forefinger. This is a typical tourniquet grip, and cannot be substituted with a ring or rubber band.
2. Slide the hand down the penis towards the head, applying pressure. You will feel the blood rush towards the head of the penis, as well as the skin stretch a bit. Try not to pull the penis away from your body too hard, the goal is NOT to stretch the skin of the penis, only move the blood through the tissue and push it towards the glans.
3. As you are milking with one hand, place the other hand around the base of the penis in the same tourniquet fashion. Once the milking hand reaches the head of the penis, release and start the milking motion with the other hand.
4. Repeat this motion, milking with one hand and the other, for at least 3 to 5 minutes. Make sure you are applying even pressure with each milk, it is important not to squeeze too hard or you will cause bruising and soreness.

Jelqing is widely used in the world of natural penis enlargement, but is commonly overused, for periods as long as an hour at a time. This is not as effective as a short targeted workout, as we detail here. Use the jelq carefully, since it has a history of causing spots and bruises in some men who overdo it.

## Girth Exercises

### Description of the Exercise

Girth exercises, unlike length exercises, seek to push the blood in the cavernosa and spongiosum horizontally, towards the sides of the shaft. Milking, oddly enough, also works for girth exercises, but it must be done in a different state. To clarify, if length exercises are done with a full erection, girth exercises should be done with a partial erection. The reason for this is that the full erection makes vertical expansion easier, since the penis is already filled to its capacity. A partial erection allows the blood to be pushed in more directions than just forward, such as out to the sides. A prime example of this idea in action is a girth exercise where the middle of a semi-erect penis is squeezed, pushing the blood outwards, towards the walls of the shaft.

Girth exercises are sometimes not necessary for men, since many men are displeased only with their length. While some carry-over girth gains may come as a part of the length program, girth exercises are still an important part of the program for an all-around size change.

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### Working the Semi-Erect Girth Exercise.

The modified jelq, or semi-erect exercise, targets girth gains by pushing blood through the penis in a "milking" motion, but without a full erection. Keeping a semi-erect state may be hard for some men, but it is possible with practice. Make sure that even if you are not able to keep a semi-erect state, that you are constantly practicing to get yourself to that point. One way is to stroke yourself to a full erection (with lubrication, of course, it can also be done during the exercise, if you need to pause due to erection loss--or gain) and wait for a short time until you start to lose it. After a time, staying in the semi-erect state will become easier.

The semi-erect exercise should take around 3-5 minutes for beginners, and 5-7 minutes for more advanced users. Like the length exercise, it is important to either set an amount of time to gauge a number of strokes that is appropriate. The most common method of gauging stroke number is to time a workout and count the number of strokes achieved in your original target time (which should be within the standard for your experience level in the program). Once you have figured out your target number, you can work accordingly.

### Goals:

Work on maintaining the semi-erect state for the duration of the exercise. This also becomes useful in ejaculatory control, in sexual situations. If you can maintain a partial erection, you begin to gain more control over your penis and the blood flow, which helps during intercourse or masturbation. Do the exercise for 3-5 minutes to start, and work your way up to 5-7 after a minimum of 2 weeks. The longer you can maintain the partial erection without interruptions to regain it, the more effective your time will be.

### The Semi-Erect Girth Exercise

1) Engage the phallus, creating what is called a “semi,” or partial erection. The idea is to fill the penis with enough blood to make it larger, but to not reach the full state of engorgement. Some suggestions for stimulation aids include partial masturbation, pornography, or other stimulating material (e.g. videos, hand-held products.)

2) Once you have reached this state form an o-shape with the thumb and index finger at the base of the penis. It is ideal to grip slightly above the scrotum, where the skin of the scrotum meets the skin of the base of the shaft. Once the fingers are settled in this position, grip the shaft firmly, in order to effectively tourniquet the phallus, and impede the flow of blood out into the body. This should prevent the penis from returning to its totally flaccid state, and if it does you should repeat step 1 until you are able to maintain an erection.

3) Take the free hand and form a similar o-shape and grasp the shaft close to what we will call the “pressure” hand. Then, applying firm pressure, begin to milk the penis in long, downward strokes. You will be able to feel the blood in the spongy tissue, as it is moved slowly toward the head. This exercise should not be rushed, and each stroke should take 1-2 seconds to complete. Upon completion of a stroke, slide the hand back up the shaft to the starting position and repeat.

4) Repeat step 3 for a period of three to five minutes, following the prescribed stroke duration and hand position. The pressure hand should remain in place at all times, and the free hand should not leave the shaft of the penis for any reason. Optimum results can be achieved if the hands stay on the phallus throughout the exercise, with special emphasis placed on the firmness of the pressure hand. Letting up on the grip in the pressure hand can lead to mixed and uncertain results. If at any point in the exercise a soreness begins to make itself known, cease the exercise and move on to step 5.

5) Once you have completed the exercise, release first the free hand and then the pressure hand, the latter gradually, and stand or sit up to let the blood flow back down into the spongiosum, and circulate within. With one of the hands shake the penis and massage it slightly, to aid in the circulation. It is essential to take at least one minute to allow the penis to revitalise itself with fresh, oxygenated blood.

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### Working the Erect Girth Exercise

The erect exercise does not require much of a "motion", and so a time limit may not be necessary, since there is no danger of soreness or too much friction in the exercise. For the erect exercise it is advisable to set a number of repetitions, either total times the penis is squeezed, or a certain number of repetitions up and down the shaft. i.e. David wants to set a number of repetitions based on how many times his hand travels the length of the shaft and back. He decides that he should squeeze in 5 places along the shaft in each

direction, and count that as 1 repetition. If he wanted to he could count that as ten, one for each time he squeezes the shaft.

Goals:

Setting a target number of repetitions is important to success with the erect exercise. Make sure that you stay within your target range or number (your range should be within 1-10 repetitions of your target, depending on how you are feeling, etc...it's up to you, but it should not be an excuse to overdo the exercise) every time you do the exercise for at least 1 week before changing your number. As with all exercises, you can decrease the number immediately if you feel any physical effects such as soreness, but with the erect exercise such things are very unlikely.

### The Erect Girth Exercise

NOTES: This exercise should be done with a full erection. The tourniquet hand method will help you maintain an erection if you have trouble. Lubrication is not needed for the exercise, since there is no real risk of friction in the steps listed below. If you have problems keeping your erection, you should use lubrication for that purpose at least. You can perform the exercise seated, lying down, or standing, position is not important. The sitting position may be favourable since it allows the blood to flow easily into the pelvic area.

- 1) Using a tourniquet or "grip" hand, grasp the penis where the shaft meets the skin of the pubic area. Hold the shaft tight enough to prevent blood from flowing freely in and out of the penis. If you start to feel pain, relax your grip on the penis.
- 2) Take your free hand and using your thumb and forefinger, press down on the centre of the shaft. What you are doing is forcing the blood away from the centre of the penis and out towards the "walls" of the tissue. Press in at least 3 or 4 places on the penis, hard enough so that you feel the pressure but not hard enough to cause pain. Each application of pressure should last about 1 second. Once you have finished this, use your thumb and forefinger to press against the sides of the penis, pushing the blood away from the horizontal centre and into the "walls" in the other direction. Apply the same pressure.
- 3) You should repeat this exercises at least ten times in each direction. If at any point you feel a tingle or soreness in your penis, you should loosen the pressure on the "grip" hand at the base of the penis.

Possible variations:

If you feel that the thumb/forefinger pressure is not enough, you can make your forefinger and thumb into an "o" shape and squeeze in places on the shaft of the penis, much in the same way described in step 2. You will not have to do this on different sides

of the penis, obviously, and you should squeeze in 3 or 4 places on the penis going towards the head, and 3 or 4 headed back towards the base, back and forth. Each squeeze should be the same duration as listed in step 2, about 1 second.

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### Working the Flexing Girth Exercise

The flexing girth exercise is based on the advanced pc exercise in step one of the manual. If you have not been with the program long enough to reach the advanced pc exercise, it is okay. You will still be able to do the flexing girth exercise. The flexing exercise is based on the idea that by using the pubococcygeus muscle to push blood into the penis and to strengthen the erection, you are giving yourself the perfect opportunity to gain size as well. Natural PE is based on the idea that by moving blood in the penis it is possible to stimulate and expand the natural capacity of the spongiosum (erectile) tissue. Hence, if you are pushing more blood into the penis with the pc muscle, you are increasing the chances that any gains made through exercises will provide maximum results.

#### Goals:

The flexing girth exercise should be done in combination with the pc exercise (or advanced, it should never prevent you from doing your normal pc exercises outside of your workouts) but should not be overdone. If you start to feel pain in your pc area stop for a day or two. When you do the flexing exercise make sure you do it until your pc muscle becomes too weak to continue. If you have passed this point in pc strength make sure you apply more pressure with each workout.

#### The Flexing Girth Exercise

The exercise: The flexing girth exercise is similar, as stated above, to the advanced pc exercise. However, there are variations with turn the power of the pc muscle and the circulation in the penis to your advantage, and help you increase the girth if your penis.

- 1) You must have a full erection for this exercise. Either stroke or pump your penis to a full erection. You will need lubrication for this exercise also.
- 2) Once you have reached a full erection, grip your penis 1 inch from the base, estimate as best you can. Hold your penis with your thumb and the first two fingers of your hand.
- 3) Flex your pc muscle, and hold it for a two count (approx. 2 seconds). Using your grip hand, apply pressure to the penis. You will notice that the portion of the penis beyond your grip gets larger until you relax your grip. Relax your grip as you relax your pc muscle.

4) Repeat step 3 three to five times, depending on what you are comfortable with. Move your hand one inch down the penis and repeat step 3, with the same number of repetitions. Do this until you reach the glans, or penis head. Once you have reached the head you should either go backwards by one inch increments until you reach your starting point, or start again from the beginning. Once your pc muscle cannot flex hard anymore, you can stop the exercise.

5) At any point if your pc muscle is too weak to continue, stop for the day and note how many repetitions you did. Keeping track of this is good for your pc strength progress as well. As your pc gets stronger you will be able to continue the exercise for longer, but do not exceed the normal three to five minutes for total exercise time unless you are an advanced user and continuing your program after months of work.

Good luck and remember - no pain - no gain!