Best Penis Enlargement Exercises

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Part 1: About Penis Enlargement

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Does Penis Enlargement Work?

Does penis enlargement really work? Visit penis enlargement forum at the website to read progress reports posted by users. Many people also posted their routines and penis enlargement tips in this forum.

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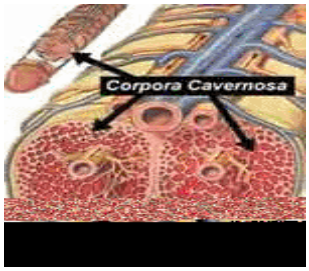
How Does Penis Enlargement Work?

Penis is made up of 3 main areas, 2 large chambers on the top (The technical term for this is the Corpora Cavernosa) and 1 smaller chamber on the bottom (the Corpus Spongiosum).

When we gain an erection, the penis fills with blood, filling these three chambers. The Corpus Spongiosum is the chamber used mainly when we urinate and ejaculate. The Corpora Cavernosa however, is the main blood holding chamber of the penis. This is where 90% of all blood is retained each and every time we gain an erection.

Penis size is limited in both length and width, by the maximum in which the Corpora Cavernosa can fill with blood. Simply put, this means it is impossible for penis to get bigger by itself, as the blood which fills the penis is already filling the maximum size of the Corpora Cavernosa.



How Is the Corpora Cavernosa Enlarged?

Penis enlargement exercises are designed to break down the cell walls of the Corpora Cavernosa by forcing blood into them, each time this stretches the cells larger than normal. The penis then repairs itself by growing these cells back, larger and stronger each time, this allows the penis to hold more blood which expands the erectile tissue and over the course of a few weeks, results in a larger, stronger and fitter penis.

Penis is like any other part of the body, as it can be exercised and developed substantially larger and stronger than it presently is. Exercising Corpora Cavernosa will allow it to retain more blood as it develops larger and stronger.

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If we worked out at the gym on a regular basis, we would expect to gain muscle growth. The same principle applies for the penis. Using exercises and techniques on a regular basis, we can develop our penises and achieve substantial growth, ability and strength.

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Part 2: Before You Start

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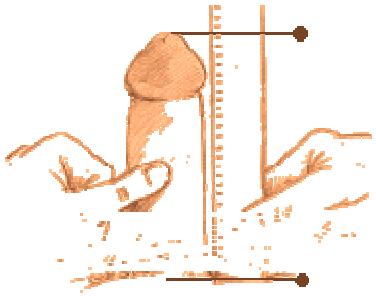
Measure Your Penis First

Before you start, it is very important to accurately measure and record the size of your penis. This will allow you to know exactly where you're starting from so that you have something to compare all future measurements against for conclusive evidence of growth.

You will need to take several different measurements.

The Length Measurement



Materials Required: Ruler

Flaccid (Soft):

To measure the length of your flaccid penis accurately, it is best to measure from the side of the penis, with the ruler facing up at you.

While standing, extend your flaccid penis outward with one hand so that your penis is parallel to the floor.

With your other hand, hold the ruler next to your penis, pressed against your pubic bone (just above the base of the penis). Make sure the ruler and penis are parallel with one another.

Measure to the tip of the head and record your measurement to the nearest 1/16th of an inch or nearest millimeter.

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Fully Erect (Hard):

To measure the length of your fully erect penis accurately, it is once again best to measure from the side of the penis, with the ruler facing up at you. While standing, lock your knees and hold your penis with one hand just behind the head. Gently angle your erect penis until it is parallel to the floor.

With your other hand, hold the ruler next to your penis, pressed against your pubic bone (just above the base of the penis). Make sure the ruler and penis are parallel with one another.

Gently pull your penis out as far as you can and measure to the tip of the head. Record your measurement to the nearest 1/16th of an inch or nearest millimeter.

Note: To get the most precise measurements, 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.

The Girth Measurement



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At different parts of the shaft, your penis may vary in girth, so it is necessary to pick one spot and continue to measure at that point only in the future. This will help to ensure the most accurate measurement comparisons.

Girth measurements should always be done in the erect state. Using your cloth measuring tape or a string, wrap it snugly around the penis at your chosen point.

If using string, mark the exact point where the string meets, then lay the string on a table and measure with a ruler. Record your measurement to the nearest 1/16th of an inch or nearest millimeter.

Keep a Journal of Your Practice

Before you start any exercise program, you should have a good sense of where you're at BEFORE you begin exercising. This means taking accurate measurements, not cheating or rounding any numbers up. The more accurate you are when you measure your penis initially the more you'll notice the differences when you begin to grow.

We've included a chart system that you may find useful, you can always create your own, but we have created one that you can use to keep track of your progress with ease.

Below is an example chart that you can use to keep track of your progress.

Notice that it is only in one week increments. It's best to only measure your penis once every week, that way you won't become easily discouraged.

Just as with any other body part, the size can actually change slightly from day to day, so you should only take a measurement once a week. This way you'll be able to see your gains from the week before, and the gains will be more apparent as opposed to measuring your penis every day.

As the chart below shows, be sure to measure your penis in its erect and flaccid (limp) state, as well as the girth.

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Example chart:

Week	Length Erect	Length Flaccid	Girth Erect	Girth Flaccid
1	5 inches	3.5 inches	4.3 inches	3.8 inches
2	5.2 inches	4.0 inches	4.4 inches	4.0 inches
3	5.5 inches	4.3 inches	4.6 inches	4.2 inches
4	6.1 inches	4.8 inches	4.7 inches	4.3 inches

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Warm Up & Lubrication

The warm up is an **extremely** important part of the workout. Be sure to do it before every exercise session. You will find below detailed instructions to perform this procedure. You will also find advice on lubrication which is especially useful while performing jelq exercises.

1. Tutorial Video

Click here to download tutorial video for Warm Up Exercise.

2. Instructions

Steps	Instructions
1.	Soak a soft wash cloth in hot water, then wring out any excess water. Test the cloth on your abdomen (prior to placing it around your penis) to make sure that it's a comfortable temperature.
2.	Wrap the cloth around the entire shaft of your penis (either flaccid or erect), being sure to enclose the head of the penis as well in order to trap the heat. Hold the cloth in position for 3-5 minutes.
3.	Remove the cloth.
4.	Dry off your penis thoroughly with a soft, dry towel to ensure a good grip for the exercises you're about to perform.

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3. Notes

No.	Notes
1.	The warm up is important because it helps to draw blood to the penis; thus, increasing blood flow. The moist heat will also make the skin softer and more pliable, which shall ensure a better grip for the upcoming exercises.
2.	When you remove the cloth, the penis may look slightly pinkish in color due to the increased flow of blood as well as the heat of the cloth. Some men have a higher tolerance for heat or a darker skin pigment, so the penis may not look any different for some men. That's perfectly fine. Just be sure that you have held the hot cloth around your shaft for 3-5 minutes before removing it.

4. Lubrication

Lubrication is an important part of jelq exercises. Many lubricants can be used to jelq with. As long as the lubricant is fairly long lasting and reapplied when necessary it should be fine. Water based lubricants can normally be revived by adding a little extra water, so a cup of water to dip into whilst jelqing is useful. Some people mix their own lube, adding for instance essential oils.

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Common Lubricants	
Water Based Lubricants	**Oil based lubricants**
KY Jelly	Vitamin E Oil
KY Liquid	Baby Oil
Udder Cream	Vaseline
Astroglide	Tiger Balm
	Cocoa Butter
	Albolene
	Emu Oil
	Canola Oil
	Vegetable Oil
	Olive Oil
	Bag Balm

For the best lubricants for jelqing, we recommend Johnson's & Johnson's Baby Oil with Vitamin E added or Vaseline Aloe Naturals. Another lubricant we recommend is Albolene liquefying cleanser, which can be found in the cosmetic section on most drug stores. Women use it for removing makeup, but is also makes a great sexual lubricant (oil based, do not use with condoms ever during sex). This product has been used in the porn industry for years.

Related Topic

Massage & Warm Down

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Part 3: Penis Enlargement Techniques

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Power Stretch Technique

The power stretch technique is basically what it sounds like. By stretching the penis regularly, you help to lengthen the suspensory ligament and tissues of the penis which will help to lengthen the penis over time. Dr. Walter Schlesingser M.D. first made a similar technique popular in his book titled “Penicure, the Manhood Miracle”.

Benefits and Results of the Stretching Exercises

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.

By safely exercising the penis so blood fills the spaces and forces them larger, you can in fact grow your penis easily. These exercises can be performed daily, but should be performed at least 3 times a week to aid in the lengthening process.

After performing these exercises for awhile, your penis will extend longer both when your hard and when your limp. All this stretching is done quite safely and cannot hurt you in any way as long as you warm up properly, and use common sense. Stretching exercises also lengthen the skin connecting the testicles to the penis, giving you a more "hung" appearance and lower hanging and larger testicles.

In addition to penis enlargement effects, stretching exercises promote an increase in testosterone and sperm count.

Notes

- Stretching technique is designed for the main purpose of lengthening your penis. Please note that it will not do anything for the thickening aspect.
- Stretching the penis with your hand produces the same results as traditional penis weight systems. The best way to use your hand is by applying most of the pressure anywhere else except on the dorsal nerve, which is that thin nerve that runs along the top of the penis. 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.

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- Don't hold too tight, or you'll cut off the circulation.
- Always be warmed up thoroughly before doing any exercise.
- Be sure to always stretch while limp.
- If you find that you get an erection while trying to perform the stretch, stop for a moment and let the erection subside, then continue with the exercises.
- You do not need lubrication of any kind in this exercise. In fact, you want to be as dry as possible so you can get a good grip on the penis head.

Related Topics

Exercise 1: Power Stretch
Exercise 2: Circular Stretch
Exercise 3: Sit Down Stretch
Recommended Daily Workouts

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Jelq Technique

The key exercises in our guide are variations of the Arabic jelq technique. This technique is hundred years old, and is the most powerful penis enlargement technique know to man.

The jelq technique was reportedly first used by Arab tribesmen centuries ago as part of the passage from puberty to manhood. A symbol of masculinity and power in many cultures, a thick manly penis is an object of desire for many women and an object of envy by our less-endowed brothers.

At the point of puberty, the boy of the culture was shown by their fathers how to jelq (milk for enlargement). For 10 minutes every day, the young men jelqed their penis, and continued this exercise all the way to adulthood. Once adulthood was reached, they cut down their jelq sessions to 3 times a week to maintain their size and strength. The jelq method also resembles "milking" because of the obvious milking technique the jelq resembles.

How the Jelq Works?

Unlike anything you will ever come across, this technique will lengthen and thicken your penis. Jelq works because as you milk your penis, you are forcing blood into spaces in the Corpora Cavernosa.

As you jelq your penis, the spaces in the penis continually stretch larger and larger, breaking down the cell walls within the Corpora Cavernosa (erectile tissue). Over time, the spaces just keep getting larger and stronger, healing at night while you sleep. The technique also stretches the tissues of the penis as well as the suspensory ligament, which will help to lengthen the penis.

Notes

- The jelq technique is best performed in a **semi-erect** state (1/2 to 3/4 erect) Results cannot be obtained until a partial erection is present. If you have trouble achieving a partial erection, you may need to stroke yourself to a full erection and then let it subside somewhat.

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- Your choice for lubrication is a crucial one, because if you choose one that evaporates easily then you will become tired of reapplying it. Your best choices for jelqing is Vaseline and Baby-Oil. We recommend Johnson's & Johnson's Baby Oil with Vitamin E added. We find that it is a good lube for exercise plus it is also nice to apply to your penis and testicles after showering to keep them healthy.
- If you feel the uncontrollable urge to ejaculate while performing jelq, you have a very weak and poorly developed ejaculatory muscle "PC." Upon the first sign of ejaculation, stop and wait for the feeling to subside. This will also teach restriction that will help when you make love. You need to really focus on Ejaculation Control Techniques if you cannot help but to ejaculate when jelqing.
- Jelqing requires more pressure and a tighter grip than the other penis enlargement exercises. You will want to apply pressure just to the point where you feel slight discomfort and then release very slightly so that you are gripping as firmly as you can without causing discomfort. This additional pressure is one of the primary reasons that we caution against performing it with an erect penis.
- DO NOT jelq in the shower! Most men will not stand up for the amount of time needed to have a good jelq session, and if you use soap you will be sore for days. For your sake, do not jelq in the shower and do not use soap.

Related Topics

Exercise 4: Ultimate Jelq

Exercise 5: Jelq and Hold

Exercise 6: One Handed Jelq

Recommended Daily Workouts

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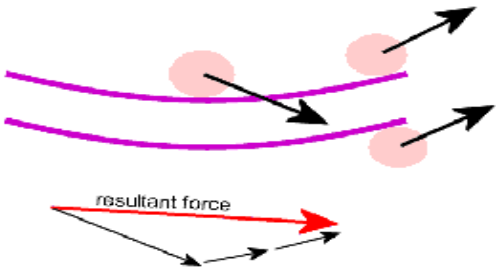
V-Stretch Technique

The V Stretch is a method of stretching designed to exert greater forces on the tunica and ligaments than is possible by simply pulling on the penis from its point of attachment out along a single axis.

When performing simple stretches, any force is exerted from the points at which the penis attaches to the body, outward along the internal structures that run the length of the penis, to the glans.

The V Stretch technique works to help increase imbalances in the stress on the penis by incorporating a secondary transverse force. A larger than normal cross sectional tension gradient is created allowing the force exerted by the hand to be more effective on a targeted area of the tunica than would be possible if the entire tunica was under equal tension.

V Stretch Theory



We all know that the stress experienced within a cord (in this case a penis) is increased as the load supported by the cord is positioned in a manner that the angles of the anchored ends approach 180 degrees. In other words, a 10 pound force suspended from a cord exerts only 10 pounds of force within the fibers of the cord. BUT anchor the cord from 2 ends and place the 10 pound mass in the center and the tension within the cord increases very greatly.

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For example, we may hang from a clothes line tied to a tree branch. But if you try to hang from the same cord when it is stretched between 2 clothes line poles, it will break under your weight. The tension within the clothesline exceeds the tensile strength of the rope.

The usefulness of V stretches does not arise out of the decomposition of vector forces into component directions, but rather from the localization of the forces at the point of the bend and the increase in total pulling force by the use of two hands. This is the theory behind V Stretch technique.

Notes

- While performing the warm up for the exercises using V Stretch technique, ensure that the wrap encompasses both the penis shaft and the ligaments around the pubic bone.
- The grip should be no further back than half an inch from the coronal ridge of the glans roughly in line with the circumcision scar, it will ride forward a little as the tension increases. Uncircumcised people may find it of benefit to retract the foreskin fully before attaching the grip.
- Between stretches and at the end of a session gently shake the penis or slap it against your thigh and massage the shaft to restore blood flow.
- The level of force is an important factor. The body adapts quickly and a routine may very quickly lose its productivity. If the force applied is not great enough the body will regenerate torn fibers with bigger and stronger ones that will only make the penis harder to stretch in the future.
- If any sharp or throbbing pain is experienced at any time during the exercise stop immediately. Common sense is key, always avoid sudden and/or excessive movements.

Related Topics

Exercise 7: V Stretch

Recommended Daily Workouts

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Part 4: Penis Enlargement Exercises

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Exercise 1: Power Stretch

1. Tutorial Video

Click here to download tutorial video for Penis Enlargement Exercise 1.

2. Instructions

Steps	Instructions
1.	Take the head of your penis in your hand and stretch it out directly in front of you, holding it for 4-5 seconds.
2.	Now, take your penis firmly in your hand and pull the penis to the right. Pull it until you can feel a pressure on the left side of your penis. Hold it for 4-5 seconds.
3.	Take the head of your penis in your hand and stretch it to the left, holding there for 4-5 seconds.
4.	This time pull your penis downward and hold it for 4-5 seconds.
5.	Finally, take your penis in your hand and pull it upward. Hold there for 4-5 seconds.
6.	Repeat from step 1 to step 5.
7.	Perform step 1 to step 5 for 15 times (5 minutes)

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3. Notes

No.	Notes
1.	Warm up should be performed before doing this exercise.
2.	Make sure that your penis is in flaccid state while performing the exercise.
3.	When taking the head of your penis in your hand, pull the foreskin back so it does not get in the way. Remember you are pulling the penis NOT the skin.
4.	To achieve maximum results, for each step you should feel a good amount of stretch (but not too much)

Related Topics

Power Stretch Technique

Recommended Daily Workouts

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Exercise 2: Circular Stretch

1. Tutorial Video

Click here to download tutorial video for Penis Enlargement Exercise 2.

2. Instructions

Steps	Instructions
1.	Take the head of your penis in your hand and stretch it out directly in front of you, holding it for 4-5 seconds.
2.	Take your penis firmly in your hand and pull it upward. Hold it for 4-5 seconds.
3.	Slowly rotate the penis anticlockwise until you return to the starting point. A full circle should take no longer than 5 seconds.
4.	Repeat from step 1 to step 3.
5.	Perform step 1 to step 5 for 25 times (5 minutes)

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3. Notes

No.	Notes
1.	This exercise is a variation of Exercise 1: Power Stretch. Warm up should be performed before doing this exercise.
2.	Penis can be rotated either clockwise or anticlockwise.
3.	After each rep, you can slap the penis against the thigh and massage to restore circulation.

Related Topics

Power Stretch Technique

Recommended Daily Workouts

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Exercise 3: Sit Down Stretch

1. Tutorial Video

Click here to download tutorial video for Penis Enlargement Exercise 3.

2. Instructions

Steps	Instructions
1.	Stand up and massage your penis until it is in a 30-40% erect state
2.	Take the penis and stretch it as far as possible under your backside
3.	Now, slowly sit down on the penis which should result in your penis being stretched as you sit down

3. Notes

No.	Notes
1.	This is a variation of Exercise 1: Power Stretch. The main purpose of this exercise is to help you achieve flaccid length and girth.
2.	The exercise can be performed for as long as you wish but over 20 minutes is not recommended. Recommended timing for this exercise is 5-10 minutes.
3.	This exercise can serve as a relaxing exercise and can be performed at the end of any workout session.

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Related Topics

Power Stretch Technique

Recommended Daily Workouts

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Exercise 4: Ultimate Jelq

1. Tutorial Video

Click here to download tutorial video for Penis Enlargement Exercise 4.

2. Instructions

Steps	Instructions
1.	Massage your penis until it reaches 60-80% erection.
2.	Use your right hand and make an "OK" sign with your thumb and index finger and grip tightly around the base of your penis.
3.	Starting from the base of the penis, slowly pull (milk) towards the penis head. It should take 2-3 seconds to reach the glans.
4.	When you reach the penis head, take the left hand (the free hand), form a similar "OK" with the thumb and forefinger and start milking like you did before with the right hand.
5.	Repeat from step 2 to step 4. 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.
6.	Perform the exercise for 5 minutes (100 strokes)

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3. Notes

No.	Notes
1.	Warm up should be performed before doing this exercise.
2.	This exercise can be performed without lubrication. However, we strongly recommend that you use lubrication while doing this exercise.
3.	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.
4.	Only moderate grips should be used. If you squeeze too hard, you could cause bruising and or rupturing of superficial blood vessels on and near the surface of your penis.
5.	Be sure to grasp all the way around the penis, so no blood escapes.
6.	While exercising, do not ejaculate. If you feel the urge to ejaculate, pause exercising for a few moments and wait for the urge to subside.

Related Topics

Jelq Technique

Recommended Daily Workouts

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Exercise 5: Jelq and Hold

1. Tutorial Video

Click here to download tutorial video for Penis Enlargement Exercise 5.

2. Instructions

Steps	Instructions
1.	Massage your penis until it reaches 60-80% erection.
2.	Use your right hand and make an "OK" sign with your thumb and index finger and grip tightly around the base of your penis.
3.	Starting from the base of the penis, slowly pull (milk) towards the penis head. It should take 2-3 seconds to reach the glans. You will see that the head of your penis will expand with blood.
4.	When you reach your penis head, hold this position for 10 seconds.
5.	Repeat from step 2 to step 4 using the left hand.
6.	Perform step 2 to step 4 for 25 times (5 minutes)

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3. Notes

No.	Notes
1.	This exercise is a variation of Exercise 4: Ultimate Jelq. Warm up should be performed before doing this exercise.
2.	This exercise can be performed without lubrication. However, we strongly recommend that you use lubrication while doing this exercise.
3.	If you experience red blood spots at the end of your penis after a workout, don't worry this is normal and they should disappear after a few days.

Related Topics

Jelq Technique

Recommended Daily Workouts

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Exercise 6: One Handed Jelq

1. Tutorial Video

Click here to download tutorial video for Penis Enlargement Exercise 6.

2. Instructions

Steps	Instructions
1.	Massage your penis until it reaches 60-80% erection.
2.	Use your right hand and make an "OK" sign with your thumb and index finger and grip tightly around the base of your penis.
3.	Starting from the base of the penis, slowly pull (milk) towards the penis head. It should take 2-3 seconds to reach the head of your penis.
4.	Release your right hand, take your left hand, form a similar "OK" with the thumb and forefinger and start milking like you did before with the right hand.
5.	Repeat from step 2 to step 4.
6.	Perform the exercise for 5 minutes (100 strokes)

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3. Notes

No.	Notes
1.	This exercise is a variation of Exercise 4: Ultimate Jelq. Warm up should be performed before doing this exercise.
2.	This exercise can be performed without lubrication. However, we strongly recommend that you use lubrication while doing this exercise.
3.	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.
4.	Only moderate grips should be used. If you squeeze too hard, you could cause bruising and or rupturing of superficial blood vessels on and near the surface of your penis.
5.	Be sure to grasp all the way around the penis, so no blood escapes.

Related Topics

Jelq Technique

Recommended Daily Workouts

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Exercise 7: V Stretch

1. Tutorial Video

Click here to download tutorial video for Penis Enlargement Exercise 7.

2. Instructions

Steps	Instructions
1.	Use your right hand, creating an overhand OK grip and hold the head of the penis.
2.	Extend your penis slowly to a full stretch. Hold it for 5 seconds.
3.	Using the thumb of your left hand, apply pressure near the base of your penis.
4.	Move the thumb slowly down the penis, still applying pressure until it reaches the head of the penis. This should take no longer than 10 seconds.
5.	Move the thumb back to the base of your penis. This should take no longer than 10 seconds.
6.	Repeat from step 1 to step 5.
7.	Perform step 1 to step 5 for 12 times (5 minutes)

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3. Notes

No.	Notes
1.	Warm up should be performed before doing this exercise.
2.	In order to achieve maximum benefit from this exercise, you should ensure your grip completely encircles the head of your penis
3.	Make sure NO lubrication is used otherwise you will not be able to grab the head of the penis.
4.	Make sure that your penis is in flaccid state while performing the exercise.
5.	If the grip should start to fail at any point release the tension carefully and reapply.
6.	If any pain is felt in the head of the penis from excessive pressure during the stretch, release the stretch, loosen the grip and gently squeeze the head between the thumb and index finger of the left hand, then tighten the grip again.

Related Topics

V-Stretch Technique

Recommended Daily Workouts

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Other Penis Enlargement Exercises

1. Power Stretch Exercise

In addition to the stretching exercises introduced in the exercises section, we would like to introduce one more variation of power stretch technique. This exercise was invented by Johan and borrows from a concept known as active isolated stretching.

The basic principle of this exercise is to test a muscles "kick-back" reflex to see how long that particular muscle takes to respond (muscles usually respond with a contraction within 1 1/2 and 2 seconds) to a strain placed on it, and get a stretch in before this "kick-back" occurs. When Johan applied this theory to his penis enlargement endeavors, this technique was born.

Steps	Instructions
1.	Create an overhand OK grip. Extend slowly to a medium stretch.
2.	Start breathing in and stretch your penis. Hold the stretch for two seconds while inhaling.
3.	Release the stretch but keep the grip while exhaling for two seconds.
4.	Perform steps 2 and 3 for 75 times (5 minutes)

2. Jelq Exercise

In addition to the jelq exercises introduced in the exercises section, we would like to introduce one more exercise using the jelq technique. This exercise requires the constant use of two hands.

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Steps	Instructions
1.	Massage your penis until it reaches 60-80% erection.
2.	Use your left hand and make an "OK" sign with your thumb and index finger and grip tightly around the head of your penis. Exert a light stretch.
3.	Using the right hand, starting from the base of the penis, slowly pull (milk) towards the penis head. It should take 2-3 seconds to reach the glans.
4.	Once the right hand meets the first hand at the glans, release its grip and return the right hand to the base.
5.	Repeat from step 3 to step 4. Alternate hands if needed.
6.	Perform the exercise for 5 minutes.

3. V Stretch Exercise

For the sake of simplicity, the basic exercise using the V Stretch technique is introduced in the exercises section. A variation of the exercises using the technique is described below.

Steps	Instructions
1.	Use your right hand, creating an overhand OK grip and hold the head of the penis.

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2.	Extend your penis slowly to a full stretch. Hold it for 5 seconds.
3.	Using the thumb of your left hand, press down in the middle of the penis. Hold for 20 seconds.
4.	Release carefully your left hand.
5.	Do the same as step 3. This time, press down near the base of the penis.
6.	Release carefully your left hand.
7.	Do the same as step 3. This time, press down near the head of the penis.
8.	Perform step 1 to step 7 for 10 times (10 minutes)

Related Topics

Power Stretch Technique

Jelq Technique

V-Stretch Technique

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Massage & Warm Down

You should always end each workout with a gentle massage and hot towel warm-down. Applying heat and massage to the penis optimizes healing and rebuilding of your cell tissue.

Heat restores any nerve and sensitivity problems you may have incurred during your enlargement exercises and promotes faster regrowth of tissue cells.

Gentle Massage

After your workout, gently massage your penis for 1 minute. If you prefer, you can do this with a herbal cream, which is available for both sexes.

A soft, circular motion with your forefinger and middle finger along the base and shaft of the penis works best. Remember, your penis has just been through a strenuous workout so be gentle and soothing.

Warm Down

After your massage, apply another hot towel as you did with warm up.

The penis enlargement warm down is just as important as the penis enlargement warm up. This heat application will keep the blood held within your penis and stimulate the damaged parts, restarting them to function better.

Related Topic

Warm Up & Lubrication

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Recommended Daily Workouts

Based on the effectiveness of each exercise to different parts of the penis, we have designed for you 4 workout plans depending on your purpose of penis enlargement: length gain, girth gain, head gain, and the total penis solution.

1. Length Gain Workouts

Exercises	Beginner	Intermediate	Advanced
1. Warm Up	3 minutes	5 minutes	5 minutes
2. Power Stretch	5 minutes	10 minutes	10 minutes
3. V Stretch	5 minutes	10 minutes	10 minutes
4. Ultimate Jelq	5 minutes	5 minutes	10 minutes
5. Circular Stretch	4 minutes	5 minutes	10 minutes
6. Warm Down	3 minutes	5 minutes	5 minutes
Total Time	**25 minutes**	**40 minutes**	**50 minutes**
Schedule	**1 day on/1 day off**	**2 days on/1 day off**	**5 days on/2 days off**
Recommended time before move on to the next level	**4 weeks**	**8 weeks**	–

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2. Girth Gain Workouts

Exercises	Beginner	Intermediate	Advanced
1. Warm Up	3 minutes	5 minutes	5 minutes
2. Ultimate Jelq	5 minutes	10 minutes	10 minutes
3. One Handed Jelq	5 minutes	10 minutes	10 minutes
4. Sit Down Stretch	5 minutes	5 minutes	10 minutes
5. Jelq and Hold	4 minutes	5 minutes	10 minutes
6. Warm Down	3 minutes	5 minutes	5 minutes
Total Time	**25 minutes**	**40 minutes**	**50 minutes**
Schedule	**1 day on/1 day off**	**2 days on/1 day off**	**5 days on/2 days off**
Recommended time before move on to the next level	**4 weeks**	**8 weeks**	–

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3. Head Gain Workouts

Exercises	Beginner	Intermediate	Advanced
1. Warm Up	3 minutes	5 minutes	5 minutes
2. Jelq and Hold	5 minutes	10 minutes	10 minutes
3. Ultimate Jelq	5 minutes	10 minutes	10 minutes
4. One Handed Jelq	5 minutes	5 minutes	10 minutes
5. Sit Down Stretch	4 minutes	5 minutes	10 minutes
6. Warm Down	3 minutes	5 minutes	5 minutes
Total Time	**25 minutes**	**40 minutes**	**50 minutes**
Schedule	**1 day on/1 day off**	**2 days on/1 day off**	**5 days on/2 days off**
Recommended time before move on to the next level	**4 weeks**	**8 weeks**	–

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4. Total Penis Solution Workouts

Exercises	Beginner	Intermediate	Advanced
1. Warm Up	3 minutes	5 minutes	5 minutes
2. Power Stretch	5 minutes	10 minutes	10 minutes
3. Ultimate Jelq	5 minutes	10 minutes	10 minutes
4. V Stretch	5 minutes	5 minutes	10 minutes
5. Jelq and Hold	4 minutes	5 minutes	10 minutes
6. Warm Down	3 minutes	5 minutes	5 minutes
Total Time	**25 minutes**	**40 minutes**	**50 minutes**
Schedule	**1 day on/1 day off**	**2 days on/1 day off**	**5 days on/2 days off**
Recommended time before move on to the next level	**4 weeks**	**8 weeks**	–

5. Notes

- Start out exercising gradually, and slowly work up to where you should be. Just like exercising any body part, take it slow at first, and gradually work your way up.
- You should follow strictly the workout plan you have chosen. If you take excessive time off in-between exercise sessions you will NOT see results as you want. The more you dedicate to the exercises, the more results you will see faster.

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- We strongly recommend that you read our advice on Safety While Exercising before you start exercising.

6. Voting For Your Best Exercises

What exercises work best for you? Visit the website to cast your votes or view results

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Part 5: Penis Enlargement Advice

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We have received e-mails from users who, wanting fast results, have tried to spend an hour or more each day stretching and jelqing. Not only is that potentially dangerous, time consuming and very boring - but it's **totally ineffective** as well!

That is definitely NOT the way to achieve a larger, healthier penis. We have carefully designed our workout plans for maximum results in the shortest amount of time. We provide specific time limits for all exercises which require it, and we highly recommend that you follow them.

You must understand that any growth that you experience will occur when you are resting (or recovering), not when you are exercising. Therefore, proper rest is **extremely important**. Never exceed the recommended exercise times of our program and always be sure to give yourself at least a full 2 days of each week. No exercises may be performed during your rest days.

Related Topics

Maximizing Your Results

Frequently Asked Questions

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Penis Health & Nutrition

Your penis is not a separate entity from your body. It is part of your body. So if you are in poor health you should not expect your penis to be in any better health than the rest of your body. If you are under great stress, deprived of quality sleep and rest, suffering from an illness or are just malnourished due to a nutritionally deficient diet, you may lack the penis performance that you desire.

Penis enlargement is a gradual process that is effected by many external factors. Blood circulation in the body is an important factor, as well as dietary health and regular exercise.

Below are things that you can do to improve your overall health and ensure success with penis enlargement.

Vitamin Supplements

We have more to say on the topic of personal health and vitamin supplements that can help improve health, penis size and vitality. One fairly easy way to help speed up the process of enlarging your penis is by supplementing your diet with a few secret ingredients. Some of these are not free, but if you want an added boost, pick them up at your drug store or wherever you can find them.

In addition to helping you with our exercises, they can also give you the sexual "fuel" that you need to perform your best when it comes time for intercourse. Gregory's "secret" ingredients are listed below, as they were in his journal.

Daily supplements	
Calcium	500mg
Iron	5mg
Magnesium	250mg
Vitamin A	100mg
Vitamin C	1000mg
Vitamin E	250mg
Vitamin B12	300mcg

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These vitamins can be found in a lot of one-a-day style vitamins, and you should read the information listed on the pill bottles before choosing one that fits your supplement requirements the most closely.

Here are other two supplements that boost your sexual performance greatly:

- L-Arginine (Amino Acid): This one is great for rock-hard erections and increased volume of ejaculate. Take 500mg daily and also 1000mg a few hours before intercourse if you want a boost in performance. Use in moderation and discontinue if you notice any side effects whatsoever.
- Bee Pollen: This is a very good supplement to take. It is rich in vitamins, minerals, amino acids, and enzymes. Taking it will give you more frequent erections, more sexual energy, and also a bigger volume of ejaculate. Bee pollen comes in many forms, tablets, capsules, even live. If you can find the live freeze-dried forms in your health food store then purchase it, as it is the most potent.

Drugs and Other Hazards

- In terms of penis health, we find that some drugs are too dangerous even with moderate usage, such as cocaine and heroin.
- Many prescription drugs and antibiotics also may cause loss of sex drive to the point of near impotence. If you are on prescription drugs, and this is the case you should consult with your doctor, and a nutritionist and/or herbalist for a solution to your problem.
- Steroids can be very damaging to your sexual functioning in addition to the possibility of damaging your liver, kidneys and heart. Some of the side effects of steroids to the reproductive system are that you balls may shrink and you testosterone production may be significantly reduced.
- We all know that smoking cigarettes is bad for your health. But you may not know what it does to your sexual performance. When you smoke you decrease the blood and oxygen supply in your arteries and your sexual performance and firmness of your erection decreases.
- Alcohol in moderation is not bad, in fact medical studies have now shown that one drink a day may even be good for your health. We all know that too much alcohol decreases your ability to perform sexually. So once again moderation is the key.

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Related Topics

Maximizing Your Results

Frequently Asked Questions

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Maximizing Your Results

Here are a few tips that we would like to share with you so that can you can maximize your penis enlargement results

1. Relax and Clear Your Mind

As you workout each day, don't use that time to think about work, a fight you had with your partner or all the things you'll have to do once you're finished the workout. This is your time that you should devote entirely to yourself for enhancing your own life, so give it the attention it deserves.

Be sure to perform the exercises somewhere relaxing and comfortable, with good support for your back. Turn on some soothing music and block out all of the negative and distracting thoughts in your mind.

2. Breathe Deeply

Many users have told us that a few moments of deep breathing during the warm up allows them to shift gears from thinking about the details of their busy lives to focusing on their own personal goals for growth. As you apply the hot wrap, you consciously clear your mind of everything - including worries, work, and relationships.

Whenever a thought pops into your mind, just calmly push it out and focus on your breathing.

Inhale through your nose for a slow count to 15. Concentrate on the breath and your slow count, and this will help you to block out other thoughts. Hold for a few seconds, and exhale through your mouth slowly, taking 10-15 to fully exhale. Repeat this deep breathing until your wrap cools.

3. Focus on Your Penis While You Exercise

Focus on your penis every time you stretch, lengthen or stroke your penis. With each stroke, focus on the sensation of your penis extending outward.

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It is the quality with which you execute each exercise that matters, not the quantity of repetitions you perform. We have streamlined our workout for maximum efficiency; however, for optimal results, you will really need to focus on performing each repetition the very best that you can.

4. Attitude and Belief

Your attitude and belief regarding the techniques presented in our guide are just as important as the actual techniques themselves.

If you use these techniques with the attitude, "It won't work for me, I will never be able to last all night long! Or "This is bullshit! I am stuck with a 5 1/2 cock forever!" the results will respond accordingly. How can you expect great success when you are planning for failure!

The attitude you need to have is that it will work and, "I have a BIG COCK!" and "I can last ALL NIGHT LONG!" Say it now! SAY IT OUT LOUD! And believe it.

We are going to share with you the key to success in anything!

"What ever it is you want, you have to feel as though you already have it!"

What this means is that if you want a big cock you have to feel as though you cock is already big. Say I have a BIG COCK! Say it until you FEEL IT! In your gut, in your spirit, in your soul, and then you will feel it in your body.

5. Other Tips

- Drink water...lots of it. Hydration is the key to your body's proper function.
- Good sexual activity is important, though not in excessive doses. This is either sex or masturbation. Your penis needs to be used and filled with blood, just as it is when you do the exercises. Every time you ejaculate your penis reaches its most erect state, which will only help it expand and grow in time with the exercises. Remember also that too much sex or masturbation lowers your energy

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level and depletes your vitamin and nutritional intake. Unfortunately, too much is really a bad thing.

- Any anaerobic exercise (exercise that causes you to breathe heavily, which builds muscle and burns fat) is good for your body and for your penis. It will keep the blood level high, and will keep your penis large and able to perform very well.

Related Topic

Frequently Asked Questions

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Frequently Asked Questions

Send us an e-mail at EnlargePenisGuide.com@gmail.com if you have a question about penis enlargement.

Answers to many questions can be found at Frequently Asked Questions section on the website. We update answers for the new asked questions about every two weeks.

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Part 6: Penis Enlargement Products

Visit website for user rating & reviews of top 5 penis enlargement pills, top 5 penis enlargement devices, top 5 penis enlargement patches, and top 5 semen volume pills.

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Source: The Definitive Penis Size Survey – Sixth Edition

As illustrated in Figure 3, well-endowed men have more sexual partners per year (8 sexual partners) than their average or modestly endowed counterparts have (4 sexual partners).

The data reveals that these men were more self-confident which may, in part, explain this finding.

2. Alfred Kinsey Institute

Alfred Kinsey, pioneering sexologist, was the first to do a mass scientific survey of human sexual behavior, collecting some 18,000 sexual histories. From the beginning, the validity of Kinsey's studies was questioned. Nevertheless, his research remains the main body of knowledge in sex research, a benchmark against which subsequent studies are measured.

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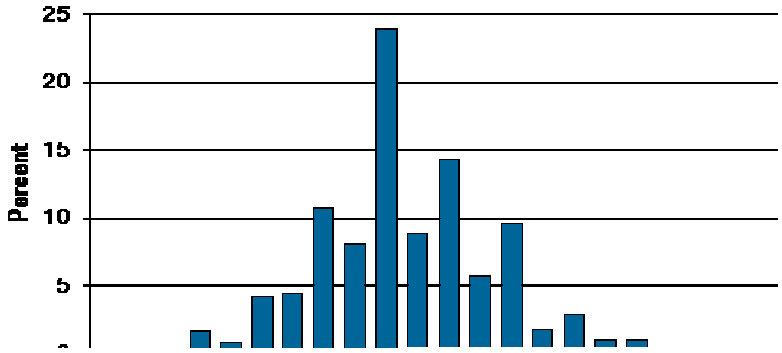
Kinsey and associates (1948) collected data concerning penis sizes from 3,500 adult males. All length measurements were taken when the penises were erect, along the top of the penis, from the point where the top of the penile shaft meets the pubic area to the tip. The foreskin was retracted in uncircumcised men. All girth measurements were taken from around the middle of the penis. Later data published included flaccid penis length. In summary, Kinsey found that the average penis length is 6.36 inches, and the average girth is 4.94 inches. See graph below:



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4. Lifestyles Condom Co.

Length	% of men	Circumference	% of men
4.00" = 10.16 cm	0.3 %	1.75" = 4.44 cm	0.4 %
4.25" = 10.79 cm	0.2 %	2.00" = 5.08 cm	0.4 %
4.50" = 11.43 cm	0.7 %	2.25" = 5.71 cm	1.2 %
4.75" = 12.06 cm	0.8 %	2.50" = 6.35 cm	0.3 %
5.00" = 12.70 cm	2.9 %	2.75" = 6.98 cm	0.3 %
5.25" = 13.33 cm	2.0 %	3.00" = 7.62 cm	0.4 %
5.50" = 13.97 cm	4.4 %	3.25" = 8.25 cm	0.4 %
5.75" = 14.60 cm	9.0 %	3.50" = 8.89 cm	0.9 %
6.00" = 15.24 cm	10.8 %	3.75" = 9.52 cm	1.1 %
6.25" = 15.87 cm	24.3 %	4.00" = 10.16 cm	4.7 %
6.50" = 16.51 cm	23.9 %	4.25" = 10.79 cm	6.3 %
6.75" = 17.14 cm	9.3 %	4.50" = 11.43 cm	17.1 %
7.00" = 17.78 cm	6.7 %	4.75" = 12.06 cm	11.7 %
7.25" = 18.41 cm	1.0 %	5.00" = 12.70 cm	24.1 %
7.50" = 19.05 cm	1.0 %	5.25" = 13.33 cm	9.9 %
7.75" = 19.68 cm	0.9 %	5.50" = 13.97 cm	11.5 %
8.00" = 20.32 cm	0.8 %	5.75" = 14.60 cm	3.0 %
8.25" = 20.95 cm	0.3 %	6.00" = 15.24 cm	3.9 %
8.50" = 21.59 cm	0.3 %	6.25" = 15.87 cm	0.5 %
8.75" = 22.22 cm	0.1 %	6.50" = 16.51 cm	0.5 %

Other Facts About Penis

- 85% of all men cannot have intercourse longer than 3 minutes before ejaculating, due to an underdeveloped and weak PC Muscle.
- 30 million men in the USA alone suffer from Erectile Dysfunction (Impotence)
- The majority of men have very poor blood circulation to the penis.
- By age 29, 96% of men cannot gain erections 1/5 as much as when they were 20.
- Over 98% of men would increase the size of their penis if they knew how.

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- 93% of women have never achieved an orgasm during intercourse, and 76% admit that they are dissatisfied with their partners sexual performance.
- 99% of all men have a weaker, smaller and underdeveloped penis to what they could posses.

Related Topics

Penis Size Poll

Does Penis Size Matter?

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Penis Size Comparison

Erect Length

Your Size (in inches)	Your Percentile	Explanation
If your penis length falls between 2.7-4.9	0-10%	90-100% of the men have longer penis than you 0-10% of the men have shorter penis than you
If your penis length falls between 4.9-5.5	10-20%	80-90% of the men have longer penis than you 10-20% of the men have shorter penis than you
If your penis length falls between 5.5-5.8	20-30%	70-80% of the men have longer penis than you 20-30% of the men have shorter penis than you
If your penis length falls between 5.8-6.0	30-40%	60-70% of the men have longer penis than you 30-40% of the men have shorter penis than you
If your penis length falls between 6.0-6.3	40-50%	50-60% of the men have longer penis than you 40-50% of the men have shorter penis than you
If your penis length falls between 6.3-6.7	50-60%	40-50% of the men have longer penis than you 50-60% of the men have shorter penis than you
If your penis length falls between 6.7-6.9	60-70%	30-40% of the men have longer penis than you 60-70% of the men have shorter penis than you
If your penis length falls between 6.9-7.3	70-80%	20-30% of the men have longer penis than you 70-80% of the men have shorter penis than you
If your penis length falls between 7.3-7.9	80-90%	10-20% of the men have longer penis than you 80-90% of the men have shorter penis than you
If your penis length falls between 7.9-10.2	90-100%	0-10% of the men have longer penis than you 90-100% of the men have shorter penis than you

Source: The Definitive Penis Size Survey – Sixth Edition

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Erect Girth

Your Size (in inches)	Your Percentile	Explanation
If your penis girth falls between 2.4-3.7	0-10%	90-100% of the men have bigger penis than you 0-10% of the men have smaller penis than you
If your penis girth falls between 3.7-4.3	10-20%	80-90% of the men have bigger penis than you 10-20% of the men have smaller penis than you
If your penis girth falls between 4.3-4.7	20-30%	70-80% of the men have bigger penis than you 20-30% of the men have smaller penis than you
If your penis girth falls between 4.7-4.9	30-40%	60-70% of the men have bigger penis than you 30-40% of the men have smaller penis than you
If your penis girth falls between 4.9-5.1	40-50%	50-60% of the men have bigger penis than you 40-50% of the men have smaller penis than you
If your penis girth falls between 5.1-5.3	50-60%	40-50% of the men have bigger penis than you 50-60% of the men have smaller penis than you
If your penis girth falls between 5.3-5.5	60-70%	30-40% of the men have longer penis than you 60-70% of the men have shorter penis than you
If your penis girth falls between 5.5-5.9	70-80%	20-30% of the men have bigger penis than you 70-80% of the men have smaller penis than you
If your penis girth falls between 5.9-6.3	80-90%	10-20% of the men have bigger penis than you 80-90% of the men have smaller penis than you
If your penis girth falls between 6.3-8.1	90-100%	0-10% of the men have bigger penis than you 90-100% of the men have smaller penis than you

Source: The Definitive Penis Size Survey – Sixth Edition

Related Topics

Penis Size Poll

Does Penis Size Matter?

Facts About Penis Size

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Penis Size Poll

Cast your votes about your penis size or view results at penis size poll on the website.

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Does Penis Size Matter?

Does penis size matter to women? In a poll conducted by Durex™ Condoms, 67% of women said they were unhappy with their lover's penis size. In other words, 2 out of every 3 girls prefer a longer and/or bigger penis.

In that survey, it was also revealed that 93% of women have never achieved an orgasm during intercourse, and 76% admit that they are dissatisfied with their partners' sexual performance.

Click here to visit discussion forum about whether penis size matters to women. In the forum, you can read male and female visitors' opinions about penis size. Feel free to add your comment there.

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II. Becoming a Better Lover

Ejaculation Control Techniques

It is a sad but true fact that 85% of all men cannot have intercourse longer than 3 minutes before ejaculating, due to an underdeveloped and weak PC muscle. You may not know that your PC muscle can be strengthened to the point that you can use it to prevent yourself from ejaculating.

With enough strengthening of the PC muscle and practice, you can better control the occurrence, duration, and strength of your orgasm.

Having a weak PC muscle causes weak erections, weak ejaculations, impotence and premature ejaculation. Therefore, controlling ejaculation is in fact a matter of developing stronger PC muscle.

What Is the PC Muscle?

The PC muscle (or pubococcygeal muscle) is actually a group of pelvic muscles which form the basis for your sexual health. These muscles run from the pubic bone in the front of the body to the tailbone in the back. You can feel this muscle at your perenium (the area just behind your testicles) and in front of your anus, close to the prostate gland.

In addition to controlling urination with other pelvic muscles, the PC muscle is what helps bring a man or woman to climax. Strengthening and learning to control the PC muscle is the true secret to better sex and penile health.

Most women have already been using their PC muscles for years (whether they realize it or not) in order to help them get sexually aroused easier, lubricate faster, and achieve orgasm.

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Locating the PC Muscle

There are a few ways in which you can locate your PC muscle:

- Suck your thumb and flex the pelvic muscle which makes your erect penis move (without the use of your hands). With your other hand, find the location of the muscle based on your muscle contractions.
- Another way to locate the PC muscle is to stop your urine flow midstream while you urinate. The muscle used to stop your urine flow is actually the PC muscle. This method not only teaches you how to find the PC muscle, but is also a great beginner's exercise. Stop and restart your urine stream at least 5 times during every trip to the restroom in order to develop strength.
- The next method for locating your PC muscle may not be for everyone; however, we will mention it anyway. After lubrication, insert your forefinger or middle finger into your rectum and try to contract your PC muscle. You will know that you're doing it properly when your finger feels pressure from the anus contracting. When using this method, always keep your other muscles (thigh, back and abdominal) as relaxed as possible.

Once you are able to locate your PC muscle and understand how to flex it, you can begin performing our PC Exercises throughout your day.

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1. PC Exercises for Beginners

The following exercises are simple, effective and very easy to do. These exercises will allow you to build up your PC muscle strength before tackling our intermediate exercises.

Beginner PC Exercise I: Urine Flow Pause

Every time you go to the restroom and begin to urinate, stop your urine stream midway and hold it in for as long as you can. Then release, allowing your urine stream to flow freely once again. Repeat several times (at least 5) during each visit to the restroom.

Beginner PC Exercise II: Quick Clenches

Quickly clench and unclench your PC muscle for a 10 second period - then take a 10 second break. Repeat 3 times.

Note: Each clench may last only a second or less. Just do as many clenches as you can in a 10 second period of time, then stop.

Perform three sets of 10 second clenches, then take a 30 second break. Perform (3) 30 second intervals each day. If you are unable to do this many clenches, do as many as you can before your muscle tires out. Each day, strive to do more clenches than the day before.

Most beginners are unable to hold a clench for more than 1 or 2 seconds, so this is a great way to effectively build strength for future exercises which require a longer hold.

Beginner PC Exercise III: Penis Lifts

In a seated or lying position, attempt to move/lift your penis by flexing your PC muscles. If you are naked, you should see the penis move in some way (most noticeable in semi-erect or fully erect states). However, you do not need to be naked in order to perform this exercise and you do not need to have an erection.

Whether you're sitting at home or at work, you can perform this exercise simply by flexing your PC muscles, which will cause your penis to move (or attempt to move).

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Try to hold the flex for as long as you can each time. Repeat this exercise throughout the day, every single day, as often as you like.

2. Intermediate PC Exercises

Once you've acquired an adequate amount of strength in your PC muscles, you can step up to our Intermediate PC Exercises. These exercises are guaranteed to take you to the next level of PC strength and sexual improvement.

Intermediate PC Exercise I: Basic PC Squeezes

Gradually tighten your PC muscles over a count of five. Then, hold these muscles tight for a count of five and then slowly release them for a count of five to complete the rep (that's a total of 15 seconds per rep).

Begin with 10 reps per day and gradually increase to as many as 50 reps per day.

Once you are capable of doing the 50 rep routine, you can scale down your workout. While you want to exercise your PC regularly, you can shift to a maintenance plan. Your maintenance program may consist of 20 reps, 1 - 2 times each day. If at any point sexual enjoyment or your erection strength begins to subside, resume the 50 rep exercise.

Remember, you can perform these exercises while watching TV, going to the bathroom or driving to work, so squeeze them in whenever you get a chance.

PC Exercise II: Short Squeezes

This exercise is similar to Intermediate PC Exercise I; however, you are focusing on shorter, quicker squeezes. Rather than holding the squeeze for a count of 5 each time, hold for a count of 2 (for a total of 6 seconds per rep).

Begin with 20 reps per day and gradually increase to as many as 100 reps per day.

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PC Exercise III: Long, Slow Squeezes

Warm up with a set of 30 short squeezes (1 - 2 seconds each), then tighten as hard and as deeply as you possibly can. When you cannot squeeze any deeper, hold where you are for 20 seconds. Rest for 30 seconds. Repeat 5 times.

After 4 - 6 weeks of daily exercising, you should be able to do this squeeze and hold exercise for at least 1 - 2 minutes at a time, perhaps longer.

This particular exercise will give you absolute rock hard erections and the control to last as long as you want in bed.

Eventually, work your way up to 10 sets of 2 minute long holds. It may sound like a lot now, but you'll be amazed at how quickly you can build up to that level of strength.

PC Exercise IV: The PC Step Workout

This exercise simply involves tightening and relaxing your PC muscle in short steps, or increments.

Begin to tighten your PC, hold, then tighten more, hold, a little more, hold, then tighten all that you possibly can and hold. Hold this for 20 seconds, then relax a little bit, hold, relax a little bit more, hold, relax a little more, hold, then finally release the rest.

Do this 5 times without resting in between reps.

3. Advanced PC Exercises

Once you've mastered the intermediate exercises, you may want to give our Advanced PC Exercises a try. These exercises will make your PC muscles so strong that the Incredible Hulk will be jealous of you.

Advanced PC Exercise I: The PC Burn

Begin to tighten your PC muscle very slowly. Tighten so slowly that it takes 3 minutes to completely tighten the muscle.

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At some point, you will feel that you can no longer tighten your PC, but keep going. Go beyond where you think you can go. Keep tightening until your PC begins to burn.

Hold very tightly at that point, and breathe very slowly and deeply for 30 seconds. At the end of 30 seconds, tighten your PC even more, continually trying to push yourself.

When the burning becomes uncomfortable, release your hold and immediately do 20 PC squeezes. Perform this exercise once daily.

Advanced PC Exercise II: The PC Pressure Flex

This exercise must be done in private, as it is not as inconspicuous as our other PC exercises.

- You will need an erection for this exercise; however, a lubricant is not required unless you need it to stroke yourself to an erection.
- Once you have a full erection, grasp your penis midway up the shaft. Use your whole hand, gripping with all fingers. Flex your PC muscle and hold for approximately two seconds. Apply medium, constant pressure to your penis with your gripping hand. You will feel some resistance, since you are containing the blood in the penis. Your penis will also want to rise, but keep it in one place. You are applying pressure against both functions of the PC muscle - blood movement and erection rigidity.
- Begin 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 you feel like you're ready for a new challenge, you may want to apply more pressure downwards (not squeezing harder, but pushing down against your PC muscle). The advanced PC exercise should not take more than 3 to 5 minutes total. Perform once daily. You can alternate this daily exercise with the PC Burn if you like, or perform both exercises each day.

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Related Topics

Orgasm Delaying Techniques

Thrusting Techniques

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Orgasm Delaying Techniques

Now we will cover several techniques in this section that will enable you to delay and/or prevent your orgasm and prolong lovemaking for as long as you desire. Some of the techniques will work better for you than others and many can and should be used in conjunction with each other. We will start with the simplest leading to the more advanced with each technique building on the previous.

Identifying The Point of No Return

Before you can exercise orgasm delaying techniques you must be able to recognize when it is that you are going to ejaculate or, as we will call it the point of ejaculatory inevitability or the point of no return(P.O.N.R). In order to do this, you have to do some exercises so that you will be able to identify your P.O.N.R.

Exercise 1: Finding your P.O.N.R. and excitement scale

You should do this alone and without any added stimulation (Pornographic Material unless absolutely needed). You should pay attention to every nuance and subtle feeling that you will feel.

- Start with a limp penis and begin stroking until you are hard. Notice all of the feelings you feel along the way to your P.O.N.R.
- Give each level of excitement a number between 1-10, 1.5, 3.5, 9.5, etc.(1 being lowest or semi-hard and 10 highest and the P.O.N.R.) along the way to your P.O.N.R.
- Try to stay at each level for about 2-3 min. Then move to the next.
- Notice what it is that moves you to the next level i.e. the speed of your stroking, the tightness of your grip, what you are thinking etc.
- Move slowly to each higher level as to not get carried away and ejaculate with out finding your P.O.N.R.
- When you get to a level about 9-9.5 pay real close attention to what you are feeling. You should start to feel the seamen moving from the testicles and collecting in the prostate gland at the base of the penis.

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- If possible stop and take a deep breath and feel everything. If you can't stop then you have passed your P.O.N.R.
- See how close you can get, then let your self ejaculate and enjoy it!

Now that you have identified your P.O.N.R. and you can tell when you are approaching your P.O.N.R. all you need is to learn how to slow your path to orgasm which we will cover in the next section.

Now we will start exercising orgasm delaying techniques

Breathing Technique

This one is fairly simple but very powerful when combined with other techniques. That is why you are going to learn it first.

First we need to see if you know the proper way to breathe:

Put your hand on your abdomen and take a deep breath, you should feel your abdomen fill with air and your abdomen expand outward. Your shoulders should not rise. Practice breathing like this until you get it down.

When you feel that you are reaching around 7.5 or 8 on the Excitement Scale take a slow deep breath and hold it for a few seconds until the urge to ejaculate subsides. Continue slow deep breathing until your level on the Excitement Scale drops a few points.

Warning: Don't hold your breath too long you don't want to get dizzy or pass out!

This technique may or may not work for you depending on how close to your P.O.N.R. you are, but is very powerful when used in combination with the following techniques.

Stop Technique

When you feel that you are getting too close to your point of no return, just stop what ever it is you are doing. Take a deep breath and just wait 20-60 seconds before you resume any form of stimulation.

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Once you feel that your arousal has dropped a few points on your excitement scale you then can resume stimulation. The key to making this work is to really stop. If you are with a lover you maybe concerned that you will look silly or deprive her of her pleasure.

If you use finesse you will be able apply this technique properly without either of the two happening. The key to doing this is not to let your lover feel isolated during your break.

Scenario A: Let's say your lover is going down on you and you are getting close to your P.O.N.R. and you haven't had intercourse yet.

A few ways to handle this are as follows:

- Say "Baby, that feels so good, but I don't want to come yet! Could you stop for a few seconds!" Most women would be very happy to help you out, especially if your are with a steady lover.
- Say "Oh, you are so good! Come here!" and pull her up, take a deep breath and kiss her passionately during the 30 seconds or so...This will only turn her on more and still give the break you needed...Then you can gently guide her back down there or move on to another activity. If you need even more of break you could suck on her nipples or go down her...
- Pull her up and say "My Turn!" and go down on her while you take your needed break. Very few women will argue with this request!

Scenario B: You are having intercourse and you can tell that it won't be long before you reach your P.O.N.R.

A few ways to handle this are as follows:

- Say "Baby, your pussy feels so good, but I don't want to come yet!" Stop, pull out, take a slow deep breath (If just stopping without pulling out works for you then it is great. But many times it won't be enough, also she may keep moving especially if she is on top) and take a break. Most women are very happy to help you out, especially if your are with a steady lover. WARNING: If your lover is screaming "Don't stop! I'm about to come", this is not the time for this technique, even if you want to last past her orgasm.
- Stop, take a deep breath and, change positions. This will only work if you have been in one position for awhile. Also the best position to move to is her favorite, unless this was it! Then you might not want to change.

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- Pull out, take a deep breath, tell her how pretty her pussy is or how much you love her pussy, go down and kiss her or her pussy a few times, while you take a break.
- Pull out, take deep breath, slide the shaft of your penis over her clitoris with a thrusting motion, and rub her clitoris with the head of your penis and/or playfully slap and tease her pussy with your penis, while you say something like "You like being naughty don't you, I love your naughty little pussy!" or some other verbiage that you come up with... Be creative!

Breathing and Stop Technique

Exercise 2: Breathing and Stop Technique

- Start with a limp penis and begin stroking until you are hard. Notice all of the feelings you feel along the way to your P.O.N.R.
- Give each level of excitement a number between 1-10, 1.5, 3.5, 9.5, etc.(1 being lowest or semi-hard and 10 highest and the P.O.N.R.) along the way to your P.O.N.R.
- Try to stay at each level for about 2-3 min. Then move to the next.
- Notice what it is that moves you to the next level i.e. the speed of your stroking, the tightness of your grip, what you are thinking etc.
- Move slowly to each higher level as to not get carried away and ejaculate with out trying the technique.
- When you get to a level of about 6.5 apply the technique:
    - Stop, take your hand off of your penis, take a deep breath and hold for a few seconds, slowly let the breath out and relax as your excitement level drops a few point on the scale. Pay very close attention to what you are feeling as this happens. Start stimulating yourself again and repeat the above technique at levels 7.5, 8.5, 9.5.
    - See how close you can get each time, then let your self ejaculate and enjoy it!

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Squeeze Technique

The squeeze technique is just what it sounds like you squeeze your penis with your hand. When feel like you are getting near your P.O.N.R. you do the squeeze in combination with the previous breathing and stop technique.

The Squeeze Technique**:**

- When you feel close to your P.O.N.R., stop, pull out, take a deep breath and squeeze your penis hard with your thumb and first two fingers for several seconds. After your excitement level drops a few points you may resume intercourse. The squeeze should be applied either with the first two fingers (this is a flat grip the fingers and thumb do not meet.) just below the head of the penis.
- Another variation is to squeeze your penis at the base instead of just below. This can be done in the same manner described above or by gripping the penis in a ring manner with the thumb and index finger. Try both and see which works best for you. You may also be able to use the last variation of griping the penis at the base without having to pull out, and simply just stopping, taking a deep breath and applying the squeeze to the base of the penis and waiting till the urge to ejaculate subsides.

Focus Control Technique

These techniques are more mental than physical and since the mind is the greatest sex organ these techniques are very powerful when combined with the ones above.

These techniques work in the way that you direct your attention away from your orgasm and onto other sensations, and at the same time keep you fully present in the sexual experience.

1. Change your focus of goal:

This is the easiest of the focus control techniques. It is more an attitude than a specific technique.

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Change your focus and goal from having an orgasm and ejaculation to enjoying and taking in the whole sexual experience: the smell of her hair, the feel of her skin, the way she tastes, etc...

By taking the focus off of ejaculation and putting it on the whole experience, everything you do does not lead to ejaculating, but to enjoying.

2. Change your focus of physical sensation:

In this one what you do is to take your attention off of your penis and place them on another part of your body. When you get to a high level of excitement, shift you attention from what you are feeling in your genitals to what the rest of your body is feeling. Feel what your hands feel, feel what your skin feels.

3. Change your focus on the external stimuli of your lover:

Many times what drives you past the point of no return is not just something that you are feeling but also what you are seeing and hearing and what your focus is on.

For instance maybe you can last without a problem until you lover starts to moan and scream, and when your hear how excited she is it throws you past the your P.O.N.R. Or maybe it's when you see her beautiful full breasts hanging down while you are thrusting into her from behind or any number of things.

The point is to identify what it is that drives you past your P.O.N.R. and then change you focus to something else about your lover.

Many men change their focus to sport scores or something that turns them off, we personally don't think that you should think of something that you find distasteful or negative to delay your ejaculation as you may accidentally create an association between the two. If you feel that this form of detachment may help you, change your focus to anything pleasant that is non-sexual in nature instead.

However, we feel that it is better not to remove yourself from your present sexual experience with your lover. It would be preferable to change your focus to how much you love or care about her, how beautiful she looks, how amazing the experience is, take in the whole experience the ambiance, the mood, feel the sheets etc. Just change you focus to anything that is present except the stimulus that drives you over the edge.

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Related Topics

Ejaculation Control Techniques

Thrusting Techniques

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Thrusting Techniques

Many men just thrust in and out over and over again, or worse just put it in and pound. While some women like to be pounded on occasion or after they have warmed up with an orgasm or two, the same thing over and over again can get quite boring. Here we will present several thrusting techniques that you can apply to help your sexual partner reach orgasm. You will also learn the techniques that make her beg you for more.

Taoist 9 in 1 Technique

The Taoist 9 in 1 technique is a thrusting sequence in which you simply thrust 9 times shallow (1 to 4 inches) and 1 time deep (3 to 5 inches, but not so deep as to hit her cervix and cause pain).

Example of one set:

Shallow	Deep
1	9
2	8
3	7
4	6
5	5
6	4
7	3
8	2
9	1

Then you repeat the sequence over and over again varying the speed of the thrusts. It is said that this sequence will stimulate the woman to all nine levels

The Ancient Taoists also describe nine different types of thrusts. We have endeavored to paraphrase from the overly poetic language used.

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The nine type of thrusts:

- Thrust to the left and to the right to stimulate the vaginal walls.
- Thrust up and down rather than in and out. You have to move your whole body up and down do this in the missionary position.
- Teasingly pull out and push back in.
- Alternate between using deep thrusts and shallow teasing strokes.
- Make deep and shallow strokes in steady succession.
- Push in slowly.
- Thrust swiftly.
- Poise at the opening, then strike swiftly and stay inside for a few moments.
- Rise and then plunge low

Tease and Please Technique

In this technique you tease your partner with your penis until she is begging you to put it in her then you then you slowly enter her an inch at a time until you tease an orgasm out of her.

The Technique:

- After your partner is highly aroused from foreplay, you gently rub your partner's clitoris with the head of your penis. Every once in a while tease the opening with the head of your penis. After a few minutes of this she will be simmering with desire, but you want her boiling so keep on teasing.
- She will ask you to put it in! DON'T PUT IT IN YET! Keep teasing and talk to her. Tell her how beautiful her pussy is. Ask her if she your cock inside her. Ask her how badly she wants it as you keep teasing her. After a few more minutes of this she will be on the edge of her seat and almost boiling with desire.
- When she really can't stand it any longer, start rubbing the opening with the head of your penis for about a minute or so. Then slide only the head in and slowly thrust in and out with only the head of your penis. She will be begging for you to put it in more!

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- Slide it in one more inch, then thrust slowly in and out but only to this same depth. Keep talking to her while you do this. Ask her if she likes your cock inside her, tell her how much you like fucking her and how good her pussy feels.
- After a couple more minutes, slide it in one more inch and then thrust slowly in and out to this same depth.
- Repeat step 5 until you are almost at your full length, but don't put it all the way in until she starts having an orgasm.
- Once she starts having an orgasm you may start thrusting more vigorously and or move on to a different technique.

Slide and Glide Technique

This technique relies on stimulating your partners clitoris with the friction and pressure from your upper pubic region (right above your pubic bone) which we will call the Friction Zone.

The technique is done in the missionary position (the most popular position - you on top). Make sure your partner is well lubricated, and we would recommend starting with the tease and please technique until you are almost all the way in and then start do this technique.

<u>The Technique:</u>

- In the missionary position, make sure your partner's clitoris and upper vaginal area is well lubricated. (With her own juices, your saliva, Astroglide, Wet, etc.)
- Ask her to spread her vaginal lips with her hands, when she does this put your penis in up to the base and rest the Friction Zone on her clitoris.
- Put your weight on her body, and reach down and grab her ass and spread the cheeks apart.
- Now start sliding up and down on her (not in and out, you penis should remain in completely inside her all the way to the base as you move. To do this you will need to grab her shoulders or the edge of the bed with both hands and push off with your toes as well. As you do all of this make sure that the greatest friction between you and her is where the Friction Zone and her clitoris meet. This might

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