Penis Enlargement Exercises

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How do penis exercises work? What can it do for you?

Now you may be wondering: how do penis exercises work? Quite simply, your body has the amazing ability to adapt to change. Although the penis is not similar to other muscle groups of your body (e.g., triceps, biceps, or quads), it consists of soft muscle tissues. Both muscle groups grow when placed under stress, such as exercise. When you exercise the penis, the soft muscle cells are forced to develop and adapt and develop under pressure. In addition, it can cause the ligaments to extend. Over time, the adaptation will result in a larger, stronger, and fitter penis. Though the evidence is anecdotal, the majority of men gained approximately one inch in four months or less.

Think about it: if you workout in gym consistently, your muscle will definitely be stronger and larger in no time. The principle is similar to penis exercise programs. When combined with proper nutrition and quality supplementation, penis exercises can also help you to achieve the following:

- harder, bigger, longer-lasting erection
- better control over erection
- increased sexual stamina
- stronger and multiple orgasm
- erection that looks and feels bigger to you and partners

Now, the key here is to be consistent. I am not going to lie here: penis exercising works, but it takes time! You definitely won't see results overnight. You must follow the guide properly, give it time, and use good judgement.
Before you start: Safety Tips

1. Healthy diet is essential to penis growth and sexual health. Eat healthy, low fat and organic food. Be sure to include vegetables and fruits in your daily diet. Besides, avoid processed food, excess of sugar and salt.

2. Make sure you take high quality supplements so that your penis receives all essential nutrients to promote its development. We highly recommend VigRX Plus as it is the only doctor approved formula backed by clinical studies. Right now the company offer 67 days money back guarantee. Here's what they said

   "You are invited to try our product for 60 days. If, for any reason, you are not 100% satisfied, simply return the two empty containers within 67 days from the time of delivery for a full refund including shipping charge.

   Click here for more information

   [Note: essential nutrition is VERY crucial to penis growth. Don't ignore this or you are doomed to fail!]

3. Stay active. Regular exercises helps to enhance your stamina, improve cardiovascular endurance, reduce blood vessel clog, thus resulting in stronger erection. In addition, it helps to decrease overall body fat. When your stomach fat is reduced, your penis will look bigger!

4. Cut your pubic hair to avoid discomfort during the exercise.

5. Don't exercise when you are feeling unwell. Again, use good judgment.

6. Don't exercise right after ejaculation. Allow yourself time to cold down first. Always start the exercise in flaccid stage.

7. When you exercise the penis, you may get an erection. You should stop the exercise, allow yourself to calm down and let the erection subside before you resume exercise.

8. Before and after you exercise the penis, warm up the penis with warm water soaked towel for 3-5 minutes. This step helps to prevent injury and allow the penis to recover. After you remove the towel, your penis may look slightly pinkish, which is perfectly normal. This is due to increased blood flow. Note that you must start the exercise immediately after warm up.

9. For lubrication, use natural lubricants that are suitable for your body.

10. After the exercise, you may observe tiny blue spot or red sores. The symptoms are quite common and these are usually results of not warming up before the exercise. Simply take your time off from the workout for a few days and these will disappear.

11. DO NOT overtrain! Some men feel that if they exercise more often, they will get results faster. However, overtraining is potentially dangerous and ineffective! It's highly
recommended to have at least 2 rest days per week when no exercises are performed.

Measuring your penis

The key of measuring the penis is: consistency. To accurately monitor your progress, you must use the same technique, and take the measurement in the same place every time. To avoid the confusion we are going to list the best measurement technique. It's highly recommended to take not more than two measurements per week.

Measuring length: Firstly, take the measurement when your penis is soft and not erect. While standing, hold your penis and make sure it is parallel to the floor. Then, press the ruler against the pubic bone and take record the reading. Repeat the similar process with an erect penis.

Measuring girth: the girth (thickness) is measure with an erect penis. Take a peace of measuring tape and wrap it around the midpoint of the penis.

Penis exercises

Part 1: Kegel Exercise

Kegels are exercises that help to strengthen the pelvic floor muscles (PC muscles). Having strong PC muscles and doing Kegels have many health benefits for men, including:

- stronger, and more intense ejaculation;
- promote penis development as Kegels improve blood circulation to the penis, thus making it hard and big;
- increase ejaculatory control, which lead to longer lasting erection and multiple orgasms;
- increase ejaculation volume;
- cure erectile dysfunction and premature ejaculation

Now the question is: where is the PC muscle? Now pretend you are urinating, then try to stop or slow the flow. The muscle you use the control the flow is your PC muscle. Each contraction is a Kegel repetition. When you do the Kegels, you should keep your buttock and tummy muscles relaxed.

Standard Kegel Exercise: Contract your PC muscle for one to two seconds, then release. Do 5 steps a day of 20 repetitions a day. Take a minute break in between the step.

Advanced Kegel Exercise: when your PC muscle becomes stronger, try the advanced version. Here's how: slowly contract your muscle, and hold the contraction for 20 seconds. Then, slowly release the contraction and rest for 30 seconds. Repeat the exercise for 5 times.
Part 2: Jelq

Jelq is said to be the best exercise to enlarge the penis. It forces blood through the penis and build pressure within soft muscles. Overtime, the extra pressure causes the smooth muscle to expand and grow beyond its original size, thus resulting in larger and stronger erection size.

Lubrication is essential for Jelq exercise. You will want to use natural lubricants such as olive oil, canola oil or vegetable oil. Before you begin the exercise, you need to massage the penis to achieve about 50 - 80% erection. It's when the penis is semi erect, with minor firmness, but isn't hard enough for sexual intercourse.

Here's how to do it:

1. Start by warming up the penis. Then, stimulate the area surrounding penis.
2. Apply generous amount of lubricants over the penis shaft, then massage the penis until it is 50 – 80% erect.
3. Take your left hand, place your thumb and forefinger together to form an “OK” grip sign around the the base of your penis. Place the grip close to the pubic bone. The grip should be tight to apply pressure, but not too tight to cut off the blood flow!
4. Gently pull forward from base toward the head. It should take 2-3 seconds. You have completed one jelq.
5. Repeat step 3 – 4 with your right hand.
6. Perform the exercise for 10 minutes (about 250 Jelqs).

Part 3: Stretching

Stretching is an effective exercise to increase the length. You will want to perform this exercise with an erection level slightly more than your typical flaccid penis, approximately 30-40% erect state.

Here's how to do it:

1. Hold the penis and gently stretch it outward. Hold the stretch for 30 seconds. Repeat this step twice.
2. Twirl your penis in circular motion to restore blood circulation.
3. Repeat step #1 in these directions: up, down, left and right.
## Recommended Workout Calendar (3 days a week)

<table>
<thead>
<tr>
<th></th>
<th>Beginner</th>
<th>Intermediate</th>
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<tbody>
<tr>
<td>Week</td>
<td>1 to 4</td>
<td>5 to 12</td>
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<tr>
<td>Warm Up</td>
<td>4 minutes</td>
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<tr>
<td>Kegel</td>
<td>3 minutes (Standard Kegel)</td>
<td>5 minutes (Advanced Kegel)</td>
</tr>
<tr>
<td>Stretching</td>
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<tr>
<td>Jelqing</td>
<td>10 minutes</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Warm Down</td>
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<tr>
<td>Total Time</td>
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<td>45 minutes</td>
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How to make your penis looks bigger

As mentioned, penis enlargement takes time. Contrary to what the spammers told you, you are not going to have instant gain overnight. The good news is: you package is longer than you think. Specifically, the root of the penis is as long as what you see exposed outside. For example, if your visible length is 4 inches, you probably have 4 inches or more inside that is not exposed. You can use following tricks to make your penis appear to be larger than it seems:

1. Trim your pubic hair: long pubic hair can cover at least an inch or more of your package. By shaving your pubic hair, the penis will be more visible, thus making it appears to be longer than before.

2. Lose weight: According to Dr. Oz, for every 15 pounds of fat lost a man can expect to perceive increases of more than an inch in penis length. This is because when the extra fat around the pubic bone and tummy is reduced, your penis will look longer.

3. Increase blood flow to penis: healthy blood flow is essential to rock-hard erection. When blood flow to penis increase, it's going to look bigger. Here's what you can do:
   - Perform Kegel exercise regularly;
   - Quit smoking : nicotine can restrict blood flow and weaken erection
   - Stimulate: you can expose the hidden parts of penis by stimulating the perineum (the area between the base of your scrotum and anus). Here's how: start massaging the perineum while you stroke the penis, preferably with your partner's assistance. When done correctly, the size will increase.
   - Pop supplemental insurance : to ensure your penis receive all the essential nutrients for optimum blood flow, take high quality supplements (We recommend this clinically-proven formula).
Small Penis Sex Positions

Small penises are a fact of life, people. It's also true that most women prefer fair size. But just because your package is on the small size, doesn't mean that you can't blow her mind on bed. There are ways to make deed more fulfilling and satisfying for your partner. Read on to find out the best small penis sex positions and how to make the most of your modest member:

#1. Modified missionary position: lay your woman down on a table, facing the ceiling. As you stand in between her legs, slowly penetrate. Then, hold her legs and keep them close against your chest. This will effectively create a tantalizing tight fit, and you will be able to thrust quite deeply. While thrusting, try to stimulate her clitoris with your hands for extra sensation.

Variation: Tell her to prop herself up on elbows. This will allow you to have easy access to her G-spot.

#2. Rear entry: both partners resume in standard rear entry positions. Specifically, she arches her back and knee on the bed. You knee down behind her, slowly making your way into the vaginal passage. Make sure her legs are closed tightly together to create snugger fit.

#3. Cowgirl: if she prefers to be on top, tell her to gyrate in circular motion, instead of moving up and down your shaft. Alternatively, she can lean forward and move her hips back and forth. This position is cool because it prevents yours from falling out, and it also allows you to provide clitoral stimulation for more satisfaction.

#4. CAT: the woman lie face up on a sturdy surface, with a pillow under her pelvis. You stand in between her legs and move your body up by one or two inches before you thrust in and out. This positions allow the base of your shaft to constantly stimulate the clitoris. This is the position that most guarantee orgasms for both parties!
Disclaimer

No advice

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