

## Introduction :

The male reproductive system consists of the penis, the testicles, the seminal vesicles, and the prostate gland. The Penis consists of a spongy body that is responsible for the ability to create an erection and there is a channel inside called the, "urethra," that conducts the urine out of the body as well as the sperm.

The mean length of a flaccid penis is 8.9 cm (measured by staff). A review of several studies found average flaccid length to be 9-10 cm.

The average erect penis length is 14-16 cm and girth is 12-13 cm and this was showed by a review published in the 2007 issue of BJU International. Various

methods of measurements were included in the review. Regarding the circumference of the adult fully erect penis with the measurement taken mid-shaft, it was found to be 8.9 to 9.9 centimetres on average.

Numerous exercises can be done to increase the size of the penis and these exercises showed 100% complete shift in the size of the penis. But this result cannot be achieved unless the exercises are done five days each week for at least 6 months.

After two to three weeks of starting the exercises, you will notice an increase in the penis size and an increase in the status of relaxation. 2 inches (5 cm) compared to one inch at the status of erection and when you continue on the penis enlargement exercises, you will notice a real change in the penis size after 6 months.

These exercises should be practiced 5 days each week at a rate of one hour every day with taking two rest days either consecutive or separate and this rest period is important for cells to heal, regenerate.



## **How do exercises increase the penis size?**

The penis consists of 3 chambers of spongy tissue which absorb blood that reach the penis from the circulatory system. As these chambers fill with blood, it leads to the erection of the penis. When exercises are done continuously, in a right way, it will cause an expansion in the size of the chambers. Then, it will become able to absorb larger amounts of blood and this will lead to an increase in the size of the penis, and the purpose of these exercises is to create a tensile strength by stretching the tissues that are responsible for erection of the penis and this tensile strength will lead to an increase in the growth of those tissues, gradually.

### **Legal Notice relating to Penis Enlargement Methods:**

Every person looking for methods of Penis Enlargement should consult a urologist to get medical advice about these exercises to make sure that they won't have any bad effect on his health, especially people with certain diseases such as diabetes and cirrhosis of the liver and respiratory diseases and other diseases that affect blood and oxygen flow to the penis and the renewal process of the cells. We are not responsible in this site for any injuries or health problems that may occur directly or indirectly as a result of following what is mentioned in these instructions.

## **Symptoms that must be taken into consideration during the penis enlargement exercises: -**

- 1 - The presence of bubbles on the penis is often produced as a result of the use of pressure on the penis severely and for a long time.
- 2 - Sores in the penis might be caused by the recurrent pulling of the penis
- 3 – Swelling, resulting from the use of a heavy weight on the penis for a long time, affects the nerves in the penis that will lead to inflammation and swelling of the penis. If swelling continues, it may lead to an atrophy of the penis and then to an erectile dysfunction.

Exercises should be stopped if any of the above symptoms appear and not be resumed until the problem disappears completely.

### **Before doing the Penile Enlargement Exercises, you have to consider the following: -**

- 1 - Shave the hair in the pubic area to avoid pulling of hair during the exercises.
- 2 - Eat healthy meals that are rich in vitamins, minerals and proteins, because



the food has an impact on the penis work. In addition, you have to drink a good amount of water daily.

3 – It is necessary to be in a good mood before starting exercise. If you do not believe that these exercises will lead to the enlargement of the penis, this will lead to a negative impact on the process and will make penis enlargement difficult to obtain.

4 - Use a moisturizer on the penis before the exercises and it is preferred not to use soap and shampoo as these materials will lead to redness and irritation of the penis skin . If it stays for a long period of time, in addition to dry skin, and the occurrence of cracks, it is preferred to use the Intensive Care Vaseline instead of the ordinary Vaseline as it can stay on the skin for long period of time without irritating or damaging the skin of the penis.

5 - You must measure the penis before starting penis enlargement exercises: -

- **First: Measure the length of the penis during an erection:**

- You must stand up and hold the erected penis perpendicular to the body, (straight out). Put a ruler next to the penis starting from the pubic bone then take the measurement up to the tip of the head of the penis.
- It can be measured by the length of the penis without an erection: You must stand up; the right knee should be adjacent to left knee. Hold the penis from the area that is located below the head of the penis and drag it to the front and put a ruler next to the penis perpendicular to the pubic bone and then take the measurement using a ruler up to the tip of the head of the penis.

- **Second: Measure the circumference of the penis during an erection:**

- This can be done by using a measurement tape to measure the penis circumference during an erection in the area that represents the midpoint of the penis length. If a measuring tape is not available, use a piece of string. Place a knot near the end of the string. Wrap the string around the erect penis and hold the string adjacent to the knot. Place the string on a ruler by continuing to hold the string where first grasped and determine the length of the string from that grasping point to the knot. This will give you the circumference.

- **Third: Measure the length of the penis during relaxation:**

- It can be measured by using fingers so the length of the penis can be expressed by 5 or 4 fingers. And it can be measured during relaxation



using the ruler that is placed above the penis then the other side of the ruler is pushed towards the abdomen, and the length of the penis is recorded starting from the base of the penis towards the head of the penis.

- Lie on your back and then measure the length of the penis by using fingers or the ruler to record the shortest possible length of the penis.

### **Vitamins and minerals and their effect on sexual activity:**

When you practice the penis enlargement exercises, there are vitamins, minerals and herbs that must be included in your daily diet that have been found to provide the body with a great energy that enhances sexual ability.

#### **Vitamins: -**

- 1 - 2000 mg of vitamin C twice or three times a day.
- 2 - 30 mg of Zinc.
- 3 - 100 mg of vitamin A.
- 4 - 200 mg of magnesium.
- 5 - 100 IU of vitamin D.
- 6 - 50 mg of Thiamine.

#### **Minerals that have a positive effect on sexual activity:**

- 1 - 525 mg of calcium.
- 2 - 200 micrograms of vitamin B12
- 3 - 150 mg of vitamin E
- 4 - 25 micrograms of potassium.
- 5 - 400 micrograms of folic acid.

These vitamins and minerals can be found at pharmacies in the form of tablets.

#### **How can the amount of seminal fluid during ejaculation be increased: -**

It's advised to take 1000-1500 mg of the amino acid L-Arginine daily. It increases the amount of seminal fluid during ejaculation and also causes strong erection. It is taken as 100mg, 2 hours before intercourse. Taking large amounts of this material should be avoided within 24 hours. If any side effects appear, it is advised to stop treatment and consult your doctor before continuing.



# Penis enlargement exercises:

## 1-The Hot Cloth Warm up

This process is necessary before starting any of the penis enlargement exercises as it increases the flow of blood through penile tissues. In addition, it makes the skin more flexible, making it easier to do the exercise and decrease the appearance of bruises. It can be done in the following ways: -

- Soak a towel in hot or warm water and then wrap it around the penis and the testicles, you will feel uncomfortable initially then the warmth will become more comfortable, leave the towel two minutes and then repeat this process again 3 times.



You can use other methods to warm up the penis such as Jacuzzi or hot tub, with gentle massage of the penis to increase blood flow. You should not stay in for more than 10 minutes.

## 2-The jelq method for Penile Enlargement: -

This method can enlarge the penis to over 10 inches in length and 7 inches in circumference if it is started by the men in their early teens and continued until the adulthood, and after that the session will be reduced to just once a week.



### How does the jelq method work?

- It increases the blood flow in to the corpora cavernosa that will enhance the growth of the shaft cells.
- This exercise tears down the muscle fibers, and at rest, these fibers will grow stronger and larger.
- It increases the flow of blood in the penis that will increase its size.



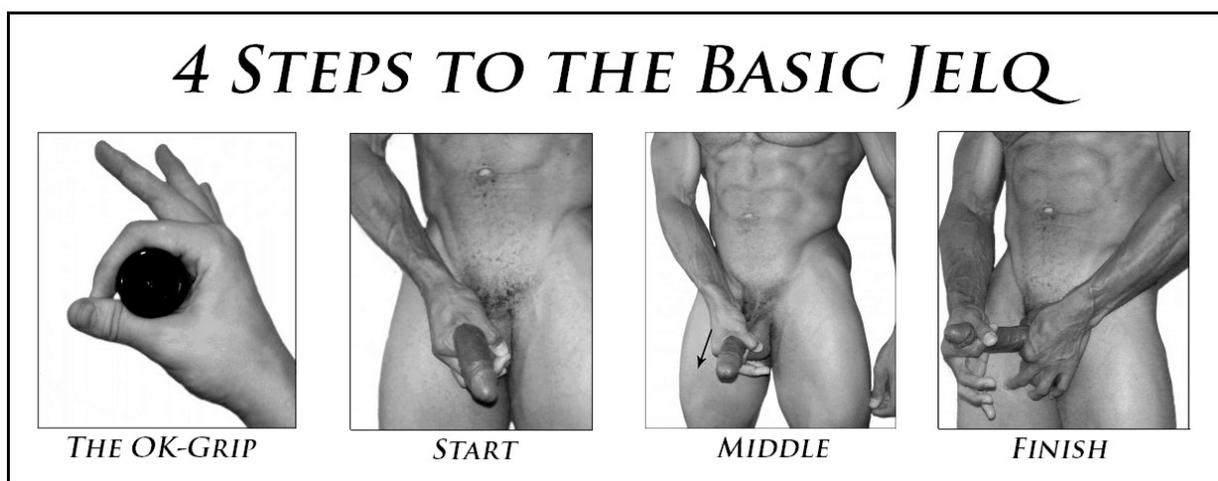
### **When will you notice the difference?**

You will start to notice a small difference in the size of your penis after 5 weeks, and you will not have obvious changes for 6 months. After 1 year, you will notice an increase of 3 inches in the size and the erection will also become stronger.

### **How is the jelq method done?**

For the maximum benefit, it should be done every day in the following steps:

1. Before beginning you have to warm up with hot cloths as mentioned before.
2. Grasp the base of the semi-erect penis with your thumb and forefinger, make an O by using those 2 fingers, and in that way you'll cut off the blood circulation resulting in more blood collecting in the cells.
3. Start moving your hand forward milking the blood into the penis shaft and by that way you will fill the cells with more blood.
4. When you reach the tip of the penis with your right hand, hold the base of the penis again with your left hand, and do the same as what you did with the right hand.
5. Continue this exercise for 20-25 minutes.



### **Notes about the jelq method:**

- It is normal to have slight bruises or red bumps at the head of the penis. They will disappear spontaneously. To avoid this, start this exercise slowly and then increase the speed of doing it gradually.
- To notice the benefit, you must do this exercise with a semi-erect penis.
- You have to push the blood as much as possible to the head of the penis to fill



the cells with more blood than normal, and this collection of blood will change the color of the penis to a dark red color which is normal.

### **FAQ (Common questions) about the jelq method:**

- **How much pressure should be used during this method?**

The amount of pressure that should be used is different from one man to another according to his ability to tolerate. For example, if we put a scale of pressure from 1 (no pressure) to 10 (intolerable pressure), then the pressure that should be used is between 5 to 7.

- **What if I couldn't maintain the semi-erection during the exercise?**

You have to remember that it's important to do the exercise with a semi-erect penis to gain the maximum benefit and if you lost the semi-erection you have to do anything you can do to bring yourself back to that condition.

- **What if I had an excess of loose skin while doing this exercise?**

It's normal in some men and to work this out you can use one hand to hold back this loose skin and the other hand can be used for jelqing and switch the hands every 25 jelqs.

- **What do we mean by a semi-erection?**

The amount of blood in semi-erect penis is 3/4 of the amount of blood during the hard erection and it can be recognized by the color of the shaft of the penis which should be deep red to dark purple.

- **Is it better to do the exercise before or after sex?**

There is no difference in the results if you do the exercise before or after sex. You can do it whenever you have enough time.

### **How to get the maximum benefit from the jelq method:**

- **First week:**

Start by doing 250-300 jelqs per day and it's better to be combined with the PC flexes (100-125 PC flexes daily).

Note: The PC flexes will be explained later.

- **Second week:**

Do the jelq exercise for 10-15 minutes with 200-225 PC flexes per day. And remember, this should be painless. If you have any pain, you should stop immediately and consult your Doctor.

- **Third week:**

Do the jelq exercise for 30 minutes with 300-325 PC flexes per day.



### **3-The Pubococcygeus (PC) Flex Exercise for Penile Enlargement:**

PC muscle is referred to the pubococcygeus muscle and it extends from the pubic bone to the coccyx and this muscle is responsible for the ejaculation and the erection and it's used to control urination.

You can locate it by holding the urine mid stream when you urinate and this will cause this muscle to contract and you will feel it extending from the area behind the testicles and in front of the anus.

#### **The Benefits of the PC Flex Exercise:**

1. It protects from impotence.
2. It controls the ejaculation and protects against premature and poor ejaculations.
3. It results in stronger erection
4. It increases the activity of the prostate gland.
5. it protects from later life problems such as the inability to control urination (urinary incontinence).

#### **How to do the PC exercise to enlarge the Penis?**

- PC Holds:

It starts by locating the PC muscles as we mentioned above, then you have to squeeze and release it several times, you can start with 40 times during the day, then do as many as you can per day until you reach the goal of 250-400 times per day. What is good in this simple exercise is that you can do it anywhere, in the house or the office for example and no one would notice.

- PC Squeeze And Hold:

Start by warming up then do 10 PC flexes as explained before and when you reach the 10th flex, hold it for 25 minutes then have a rest for 1 minute , this entire exercise is preferred to be repeated for 5 times per day.

- PC Increments:

This exercise is important in controlling ejaculation. The man can delay an ejaculation by contracting the PC muscle and this exercise can be done by squeezing the PC muscle gradually until you reach the maximum tightening, hold it for 10 seconds and then release it gradually in the opposite way.

- PC Exhauster

This exercise is hard and very vigorous but it's the most effective. You can start it by sitting in a comfortable place, then you have to warm up for 30-50 strong contractions, and then hold the penis tightly for 10 seconds and after that do 150 PC flexes, and when you reach to the last PC flex, hold it as long as you can, then take a rest for 3 minutes, and follow this with 40 strong PC flexes.



## **4-The length stretch exercise for Penile Enlargement:**

1. Start by warming up and you have to do this exercise with a flaccid penis (unlike the jelq method that should be done with semi-erect penis) because it is impossible to stretch an erect penis.
  2. Hold the head of the penis gently with little pressure.
  3. Pull the penis out in front of yourself and stretch it as much as you can. Feeling a pressure is normal but if you feel any pain, then you have to stop and start over.
  4. Hold the stretched position for 15 seconds, and repeat this process 5 times.
  5. When you finish the above steps, massage the penis gently to restore the blood circulation.
  6. The above exercise can be done by stretching in both up and down directions.
  7. Stretch the sides of the penis by holding the head of the penis as mentioned above, then pull it to the left and hold this position for 15 seconds and repeat this process 5 times and do the same in the right direction.
- **Notes about The length stretch exercise to enlarge the Penis:**
  - For best results, combine the above exercise with jelq exercise.
  - You do not need any kind of lubricant in the length stretch exercise as you need a firm grip so the penis should be dry, as much as possible.
  - Be sure to hold the tip of the penis before stretching it.

## **5-Growth and circulation exercise to enlarge the Penis:**

This exercise can increase the blood flow in the penis and prepares it for the semi-erect state that is needed in other exercises (jelq exercise).

Hold the penis and whip it around gently for no more than 30 times, and make sure that the scrotum is covered by the other hand to protect it from any injuries that might occur during this exercise.

## **Premature ejaculation:**

### **What is the premature ejaculation?**

It is uncontrolled ejaculation that occurs prior to when a man wishes, either



before or shortly after sexual penetration, that result in unsatisfactory sexual experience for both sexes.

## **How to avoid premature ejaculation?**

1. You have to discover your point of no return, which is the point at which you have to ejaculate and cannot stop yourself from ejaculation. You can discover it by doing an exercise called 1-10 at which number 1 refers to the beginning of the arousal sensation and number 10 refers to the occurrence of orgasm and ejaculation, therefore number 9 is the point before ejaculation and this is the point of no return. When you do the masturbation and reach the point of 8 stop and restart again after the urge of ejaculation is subsided and then you have to repeat this several times. Masturbate, stop, masturbate, and after 15 minutes you can ejaculate.

2. Another way to avoid premature ejaculation is by PC exercises as explained before.

3. Locking method:

While enjoying sex, if you feel too excited, withdraw the penis from the vagina by holding only the head of the penis inside the vagina and wait for 30 seconds until the urge to ejaculate is subsided, then start over from the point where you left off.

## **Important tips to achieve a hard erection that lasts longer:**

1- Diet: - Stick to a low fat, high fiber diet, as it is found that high level cholesterol in the blood can block blood vessels in the penis causing an impotence. Your diet must contain a little amount of zinc that can be found in such as turkey, cereal, lamb, lean beef, Crabmeat and oysters.

2- Stop smoking.

3- Continue plenty of exercises.

4- Having more erections keeps the muscle tissue of the penis properly oxygenated.

5- Place your index finger at the root of the bottom of the penis and your thumb at the root of the top of the penis. Take a deep breath and squeeze the shaft of the penis in a wave toward the head of the penis. This will push more blood to the head of the penis and this exercise should be repeated 9 times per day.

## **Frequently asked questions about Penile Enlargement Exercises: -**

### **1- When should I start the exercises?**

Some men prefer to do the exercises in the morning and others prefer to do it at night before going to sleep. They may be done at any time.



**2- Can I ejaculate before the exercise or at any time during it, or after it?**

You should not ejaculate for a few hours before starting the exercise and it is preferred not to ejaculate after the exercise until a few hours have passed. During ejaculation, many chemical changes occur in the body, such as decreased level of testosterone hormone, in addition to tightening in all body connective tissues.

**3- The feeling of pain during the jelq exercise is normal or not?**

It's normal to feel slight discomfort during the exercise but if you feel sharp or strong pain or if ulcers appear on the penis then you have to stop doing the exercise for several days until healed. To avoid this, you should always warm up before doing the exercises.

**4- When should I begin to notice an increase in the penis size?**

The first time you will notice an increase in the penis size is usually 2-3 weeks after the beginning, as long as you keep to the regimen completely.

**5- What if I get an erection during the jelq exercise?**

You have to stop the exercise if erection occurs as you may hurt yourself. Wait until it subsides.

**6- Can I do the exercise twice per day?**

No, it is best not to. The time needed for the healing process in the body tissues is 48 hours and this depends on the type of tissue. The muscular tissues need less time for healing than the nerve tissues. If you practice these exercises twice per day, the tissues of the penis will not have enough time to heal completely. This can be damaging if practiced improperly or too often.

**7- How long can I practice these exercises?**

You can practice these exercises forever if you want and you'll notice an increase in the size by 1/2 inch per year.

**8- Can I practice these exercises for 7 days a week?**

No. You must give your penis a break 2 days out of 7 as this period is important for the healing process.

**9- If I don't have enough time to do the exercises all at one time can I spread them during the day?**

Yes you can.

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