



## **The Natural Penis Enlargement Guide**

**How to add inches with as little as  
7 minutes exercise a day**



## **Table of Contents**

<b>Table of Contents .....</b>	<b>2</b>
<b>Introduction .....</b>	<b>3</b>
The Purpose of this Guide.....	3
The Anatomy of a Penis .....	5
Psychological Benefits of a Bigger Penis.....	7
Do Penis Enlargement Exercises Really Work? .....	8
Testimonials of Success.....	9
BPEL: + 2 inches , EG: + 1 inch .....	11
Methods to Avoid.....	12
Advice for Beginners .....	14
<b>Measuring the Penis .....</b>	<b>16</b>
Measuring the Flaccid Length .....	16
Measuring the Erect Length .....	17
Measuring the Flaccid Girth .....	17
Measuring the Erect Girth.....	18
Tracking Your Gains.....	18
<b>Recommended Routines .....</b>	<b>19</b>
Basic Beginner Routine .....	19
Regular Beginner Routine .....	19
Extended Beginner Routine .....	19
<b>The Exercises.....</b>	<b>20</b>
The Wake Up Cloth .....	20
The Long Schlong .....	21
The Jelq .....	22
Horizontal Movement.....	23
The PC Flex Basic.....	24
<b>Penis Exercises - The Next Level .....</b>	<b>25</b>
Choosing the Right Program .....	25
A Comparison of Penis Exercise Programs .....	27
<b>Copyright Notice .....</b>	<b>29</b>
<b>Disclaimer.....</b>	<b>29</b>



## **Introduction**

### **The Purpose of this Guide**

The first question most people ask when opening this guide for the first time is 'Who or what is Penis Health and why have they produced this e-book?'

Well, let us tell you. **Penis Health** is an online **penis enlargement exercise program** that has been developed and improved over several years to produce one of the leading and most respected penis exercise programs anywhere on the internet.

"Ok so you have done this e-book as a clever marketing ploy to get more sales?"

This is not entirely true, of course we would love it if after reading this book you decided that you wanted to investigate the program further and visited our website; however that is not our primary aim. Most enlargement programs out there exist for only one reason and that is to make money, at Penis Health we do things a little differently.

Our company vision is to dispel the many myths about penis enlargement being impossible, and we recognise there is only one way to do this. That is to educate the common man with **the facts and techniques that thousands of men have been successfully using to get a bigger penis.**

Thousands of men have shown that penis enlargement exercises can:

- ✔ **Increase your penis length and girth!**
- ✔ **Help premature ejaculation**
- ✔ **Improve erection hardness**
- ✔ **Straighten curved penises**
- ✔ **Improve confidence and self esteem**

We have a passion for penis enlargement because we know it works, our job is to let the world know that it works and bring penis enlargement into the public eye, much as breast enlargement has become a common discussion topic around the dinner table, on the bus, and even at work. This guide is the first step in achieving our vision.

The next section will explain how the exercises work to enlarge their penis, you may be surprised. Penis Enlargement is not some kind of magical, unexplainable occurrence; it is **a logical and scientific process.**



Think of it this way, what is the first thing you do with a balloon before you blow it up? You stretch it and this makes the rubber more supple and allows the balloon to hold more air. Of course the penis is very different to a balloon but the basic principles are the same, if you can exercise your penis to hold more blood then it will become larger in size, simple as that!

There are many benefits to be enjoyed when you have a bigger penis, for starters the **confidence** it can bring can literally turn your life around. Can you remember the last time you wanted to approach a woman but didn't have the confidence? Or even the last time you went to the gents and felt insecure whilst standing at the urinals?

Well, a bigger penis can bring you the confidence to approach that woman you have had your eye on, and you could be visiting the gents completely relaxed knowing that you are probably larger downstairs than every other man in there.

A bigger penis means you **KNOW** you can satisfy any woman and that knowledge and confidence can radiate throughout **your entire life**. Don't believe us? Carry on reading to find out exactly how penis enlargement exercises have helped others and how they can help you!

Ok, that's enough from us, the rest of this guide will tell you exactly how the exercises work, how to perform them and the most effective approach for successful gains. We hope that you enjoy reading this guide and that the information we have provided you will be useful in your quest for **a bigger penis**.

Good Luck!



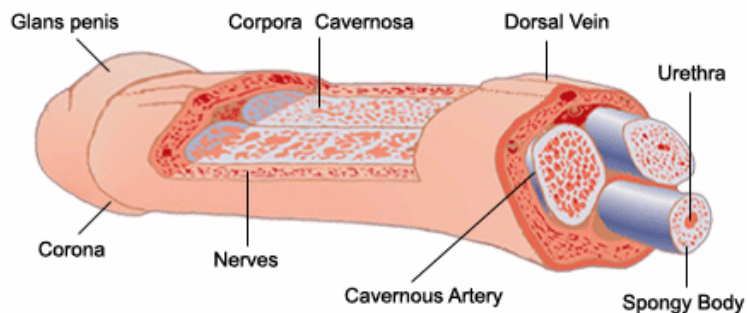
## The Anatomy of a Penis

The penis is as complex as any other part of the human body, despite a deceptively simple appearance. Moreover, since the two functions of the penis are well-known to men and women alike, there is a tendency to think that everybody knows everything worth knowing about it.

However, there are always a few questions left unanswered or some obscure bit of information that nobody bothers to remember and which may become interesting in a certain context.

Basically, the human penis is made up of two parts: the shaft and the glans (also known as the head). The shaft is not a muscle as some have suggested. It is made of three columns of tissue, one of which continues forward to form the glans. These columns are called the Corpus Spongiosus, which forms the underside of the penis and the glans, and the Corpora Cavernosa, which are two chambers of tissue located next to each other on the upper side of the penis.

The shaft is covered in skin, while the glans supports the loosely attached fold of skin known as the foreskin. The foreskin is attached to the underside of the penis, in an area called the frenum. And, lastly, the penis is traversed from base to tip by the Urethra. This canal serves as a passage for both urine, produced in the bladder, and the sperm, produced in the testes.



Erection is achieved by filling the two Corpora Cavernosa chambers with blood. Unlike some other mammals, humans have no erectile bone and have to rely instead on engorgement with blood to reach erection.

When the erection is triggered by sexual stimulation, the arteries that bring blood to the penis dilate in order to increase blood flow. The sponge-like Corpora Cavernosa fills up



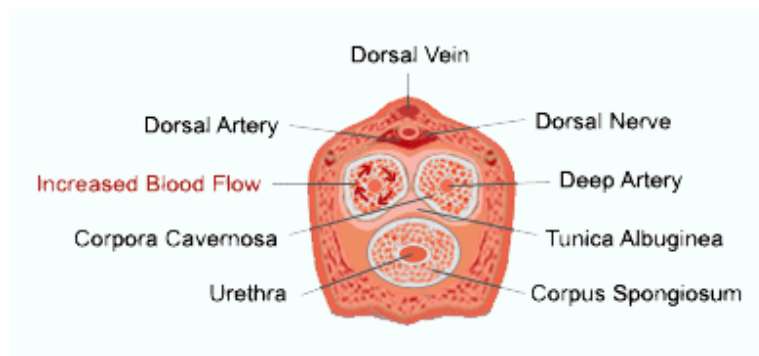
with blood, which makes the penis stiff. The stiffer tissues constrict the veins that carry blood away from the penis in order to maintain the erection.

Every male baby is born with a full set of reproductive organs. However, these organs are not fully developed and remain so until the boy enters puberty.

At puberty, usually between the ages of 10 and 14, the pituitary gland starts secreting hormones that induce the testicles to produce testosterone. This is the hormone that controls all the physical and many of the psychological traits that define man.

Its presence ensures the development of bigger bones and higher muscle mass in men. It is also responsible for the increase in penis and testicles size, the apparition of pubic hair and the deeper tone of the male voice.

The penis stops growing at the end of puberty, which comes around the age of 18. However, there are many environmental factors that may delay or accelerate the onset or the end of puberty. This means that some men may experience penis growth beyond the age of 18.



A common urban myth that almost everyone has heard, is the idea that penis size is linked to the size of another body part. The most common versions of this myth focus on the size of hands, feet, nose or overall height to determine the size of the penis. Actually, there is no such link.

Although the development of the penis in the embryo is controlled by the same genes as the limbs, penis growth at puberty is entirely governed by testosterone and has nothing to do with the other parts of the body.

Some men are born with big penises. This is an undisputed fact of life whose causes are still a mystery to science. As stated above, there is no correlation between penis and body size.

Studies conducted on bats have shown that the sexual organs and the brain require large quantities of energy to develop. At some point, the developing embryo decides whether it wants a bigger brain or a bigger set of sexual organs. However, science is still at a loss to understand how the decision is made and why.



And, lastly, a word on penis exercises. The exercises that PenisHealth promote are designed to force the columns of tissue to expand in both length and girth. This is done by exerting pressure on the shaft and helping the cells that make up the tissues to multiply.

Obviously, the aim of these exercises is to make the Corpora Cavernosa hold more blood in order to **increase the size of the erect penis**. Contrary to what many skeptics think, the careful and sustained exercising of the penis is a safe and effective way of increasing length and girth.

## Psychological Benefits of a Bigger Penis

The face of a man is usually an open book to most women. They can read practically anything in our faces. I've known ladies who could tell the size of my penis, bank account and the status of my sex life by taking only one look at me. Of course, the look was followed by the lady's departure in the opposite direction.

Failure always leaves a mark on your face, just like success does. And women can read those marks awfully well. It's even worse when you have a small penis and failure tends to follow failure in a pattern that grows bigger every day.

The first thing women notice about a man is his confidence level. A stoop-shouldered man with a downcast look has very little chance of actually getting a date from a decent-looking lady.



On the other hand, a broad-chested guy with a confident look in his eyes and a swagger in his step is sure to **catch the eye of most women**. He may not get every single pretty girl, but he'll sure as hell be noticed by each and every one. Trust me, nothing gives a man more confidence than a big penis. A man who knows that the schlong dangling in his pants is big enough to **satisfy any woman** walks around with an "I don't have a care in the world" kind of aura.

You can bet your life that women notice that. Women don't care a lot what a man says, since most men have little to say that interests a woman. But they pay strict attention to



the subtle signs in a man's attitude. Women think: "If he looks confident, then there must be something about him that makes him so confident. This could be interesting".

A big penis is your ticket to that show of confidence that is not an act or a sham, but the real thing. Are you suffering from low-confidence and anxiety? Are you afraid that women may look down on you? Then **penis enlargement is the solution for you**. The minute you stop worrying, it's their turn to be anxious.

A big penis has a lot of benefits and no downside that I can think of. Well, maybe if you decide to increase your penis size to 9 or 10 inches; that could be a problem. But if you stick to a nice 8 inches, then you'll reap all the benefits. **Increased confidence, greater stamina in bed, better control of your ejaculation, longer sex sessions and more pleasure for you and the lady, all these can be yours.**

Anxiety, depression and low self-esteem have no chance against a big penis and rock-hard erections that last much longer than before. Women will be impressed by the hefty dick that just keeps going and men will eye the bulge in your pants with envy. Now that's what I call turning the tables!

## Do Penis Enlargement Exercises Really Work?

Many people are keen to dismiss penis exercises as myths even though they are not familiar with the facts. Penis exercises have been around in one form or other for a very long time. Primitive tribes are still using weights, various objects and exercises to force parts of the human body to change size and achieve a new look.



The women of the Paduang tribe use metal rings to lengthen their necks, while the people from other tribes hang weights from their lips or ear lobes in order to reach their own standards of beauty. With all these going on, why should it be so hard to believe that the penis was ignored?

Especially since we know that it was not. Various penis enlargement techniques have also been reported, especially among the nomad Arabic tribes. Body enhancement techniques performed by males were always tied to the position of the person in question within the tribe or with the manhood initiation rites.



It seems that men found early on that the human body can be modified using devices or exercises. The only traction devices at their disposal for a long period of time were weights, but stretching the penis using one's own hands was just as good as any device.

The basic principle behind body enhancement is the adaptability of the human body in response to external stimuli. Everybody knows that the extra physical effort put into working out at the gym will trigger an increase in the size of the muscles that have to sustain the effort.

Similarly, repeated exercises focused on the penis, will force the body to start multiplying the cells that make up the penis tissues and to **increase both the length and girth of the penis** in order to cope with the new situation.

The best known penis enlargement exercise is the Jelq. This exercise is designed to enlarge the penis using milking movements in order to increase the blood flow into the corpora cavernosa, the sponge-like tissues of the penis. The increased blood flow will, in time, force the tissues to expand and increase both the flaccid and erect sizes of the penis.

Dr. Brian Richards conducted a study of penis enlargement exercises in the 1970s and found that the jelq helped nearly **90 percent of patients increase their penis size**. The gains ranged in size of course, but it was proven that men could **add an inch or more** to their penises.

Despite the rabid skepticism of those who cannot be bothered to check the facts, common sense and evidence point to the fact that **penis enlargement exercises do work**. No man who could use an extra inch or two in length or girth should write them off until he's actually tried them. Many skeptics have been pleasantly surprised after embarking on a penis exercise program, so why not give it a go? There's nothing to lose and **a whole world of sexual pleasure and self-respect to gain**.

## Testimonials of Success

If the information we have provided you so far isn't enough to convince you that penis enlargement is possible then read on to find out about the experiences of men who were in the exact same position as you not that long ago.

For your reference:

**BPEL = Bone-Pressed Erect Length** – The standard form of measurement taken by pressing a ruler up to the pubic bone at the base of the penis and measuring to the tip of the head whilst the penis is 100% erect

**EL = Erect Length** – Measurement taken from the base of the penis to the tip of the head without exerting any pressure on the pubic bone whilst the penis is 100% erect



**EG = Erect Girth** – Measurement taken around the circumference of a central point of the shaft of the penis whilst 100% erect

**BPFL = Bone-Pressed Flaccid Length** – Measurement is taken by applying pressure at the pubic bone and measuring to the tip of the head whilst the penis remains completely flaccid

**FL = Flaccid Length** – Measurement taken from the base of the penis to the tip of the head (without pressure on the pubic bone) whilst the penis is completely flaccid

**FG = Flaccid Girth** – Measurement taken around the circumference of a central point of the shaft of the penis whilst completely flaccid

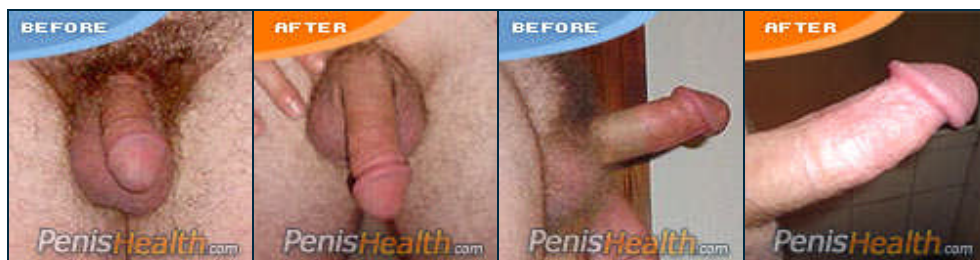
### Daryl, Australia

"In 2003, I had viewed some televised footage on successful Penis Enlargement surgery and whilst surfing the net on the subject, stumbled on the penis-health website."

"I absorbed all the info on the whole concept and mechanical means of PE. I measured my starting stats correctly and learnt the exercises and routines and commenced PE in September 2003."


"My starting measurements were BPEL 5 7/8" (NBPEL 4 S " approx) and EG 5 1/8" My flaccid size was an embarrassment at around 2" length and 4 s" girth."

**"I was extremely amazed when the results occurred."**



"I had been doing the exercises religiously for about 5 - 6 weeks and only noticed flaccid gains and a small bit in EG and EL, (although harder erections and a huge increase in horniness were noticed within the first week), then I had a growth spurt and **1/2" literally appeared in a week.**"

"To date, My statistics are as follows: BPEL 7.3" ( 6 j NBPEL) x EG 5 s". My flaccid size is great but still varies on occasion according to conditions - around 5" - 6" length and 5 1/8 girth."

	<p><b>Supra, Members Forum</b></p> <p><i>Starting Measurements:</i> BPEL: 6 inches , EG: 5 inches</p> <p><i>Current Measurements:</i> BPEL: 8 inches , EG: 6 inches</p> <p>Gains:</p> <p><b>BPEL: + 2 inches , EG: + 1 inch</b></p>
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### Shadow1, Members Forum

"I have to say I was doubtful about being able to enlarge my penis through simple exercise, I was wrong. It's been a full year of a dedicated exercise program and patience"

"When I started the program on [Penis-Health](http://Penis-Health.com) I was just below average in length and girth(5.75"L and 4.75"G)"

**"I am now a half an inch longer,  
and an inch bigger in girth."**



"Through the program my erections have become stronger and I maintain it for a longer period of time. My wife has commented on the difference and we have sex a hell of lot more, although I couldn't complain before!"

"I've also been able to cure the weak bladder I'd had since I was a kid with the kegel exercises described. I'm a lot more confident in everyday life and hold my head high (pun intended). Thanks to Penis-Health and all the support they provide."



If you would like to read more about penis enlargement exercises and the successes of men just like you then why not consider a visit to [Mens-Network.com](http://Mens-Network.com) a discussion forum with over 50,000 members and thousands of threads providing helpful hints and tips.



The forums contain a phenomenal amount of information and, support staff from Lativio's PenisHealth program are on hand to answer any questions you may have. It is definitely worth a visit if you are interested in finding out more about the exercises.

## Methods to Avoid

Penis enlargement is one of the worlds fastest growing industries. Unfortunately as a result of this, several products have crept onto the market with the aim of making a quick buck and benefiting from mans natural insecurities, irregardless of whether the product is a safe and effective choice for a larger penis. Here we will give you a brief guide on which methods you need to avoid if you are going to successfully and safely enlarge your penis.

Weights are probably the oldest penis enlargement technique around, and by far the simplest to operate. However, simplicity is not always the best option and this certainly rings true for weight hanging.

Weight hanging is widely regarded as one of the most dangerous techniques of penis enlargement because of the amount of weight needed to create any lasting effect.

Known dangers of this method include; impotence, ligament damage, painful erections, deformity and stretch marks. In addition, by only stretching the penis in one direction as weights do, means that if you gain any length it is most likely to be at the expense of girth size, so you could end up with a longer but much thinner penis.



Another common option for the misinformed man is the penis pump, made famous by a host of adult movie stars who claim their large penis secret is the regular use of a penis pump. Let's get something straight, these adult stars almost always have a large penis to start with, that is often why they are an adult star in the first place. The only thing they use a penis pump for is to gain an erection to its fullest extent for long enough to perform their scene.



People often wrongly believe that penis pumps have been proven as a long term solution to enlarge the penis, this is incorrect. Pumps have been proven to help with impotence since they force blood into the penis, this can often result in a larger than normal penis as it promotes a stronger than normal erection.

However, the effects of pumps are temporary, they will help gain an erection for a few minutes but will doing very little to enlarge the penis in the long term.

Pumps are not only ineffective at providing long term size gains, but they also come complete with a series of dangers for any man that chooses to use them. For starters the mechanical forcing of blood into the penis is difficult to control and therefore often results in severe bruising, blisters and even burst blood vessels within the penis.

Repeated use can bring on impotence when the body begins to rely on mechanical stimulation to produce an erection, further risks include deformation and diseases.

Next up is the 'magic pill scam' that is often reported in the media. Penis pills have popped up for sale all over the internet often with wild claims of adding several inches, curing impotence and ending premature ejaculation.



Don't you think that if a pill could really do all of this then the medical community would be knocking down doors to prescribe them to the individuals who need them?

The truth is that pills cannot enlarge the penis by themselves. They can, however, be used in conjunction with a more reliable penis enlargement method such as exercises to help speed up and enhance gains.

Pills work by increasing blood flow, which in turn means the exercises have more to work with and therefore can produce gains more quickly. Exercises are more than capable of working alone though, so pills should only be seen as a supplement rather than a must have!

And last of all, surgery, the latest penis enlargement technique to emerge. Surgery is expensive, not very safe and definitely not under customer control. The results of any type of plastic surgery are somewhat unpredictable and that goes double for the penis.

This technique is mostly an option for rich people who can afford the best surgeons around to enlarge their penises. Any mistake here could mean impotence and the end of your sex life. I have yet to see a surgeon who will guarantee results, they simply will not,



which shows that even the professionals carrying out the treatment do not have complete confidence in what they are doing.

By all means go ahead and look into surgery, perhaps you will be one of the lucky ones who is completely satisfied with the results. However, bear in mind that surgery is not only the most expensive option, but also one of the riskiest. Furthermore, surgery gone wrong is often irreversible; surely it makes sense to try a natural solution first?

So, if you don't trust ointments, weights, pumps or surgery, then penis enlargement exercises are the best way to go. You can perform them at your leisure, in the privacy of your own home. It is up to you to decide the length of sessions and the intensity of exercises. You can stop at any time and start again whenever you feel like it. What could be better than that?

## Advice for Beginners

The first thing that you should keep in mind when starting your penis enlargement program is that you need to put your willpower behind this. Just like everything else, you have to stick to penis enlargement to see results.

Don't start on something just to find out two weeks later that it bores the hell out of you. **Penis enlargement works** only if you strive to do the exercises right and stick to a regular routine.

Bone up on knowledge. Yes, you got that right. Just like everything else (I never tire of this phrase), you need to know as much as possible about penis enlargement. This is the best way to see where others have failed and to understand what is it you're doing and why you're doing it.



Before your exercise session, measure your penis with a ruler (see next section). Don't exaggerate! This is something you aren't going to show to anybody else (unless you want to) and there's no reason to lie to yourself.

If you exaggerate now, you won't be able to correctly identify gains in the future, which usually leads to demotivation and failure. Don't measure yourself too often, once every



four or six weeks is enough to show you how much you've gained.

Don't expect results to appear overnight. It may take a month or more for the first gains to show up. Just stay the course and you'll **reach your goal**. The penis is tissue and not muscle, so whereas muscles are fast to grow in size as a response to a genuine need, the penis is simply tissue and it takes much longer to force tissue to expand.

If you're interested in **good results and safe enlargement**, you could join a professional program of penis enlargement exercises. The best programs come with **detailed explanations, photos and videos** in order to make sure that you perform the exercises correctly every time and will offer you a dedicated support team should you have questions that need answering.

Penis enlargement routines are usually preceded and followed by warm up and down sessions. It's important that you do not skip these sessions. They help get your penis ready for a good workout and for the healing and rebuilding process that follows exercises. Warm up sessions decrease the risk of injuries, while warming down helps the penis to heal faster.

You should also remember that there are no set routines. Feel free to experiment with the exercises and find out what works for you. Long time program members can tell you about their own routines and teach you what works best. All you need to do is ask for help and people won't say no.

Veterans are always willing to share with beginners what they've learnt in months and years of penis enlargement. Experimentation and expert advice are the best way to **maximize your gains** and help your penis enlarge faster. Just make sure you are always careful and not rushing into anything. Nobody wants injuries to spoil the party.

The next section contains the information that is the icing on the cake for this e-book. We will now explain to you how to correctly measure your penis and then we will show you some of the exercises that can get you started on the way to **the bigger penis you desire!**



## **Measuring the Penis**

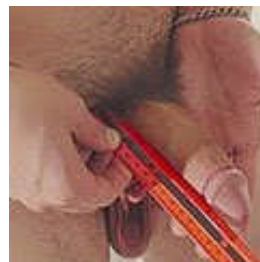
First you need to measure your starting lengths, both flaccid and erect. We also recommend that you keep a logbook of your gains. Remember, when measuring be negative and round down the totals so that when you do see gains you don't think it's just because you didn't measure correctly! You should only measure once every month, measuring every day will lead to inaccurate results and make it harder to motivate yourself.

### **Measuring the Flaccid Length**

The flaccid length of the penis can be dictated by many things, including the temperature. This might mean contradicting results depending on the temperature of the situation that you are in. Flaccid gains are often the first gains you will notice when performing penis enlargement exercises. To keep results accurate we have a certain standardized way of measuring the flaccid penis.

To measure accurately it is important that you measure from the side of the penis. Stand up straight and extend your flaccid penis in front of you (it important NOT to stretch it), your penis should now be parallel with the floor. Place the ruler next to your penis so it is slightly pressing against the pubic bone.

The ruler and your penis should be parallel with each other. Measure to the tip of the head in millimeters or inches (whichever you are more comfortable working with). The important thing is that you always measure the same way and do not change your measurement units.



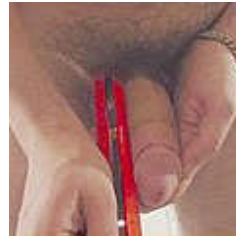


## Measuring the Erect Length

The erect length is what most men are interested in. Again it is best to measure from the side of the penis. This method is the standardized method that researchers use to measure the "average penis size" which is incidentally between 6" - 6.5" erect length.

Firstly make sure you have a 100% erection where you would consider it the "most erect". Hold your penis below the head and place the ruler next to it with your other hand. The ruler should be slightly pressing against your pubic bone. Measure to the nearest millimeter and it is important that you do not EXAGGERATE the measurement. If anything it is recommended that you round down.

Measure from the base to the tip of the head and make a note of your measurement.



## Measuring the Flaccid Girth

The girth can be extremely awkward to measure because many people have different size girth measurements depending on which part of the penis that you measure. The standardized way is to measure in the centre of the penis shaft.

When flaccid hold your penis out in front of you and wrap a tape measure around your penis. Do not pull the tape measure too hard, pull it to a reasonable level and remember this amount of pull for the next time you measure. The average flaccid girth size is between 3"-4". In our photographs the model has a large flaccid length and girth and it is likely that yours will be smaller.

Measure around the penis and make a note of your measurement.





## Measuring the Erect Girth

Make sure your penis is 100% erect and then proceed with the measuring. Hold your penis out in front of you so it is parallel with the floor. With your other hand place the tape measure around the penis making sure not to pull too tight. The average erect girth is 5" - 5.5" according to recent surveys.

Measure around the penis and make a note of your measurement.



## Tracking Your Gains

Of course, the reason you are embarking on a penis enlargement exercise program is because you want to **increase the size of your manhood**. Therefore it makes sense to keep a track on your gains. You can use a table like the one show below to record your starting measurements and then update them every 4-6 weeks. By keeping track you will help to keep yourself motivated when you start to see the gains you were hoping for!

	Start	Date and Measurement									
Flaccid Length											
Erect Length											
Flaccid Girth											
Erect Girth											



## **Recommended Routines**

Below you will find 3 recommended starter routines. The first of which incorporates all of the exercises which we will give you later on in this guide. Whilst it is possible to see gains using this shortest routine, you may want to consider signing up to a [full exercise program](#) to get access to the more advanced exercises to really enhance and speed up your gains. You can view a comparison of the programs on offer later on in this guide.

### **Basic Beginner Routine**

<b>Exercise Name</b>	<b>Minutes</b>	<b>Target Area</b>
The Wake Up Cloth	2	Blood Flow
The Long Schlong	3	Length
The Jelq	3	Length & Girth
Horizontal Movement	2	Girth
The Wake Up Cloth	2	Blood Flow
PC Flex Basic	50 Reps	Girth & Control

### **Regular Beginner Routine**

<b>Exercise Name</b>	<b>Minutes</b>	<b>Target Area</b>
The Wake Up Cloth	3	Blood Flow
The Long Schlong	5	Length
The Jelq	8	Length & Girth
The Power Stretch	4	Length
Horizontal Movement	3	Girth
The Wake Up Cloth	2	Blood Flow
PC Flex Basic	100 Reps	Girth & Control

### **Extended Beginner Routine**

<b>Exercise Name</b>	<b>Minutes</b>	<b>Target Area</b>
The Wake Up Cloth	3	Blood Flow
The Long Schlong	8	Length
The Jelq	10	Length & Girth
The Power Stretch	6	Length
Horizontal Movement	5	Girth
Needling	3	Head Size
The Wake Up Cloth	3	Blood Flow
PC Flex Basic	150 Reps	Girth & Control



## The Exercises

### The Wake Up Cloth

The warm-up is **ESSENTIAL**. You should never leave the warm-up out of your routine as this will lead to gains being minimal. It is also a good idea to finish off a workout with a "warm down" which would be, for example, the procedure below repeated. A thorough warm-up not only helps with the effectiveness of your exercises but also helps prevent against injury by promoting greater blood flow.

To perform this warm-up you will need a cloth or small towel and access to warm water. Firstly find an ample sized face cloth. Wet it with warm water until it is soaked through and hot, but still manageable. Then wrap the cloth around your penis and testicles. This may feel strange and slightly painful, but this ends quickly enough and is easy to get used to.

Keep the cloth in place for 1 minute. When 1 minute is up run the cloth under the hot tap and repeat the procedure once again holding it for 1-2 minutes. If after the 2-3 minutes you feel you are ready to exercise, continue with your workout. If not then re-apply until you feel loose enough to continue with your workout.



## The Long Schlong

Make sure you are thoroughly warmed up and ready. Make sure that your penis is always completely limp and flaccid - it's both difficult and dangerous to perform these exercises if you have an erection.

Take the head of your penis in your hand (if you have a foreskin then pull this back so it does not get in the way, remember you are pulling the penis NOT the skin). Then stretch it out directly in front of you, holding it for 10-15 seconds. You should be able to feel the stretch at the base of your penis. Repeat the action 4 or 5 times. After that, relax your penis and massage the head to restore normal circulation. This method applies to stretching up and down, as the pictures illustrate.

Now, take your penis firmly in your hand and pull the penis to the right. Pull it to the right until you can feel a pressure on the left side of your penis. Hold it for 10-15 seconds. Repeat the exercise 4-5 times. Afterwards, massage the head to restore circulation. After you have completed this, repeat the exercise only this time pulling to the left not the right.



Don't worry if you feel a good amount of stretch - this is normal and healthy. If you have a foreskin then pull this back then do the stretch so you are stretching the penis and not the skin. Take your time in progressing- being too adventurous could result in unwanted injury. The exercises should be performed for either the desired number of reps or the allocated time.

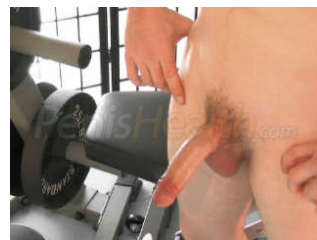
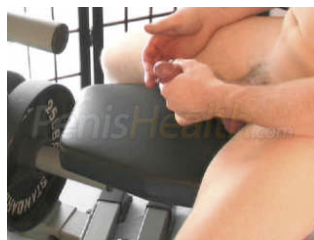
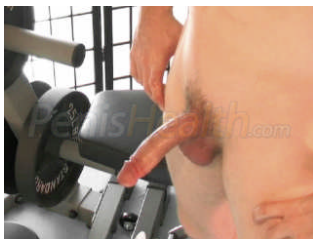
## The Jelq

This exercise is one of the core exercises penis enlargement exercises. The Jelq supposedly originated in the Arabic culture. The story goes that a large penis was seen as a mark of power and Arabians did this exercise to enlarge their penis. Whether this is true or not is irrelevant, the fact is this exercise works.

We have researched many different variations of this exercise and we are able to give you the basic "standard Jelq" exercise first and then you can advance onto the variations as and when you feel necessary. The main function of all the variations is to strengthen and thicken the penis. It works by filling the Corpora Cavernosa with more blood than normal. The excess blood allows the area to be stretched further and further. The workout breaks down fibers, which grow back bigger than before.

As with most of the exercises, the jelq must be preceded by an appropriate warm up. Apply lubrication (baby oil works well) and start with a partially (70-80%) erect penis, then grasp your penis between your finger and thumb using the 'OK' sign (refer to pictures) thus trapping all loose blood in your penis. Firmly move your fore finger and thumb down the penis pushing the blood into the head of the penis. The general concept is: the more blood accumulates the thicker and larger the head becomes.

Starting with your preferred hand (in this case the right hand) milk downwards from the base towards the tip, as your right hand nears the head grab the base with your left hand and release your right hand as you reach the penis head. Follow the same procedure again, this time milking with your left hand and grabbing with your right - a sort of pass-over system. This gorges the cells and when they are repaired they are able to hold a lot more blood. The Jelq exercises can be done either sitting down or standing.





## Horizontal Movement

In this exercise you are aiming to maintain a 70-80% erection for the duration of the exercise. This will also help you learn ejaculatory control which can come in handy in all sexual situations. If you can maintain a partial erection you will begin to gain control over your blood flow, which will help you ejaculate when and only when you want to. Lubrication is also recommended with this exercise.

Firstly, make sure you have a semi erect penis. The penis needs to be in this state so that it stays flexible and blood can move around easily. You may need to keep yourself stimulated for this, partial masturbation and pornography can help with this.

Now that you have reached the semi erect state place your forefinger and thumb in the OK grip at the base of your penis, holding firmly. This should now slow down the blood flow in your penis and keep you at a semi erect state. Take the free hand and form a second OK grip and grasp the head.

Then, applying firm pressure, begin to milk the penis in long, downward strokes at all time keeping the pressure hand at the base of the penis. When you reach the "pressure hand", stroke upwards until you reach the original starting point. You will be able to feel the blood in the spongy tissue, as it is moved slowly toward the head. Do **NOT** rush this exercise as it should take 2-3 seconds per rep.



During the exercise the penis needs to remain semi-erect and the hands should remain in contact with the penis at ALL times. The more pressure you can apply the better the results will be. If any irritation occurs, stop the exercise and next time use more lubrication.



## The PC Flex Basic

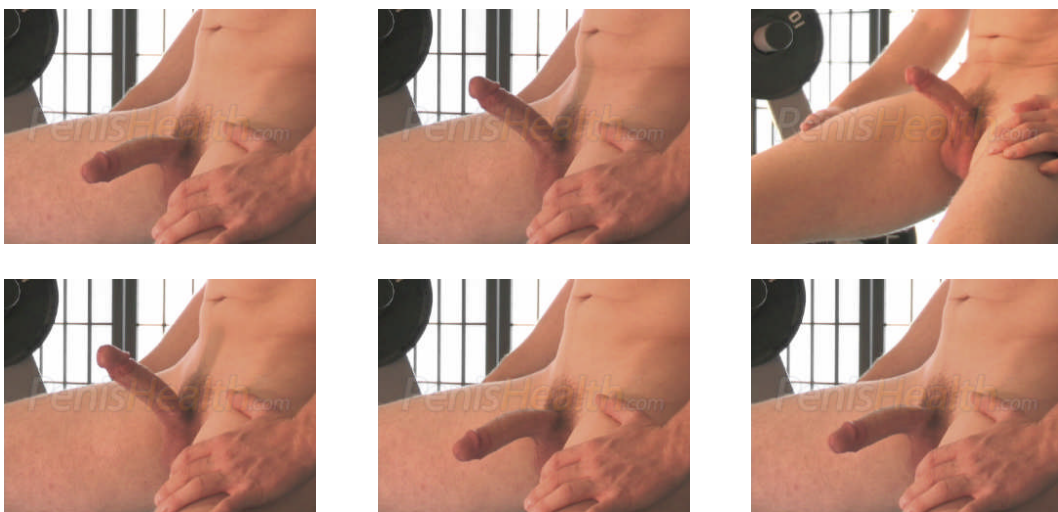
The PC muscle is the muscle that you squeeze to stop the flow of urination. The PC muscle is basically your ejaculatory control muscle and pumps when you ejaculate. Most men have a weak PC muscle that could be trained better. This leads to weak erections, weak ejaculations, and possibly, impotence and premature ejaculation. Also you probably have very little control over WHEN you ejaculate and this can lead to references such as "the minute man".

By exercising the PC muscle we hope to see more blood flow, stronger rock hard erections, improved stamina, healthy prostate, improved urinary flow and the ability to have multiple orgasms. Also with a well trained PC muscle you can orgasm when you wish to - therefore lasting longer in bed and satisfying your women.

It is a good idea to perform this exercise at the beginning or end of the workout because it helps promote blood flow. After a warm-up or warm down would be the optimum time.

Sit down and obtain an erection by manual stimulation and sit with your back straight. Tense your PC muscle so your penis jumps up for 3-5 seconds and then let it rest again, this would be called one rep. When first starting off with this exercise you may notice that your erection disappears as you do the workout, this is normal and you should only re-stimulate when you go below 50% erect.

Performing 100-400 reps of these a day will give you an extremely strong PC muscle. You can exercise the PC muscle anywhere - even on the way to work while driving. As a beginner its good to start slowly with 50-100 reps a day and slowly build up to the 400 reps. Follow your workout plan and dedicate as much time as you think necessary to this exercise.





## **Penis Exercises - The Next Level**

This guide should have given you a firm understanding of what is involved in a penis enlargement exercise program. We have given you exclusive information that can help to get you started on the road to **a bigger penis and more confident life**.

However, our guide is only the start, there is so much more information and exercises out there. You may wish to embark on [a professional program](#) in order to meet your targets as quickly as possible.

The following sections will provide you with information to help you make the right choice should you wish to progress further and take your enlargement quest to the next level!

### **Choosing the Right Program**

Penis enlargement is a wide and wild territory that may not be all that friendly to new users. It is very important for any man to find the right penis enlargement program or product.

It doesn't really matter what you're using, but it must be something that works properly. There is no reason to spend time and money on products that are either worthless or hazardous.

No matter what product you are buying, you always have to look for certain signs that prove the seller's good faith and quality standards. **Penis Enlargement exercise programs** are no different.



The first, and by far the most important thing to look out for with penis exercise programs is the level of detail the program provides. If the product is simply a text and photo guide then treat with caution, the paying consumer should be looking for **quality and quantity**.

If you are paying for a program then you should check if the program offers you **professional videos for every exercise**. After all, the success of an enlargement program relies on correct performance of the exercises.



Text and pictures are great as free information but the serious enlarger really needs an in-depth guide to reap **maximum rewards and benefits**, and therefore, professional videos should be the fundamental feature you are looking for.

Secondly you should look for a **money back guarantee**. If the product advertised on the website is a quality product then the vendor shouldn't have any problem offering a generous money back guarantee. Beware of vendors who leave you only a small product return window, this is usually a sign that something's not right.

Thirdly is **full time customer support**. This is the best way you can tell if the product is sold by a full blown company or just some guy with a computer who stays at home and couldn't care less if the product works or not.

What you need is full time customer service who can answer any of your questions. Look for a telephone number on the website and, if you find one, give them a call to check out their professionalism. The quality of website design is also a sign of how much money and care went into the product. Avoid cheap looking websites.



Another aspect to look out for is a customer forum. If a vendor has an effective product to sell, he won't mind customers discussing their experiences online.

**Customer forums** are a great way of getting in touch directly with men who have already tried various products and can give you a first hand account. This goes hand in hand with the information featured on the website. The more information a website gives you about the product, the better. If the vendor is not shy to talk about the product then he probably has nothing to hide.

Fifth comes **medical endorsements**, these are priceless. If an M.D. is willing to put his professional reputation behind a product, this means that the product in question is worth buying.

If the website also features **customer testimonials** then your search for a quality PE product is over and you have a winner. You can also look for bonuses handed out by the vendor to good customers. Bonuses are something like extra icing on a very good cake and further proof that the vendor knows the value of big spending customers.



So there you have it. The five main things that make the difference between a good penis enlargement solution and a bad one that you should avoid like plague. It's not simple to tell a good thing from a rip-off, but it's not very hard either.

The next section will give you a simple comparison of the Penis Health program compared to our competitors, consider each option carefully and be sure to make the right choice. You are only young once so perhaps now is the time to do something about your size before it's too late!

## A Comparison of Penis Exercise Programs

As we stated at the start of this guide, we have put together this e-book to educate and inform you. However, for those who wish to look further into penis exercises and take their gains to the next level, we recommend signing up to a **complete and professional exercise program**, sure, the exercises in this e-book can help you get started on the path to **a better life** but for **fast, substantial gains** the additional exercises on a professional program really should be checked out!

Therefore, we have included this section to help you make the choice of which program is the best option for you. Feel free to check out each of the programs available to see what they have to offer. The table below provides a summary of offerings but you are, of course, free to make your own choice.

Program Comparison	Matters of Size	Penis Development	Penis Health™	Penile Secrets	Penile Fitness
Videos with Voiceover	✓		✓		
Medically Endorsed		✓	✓	✓	✓
Guarantee	3 Months	6 Months	6 Months	None	6 Months
Members Forum	✓	✓	✓	✓	✓
Email Support	✓	✓	✓	✓	✓
Telephone Support			✓		
Lifetime Access	✓	✓	✓		
Price	\$49.95	\$49.95	\$48.95	\$79.95 per month	\$39.95 per month

NB: Prices and features correct at time of print



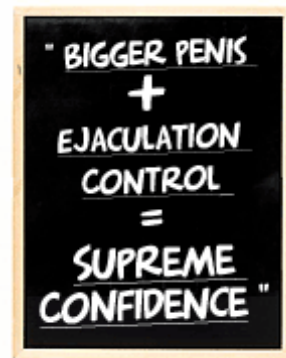
If you have enjoyed reading this guide and would like to learn more about penis enlargement exercises and the **ultimate exercises** that can bring **extra fast gains**, then please consider visiting our website at [www.penishealth.com](http://www.penishealth.com)

There is no point waiting, every day you sit there wondering whether you should start a serious enlargement routine is another day putting up with what you have. The opportunity for a **larger penis** is staring you in the eyes, you just have to go out there and get it, and there is no time like the present!

If you had started an exercise program 2 weeks ago you may already be experiencing the many benefits of a bigger penis, you may have already found **the woman of your dreams**. It makes sense to **start today** so that you don't regret it tomorrow!

For the quickest gains we recommend using a traction based device in conjunction with the exercises. The device can be worn discreetly throughout the day and what's more the [SizeGenetics](http://www.sizegenetics.com) device has been clinically proven to help enlarge your penis, making it the ultimate complement to the [PenisHealth](http://www.penishealth.com) exercises! The device is the ideal solution for those who want ultra-fast gains or do not have as much time to perform the exercises as they would like.

**Happy gaining guys!**





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## **Disclaimer**

You should consult with an appropriate medical advisor before attempting any form of exercise programme. It is therefore recommended that **before** commencing this exercise programme that you consult with a doctor and satisfy yourself as to whether this programme is suitable for you.

This PenisHealth exercise programme is provided as general information and educational purposes only. This exercise programme is not intended, and should not be construed, as medical advice. The information contained in this exercise programme is general in nature and is therefore not tailored to any particular factual situation or any individual. It should not be used to diagnose or treat any illness, metabolic disorder, disease or health condition. Should you have any concern about your health you should contact a doctor who can provide medical advice specific to your needs.

Use of this programme and the information contained within it is at your sole discretion. You should follow the instructions carefully. Incorrect use of this programme may cause harm or discomfort. If you suffer any adverse affects from carrying out the programme you should cease use immediately and seek the advice of a doctor.

In using this exercise programme you may experience one or more of the following side effects:- Blood spots, bruising, rashes, thrombosis of the veins, strained ligaments, fluid accumulation (adema), stretch marks, and temporarily weaker erections.

You should cease to use the exercise programme immediately if any form of side effect is experienced and you should seek the advice of a doctor.

In participating in any type of exercise or exercise programme, there is a possibility that some form of physical injury may result. This exercise programme is no different. In engaging in this exercise or exercise programme, you agree that you doing so is voluntary and at your own risk.

Accordingly, in using the exercise programme you confirm that you are doing so entirely at your own risk and in providing this information to you Lativio LLP has excluded its liability to you to the fullest extent permissible in law.

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