

BEAST T.O.T



TIPS AND TRICKS FROM A PE EXPERT

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This book is dedicated to all those searching to find their place in the world.

You are not alone.

CJ Major

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Chapter 1: Introduction

Are you tired of being told you're not good enough? Ever feel that no matter what you do, you can never measure up? I've been told that many times in my life. Times that made me question my life and my value in this world. I'm here to tell you that you do have value, that there is hope. It's said that some men are born with confidence, while others need to create it for themselves. For the men looking for that confidence, this book was written for you.

What you hold in your hands could possibly change your life forever. It is a collection of my personal experience over the course of 22 years of practicing PE, or Penis Enlargement to the new readers. I have personally counselled hundreds of men on multiple free internet forums over the last several years, so my experience and credibility are well established within the PE community. In this book you will be exposed to the techniques I have used, researched, or attempted in efforts to change the size and shape of my penis. Topics will cover the techniques, theories, and terminology as well as many other interesting pieces of information I've collected over the years. As a reminder, these are my personal experiences and opinions so please keep an open mind and know that I can't possibly cover every aspect of PE within this guide. For copyright and patent purposes, I will be generalizing some descriptions and avoid directly using names whenever possible.

Unlike many "get big quick" websites and other media hawking their wares, I'm not going to lie to you like they do. PE is a very personal thing and what may work for one person, may not work at all or at different rates for others. Remember, gaining is gaining regardless of how long it takes.

With that in mind, the techniques found within were originally designed around my physiology and what I've found generally works for the greatest number of men. To avoid confusion, the book is written in plain language that can be easily understood by those whose primary language isn't English.

So why choose PE?

Obviously if you are reading this book you are interested in PE, but the question is why? What is your primary motivation? I find that men typically seek out enlargement for a few key reasons:

- A. To improve sexual performance and acceptance with partners.
- B. To gain confidence in oneself through the psychological edge that extra size tends to provide.
- C. To compete or be equal to a past lover their current sex partner had.
- D. To avoid both perceived and actual rejection for what society today considers smaller size, even when in actuality they are average sized.
- E. For personal goals to overcome a challenge in one's life.
- F. For intimidation and to be competitive with others. In other words, to be the biggest regardless of how useful the extra size is.

I'm not going to sugar coat what you already know. Size does matter regardless of what society as a whole has been brain-washed to say to avoid hurting feelings. You know the truth and no amount of feel-good, "size doesn't matter" talk changes the fact that men with small to even average sized penises are looked down upon, rejected, and made the butt of jokes at their expense. It's a cruel reality, but there is hope! I experienced all of that first hand and it was the primary reason why I started PE. So I'm not going

to try to talk you out of seeking enlargement. I would be doing you a disservice by doing that. With that said, I will, however, caution you later in this book about the downsides of too much size.

Have you heard any new small penis jokes lately? I'm sure you have! The internet is filled with every kind of media displaying men's genetic shortcomings as the butt of countless jokes. It would seem that in today's modern, understanding, and politically correct world that the only safe group to make fun of is men with small penises. It's disgusting, and reinforces the message "size matters" constantly repeated at all levels of society. In contrast, 100 years ago very few people concerned themselves with penis size. Things were far more civil in regards to sex in those days. In this fast paced and seemingly female-centric world the value of a man has been reduced from his contributions to family, society, and the world to the size of his genitals. Regardless of what you are told, no matter what source it may come from, know that you DO have value and that you are a complete person and not just valued by the size of your sex organ.

You might ask yourself why. Why is size suddenly so important? For the answer to that, we have to understand the driving factors behind it.

1. **The women's empowerment movement:** For most of recorded history women were not aware of size differences in male genitalia and if they were they didn't voice their preferences publicly for fear of reprisals from males and society in general. It simply wasn't proper to discuss! Combine the slow decades-long rise of the women's rights/empowerment movement with free and easy access to information on the internet within the past 20 years and you get the situation we're in today. Suddenly size matters! Simply

put, women now know what they want and are able to openly express their opinions in public and to potential partners.

2. **Pornographic media:** Going hand in hand with the “size matters” message, the porn industry has had a vastly negative impact on men’s body self-image. Porn is a huge contributor to men’s feelings of body inadequacy.
3. **Body Dysmorphia:** The birth of the internet has granted men access to countless images of the male body in all shapes and sizes. This has in turn caused men to be much more self-conscious of their own bodies and their real or imagined shortcomings. Height can play into men’s perception of size as well. Taller men will tend to feel their penis is smaller than it actually is due to its comparison to the rest of their body which may be considerably larger than average. Lastly, the foreshortening effect found when looking down at an angle on their own penis will create a false sense that their penises are shorter than they actually are.
4. **The Internet:** The rise of an easy and inexpensive method to almost instantly convey information, coupled with the apparent anonymity that the internet provides has literally changed the world as we know it. It is simply the largest cause of feelings of inadequacy today. As mentioned previously, the internet singlehandedly has created a toxic culture of genetic haves and have-nots that resembles school yard politics more than anything else. I read countless posts on forums of men suddenly realizing how they stand in regards to their size, with some men even considering suicide over their perceived problem. Generations ago, men were

concerned with survival and now the concern is something so petty as penis size. How far have we fallen as a culture? The internet is a wonderful tool, but its power can just as easily destroy as create.

Modern penis enlargement is born.! We men are problem solvers, aren't we? In direct response to modern women's and society's calls to men for more size, sprang the PE scene we see today. Millions of men going online looking for answers. Looking for hope. What first started as small groups of men searching the newborn internet in the 1990's has exploded into the super forums we see now. Hundreds of thousands of men joining free forums, sharing information and becoming communities of like-minded and supportive individuals all in the pursuit of satisfying themselves and their partners.

In conclusion, remember that your current size is only temporary and simply a stepping stone on the way to achieving your dreams. Gaining is gaining, regardless of the pace! If you have had bad past PE experiences, don't let them get to you but instead use them as learning experiences. In conclusion, don't let the past haunt you. Memories were meant to fade so that you don't live in the past. Embrace your future! Let's get started!

Porn VS Reality

A large portion of the male population receives their first images of other men's penis size from pornography. This exposure has directly influenced feelings of inadequacy, which is unwarranted. In reality the men used in the porn industry represent an extremely small segment of the male population, with those possessing the largest sizes being in the top 1% of size distribution. Like other forms of entertainment, the pornography industry uses fantasy to sell their product. Images of impossibly large penises are a staple of the industry, feeding into the "bigger is always

better” mentality that just doesn’t hold true in the real world. Using men with slightly above average sized genitals, special camera lenses/trick angles, and small height/framed actors and actresses greatly exaggerate the male actor’s size. The end result gives men a false image of penis size they can’t possibly compete with. In reality, most male porn actors are in the 7”x 5+” range, which is only slightly large. As for the largest sizes seen in porn, be aware that most of the porn actors with very large penises clearly suffer from medical conditions such as priapism caused by diseases such as sickle cell anemia, which is the secret behind their abnormal size.

So what’s my point? Don’t compete with a fantasy. When I first started PE I was just like so many other men, wanting to be as big as the biggest porn stars. Within the space of five years of trial and error, I had reached 8”L X 6”G. With no references other than porn at the time, I actually thought that was only slightly above average. That was until I began to date and found out the hard way. The reality was far different from what porn had taught me. From the time I started dating until I got married, I had just under a dozen partners. In that time I was either the largest they had ever had, close to the limit of what they could take (painful), or simply too large. In one case, I had a very beautiful woman that I thought I had a deep connection with literally walk away when she saw me naked.

Porn had lied to me! Ever hear of being careful with what you wish for? PE is the same way. You may want that giant monster penis, but be warned that a serious portion (50% or more) of the human population will NOT be able to take all of the length or girth that PE can create. Excess length above 7” and girth above 5.25” causes fitment issues, pain, and excess friction which can sometimes make or break a relationship. Yes, it is VERY possible to be rejected for being too small and too large.

So is sex with a large penis the same way you see it in porn? Not even close. With increasing size, comes increasing work. The larger it becomes, the more foreplay is required to prep your partner and forget having quickies like you might have had before with less size. Additional lubrication becomes mandatory due to the friction created with larger girth, which can often break the mood when it has to be re-applied during sex sessions. FORGET pounding away like you could before becoming larger, as it can easily damage your partner even if they're ready for it. Causing bleeding, tearing, and pain are real problems with excessive size. Condoms more easily break, with custom larger sizes being mandatory and also harder to find. Contrary to popular opinion, condoms are NOT one size fits all for those with excess size. Sex sessions in general become shorter due to the soreness the excess girth creates as well. It's nice to have a wrist-thick girth until you realize your partner is in pain from it rubbing them raw on the inside. On many occasions, I have had to stop or finish after only a few minutes because my wife simply can't take the constant friction.

When interviewed, most female porn stars that have sex with the largest men on screen actually have stated they prefer average to slightly above average size (7") for their real life sex partners versus their massive film partners. Pain and the added difficulties discussed above being part of the reasons behind their decisions. It would seem size does matter, but nowhere near as much as porn might make you think. So what can you do? Develop a better image of size which is healthier for you and your partner(s). Search for websites and images that feature men of all size ranges so you can get an idea of both what the average size is and the range of sizes in the real male population. Lastly, don't fall for the false concept that your partners will simply adapt to accommodate your size. Sex organs

come in all shapes and sizes for both men and women, so don't assume it will always fit or that a potential partner will even want to try to make it fit.

For all these reasons, I usually suggest that those new to PE and haven't had sex yet only try to reach average to just slightly above sizes. In this way, they can avoid being rejected for excess size and possibly hurting potential partners. Having the "goldilocks" (average to slightly above) size will allow you to enjoy sex with the largest number of partners, thus increasing your chances of finding a long term mate. Best advice I can give is to only go for the larger to huge sizes when you are in a long term relationship and both you and your partner desire more size and are aware of the negative consequences that extra size can bring.

Chapter 2: THE DIAMOND METHOD

So does PE actually work? Absolutely! PE works on the basic principle of cellular division as a byproduct of the body's natural repair and regeneration process. Essentially it works in much the same way your skin, muscles, nerves, and veins lengthen in response to bone growth during childhood. The tissues are stressed, causing microscopic fractures that heal by filling in between those micro-fractures with new cells. If you experienced growing pains during your childhood years, you've felt the cellular growth and repair process. With penis enlargement techniques, over time those cellular increases become cumulative, visibly increasing the size of your penis permanently. Performed on a consistent basis with the right techniques, the penile tissues can become very large compared to their starting dimensions.

The golden formula in the PE world is $\text{Stress} + \text{Time} = \text{Growth}$. I call it the Diamond Method because much like pressure over time can form diamonds, stressing the penile chambers and supporting ligaments creates additional girth and length. Like many men, I started out by jelqing back in the mid 1990's and after suffering several injuries and finally a plateau that stopped all forward progress. Frustrated, I went back to the drawing board. There had to be an easier and more efficient way...! As a research and development type of guy, I went on a quest to find out what truly worked and what didn't. After many weeks on the fledgling internet I came across medical studies related to priapism. I discovered men who possessed in some cases penis dimensions over a foot long and as thick as a beer can....natural enlargement, due to pre-existing medical conditions. I was fascinated! After consuming case study after case study, the same factors

for growth became apparent to me. It was all about the time the tissues were exposed to stress, in this case from long episodes of excess blood pressure brought about by the various patient's medical issues.

Emboldened with this knowledge, I set about working on the best techniques to harness this method. So I started with Jelqing. Jelqing traditionally is performed by introducing blood into the shaft and glans to a certain volume, then sliding the OK grip up the shaft to create pressure on the upper shaft and glans. Once the grip reached below the glans, you would switch hands. The dwell time under pressure was only maybe 2-5 seconds typically, with sometime hundreds of jelqs being performed per session. Although the technique had given me gains in the past, it was also a source of anxiety due to the injuries it had caused me, including ripping a vein off the shaft while dry jelqing...very painful and took a long time to finally heal. The technique was also very labor intensive for the results it could produce. I knew what I had to do. Whereas I thought the number of repetitions was important to growth, it was actually the time I was accumulating under pressure with each repetition!

So I created the timed pressure hold or now more commonly known as the modified jelq way back in the late 1990s. Essentially what used to take hundreds and hundreds of jelqs could now be accomplished by just holding the pressure and watching TV! The technique minimized hand movement up the shaft (greatly increasing safety and efficiency) and also created enormous pressure at the same time. The results were impressive.....larger girth from the very first session with the shaft thickening so fast it almost frightened me.! From that time on, every technique or device I use includes the Diamond Method and the results are much more likely to follow than with any other approach I've ever come across. It simply works! In the past few years I've taught this technique and recently introduced Kegel Clamping

for those completely new to PE. Same concept with similar results, but using your erection or kegels to create the pressure required for the exercises to work properly....increasing safety for those not familiar with their body's reactions yet.

So does PE really work? If you look into the mechanisms behind PE devices, you'll realize the Diamond Method is already in use for length creation. To create length, the well-known medical principle called the traction method is used. The penis is stretched beyond its natural extended state until cellular micro-fractures are created within the penile chamber walls as well as the ligaments holding the penis to the body, forcing new cell creation and thereby growth. Extenders, hangers, and ADS (All Day Stretcher) devices work using this traction method, constantly repeating the cellular damage and healing cycle over the course of hours per session to produce the desired gains. The traction method is also in use to lengthen limbs, create new skin for burn victims, and enlarge other body parts such as earlobes so its effects have been well researched by the medical community. Anyone who says PE doesn't work simply doesn't understand human physiology properly.

Lesser known to both doctors and the public are the girth generation methods which also function on the Diamond Method. Most of the popular girth generation techniques are covered within this book, with some omitted due to it being similar to others on the list. Working on the same cellular repair and growth principle as the length generation devices, expansion creation can be accomplished in multiple ways with varying results. These methods include manual (hand) exercises, mechanical devices such as clamps and pumps, surgical implants, as well as chemical injection causing artificial priapism. Thankfully, science and the medical community have come a long way from the days when I started PE.

So let's review the current state of penis enlargement options.

Manual exercises: Have been practiced in various societies for perhaps thousands of years and were published as soon as the internet went online. Manual girth exercises are by far the least expensive method and have a decent track record for producing gains.

Devices: Mechanical devices have been around for the last 100 years in various forms. All girth devices force blood into the penis, stressing the tissues past the point of normal expansion to create micro tears in the walls of the penile tissues, while stretchers simply pull on the penis to create gains. Up until clamps were introduced, mechanical devices had a poor track record for producing fast and permanent girth gains versus the manual exercises.

Surgery: Surgical girth enhancement is relatively new to the PE community and success thus far has been hit or miss with failures causing far worse damage to the penis compared to all manual or mechanical methods combined. Botched surgeries have caused permanent erectile dysfunction, disfigurement, complete loss of sensation, and is considered the method with the highest risks by the PE community due to the addition of complications common with any surgery. Surgeries include implants, ligament cutting to add length, as well as injections into the shaft and glans. One of my recent counseling sessions involved a man who had a girth insert installed and within months he was informed the tissues were becoming necrotic and was rushed into surgery to remove it....they had almost been forced to amputate..! What followed was heart-breaking, as he discovered

he had lost nearly all feeling in his penis....and was even smaller in length following the removal. I don't recommend surgery to anyone.

Chemical PE: The newest form of girth generation and is still in its infancy, with various methods competing for the title of most effective technique. In one camp you have the fillers, which use varying materials injected into the corpus cavernosa and glans to expand the walls. In another camp, you have the induced priapism proponents that use various injected compounds to induce prolonged priapism (hours long) with varying levels of success. Used in conjunction with skin and tissue softening agents, some swear by the induced priapism method. I personally shy away from needles anywhere near my penis and the chances of infection, unstoppable erections, medical complications such as heart attack or stroke, and internal damage are a real possibility.

Megadosing: New concept of penis enlargement using large daily doses of vitamins and supplements, with some men reporting "gains" with repeated usage. What they're really experiencing is simply improved erection quality, with many reporting the "gains" stopped after the initial gains were observed. Doctors will agree that this technique is dangerous, in that taking large doses of various vitamins and minerals has caused heart attacks, strokes, and kidney damage among other serious side effects. Your life is not worth risking in exchange for a tiny increase in perceived size..!

Cockrings: Adjustable and cheap, they have the potential to harness the Diamond Method by restricting outflow of blood during an erection to expand the tissues beyond 100% erection. Do not wear one for extended periods without constantly checking for circulation and discoloration issues and DO NOT ever wear one while sleeping!

Free PE Advice Forums: So whom do you trust? Think about joining one of the free online PE forums and start researching. Seeing is believing! Simply type “Free Penis Enlargement Forum” into your internet search software. You’ll quickly find out what works, what doesn’t, and save yourself untold time and money by avoiding the scams and learning what causes injuries. The PE forums are an invaluable resource and will help keep you safe by allowing you to learn from others, some with years of experience. The forums are great communities to meet like-minded men and maybe even make friends, so consider joining at least one. You won’t regret it!

Which method do I personally recommend? If I can offer any advice, it is to take the least risks you can with your most prized possession. Research PE carefully, and find the method that fits your lifestyle and goals and has the lowest risks while also providing the best results. As always its best to work smarter, not harder. Knowledge is power....use it wisely.

Chapter 3: The Stages of Penis Enlargement

It's often said that if something were easy anyone could do it. PE would definitely fall into this category. To help those both new to PE and seasoned veterans that are curious about what stage of PE they're in, I present my version of the PE process from start to finish.

1. **Start of Break-in Period:** Exercises are started with noticeable expansion in length and/or girth (inflammation/enlargement/ lower hang) both during and shortly after a session is performed. Erection quality (EQ) will very often improve, adding to the increased size seen during exercise routines as well as the days following a PE session. If performing girth related routines, quite often red spots will be seen on the shaft skin due to tiny capillaries being burst due to the pressure beneath the skin. This is entirely normal, and they will typically disappear within 24 hours after a session. More details on what to expect from girth routines can be found in the girth chapter.
2. **Hard Flaccid:** New individuals with their tissues still in the natural state (not yet broken down) will often next experience a smaller, harder (like a rubbery pipe) flaccid size as the body's natural reaction to the exercises instead of visible enlargement. This is completely normal, but can often scare men that are new to PE. Some men will experience erection problems after noticing the initial hard flaccid state due to psychological reasons (not physical) in that they may feel they have "broken" themselves. To be sure, once the initial scare subsides within hours men will often find their erections to be stronger and in some cases visually larger. The hard flaccid state can last from

days to weeks depending upon routine and the individual's responses to the stimulus exerted. Also, the hard flaccid can return even when the tissues are conditioned if they are seriously over-trained or overloaded which also can appear as lower erection quality.

3. **Larger Flaccid:** As time progresses, the hard flaccid state will be replaced with a constant flaccid state that is usually larger than it was pre-PE. Men at this stage are now entering the Gain Zone covered later in this book. The tissues have now passed through the break-in period and are in the state capable of maximum gains. The exercises will maximize your blood flow, often reversing shrinkage from age/health issues and as a result erections will be larger and often harder than a normal erection.
4. **Bigger Erections:** Increases in flaccid size are followed by longer and thicker erections that can be easily seen and measured. IT'S GROWING..!
5. **Fast Initial Gains:** The combination of harder and bigger erections due to improved blood flow, the "pump" expansion produced by girth exercises, and the "hidden" or buried length within the body being pulled free will quite often produce sudden and dramatic size increases in length and girth. This is deceptive, in that men will begin to feel as though the gains will continue at this rate to 1" length gains and up to .5" girth gains in what seems like only weeks to the first few months.
6. **The Wall:** The point where all the fast initial length gains stop and gains slow down. This is caused by the hidden or unstressed length

being fully pulled free from the body and now the ligaments attaching the penis to the body begin to resist the pulling forces. The outer skin also begins to resist the expansion of the girth exercises and has been stretched to its natural limit by the growing shaft. Many men become discouraged at this stage, but they must understand if PE is continued the increases will continue, but at a slower but steady rate. This is where patience is learned and the point that separates those serious about gains with those only interested in fast and easy results. In general girth increases are unaffected at this stage since the skin will still stretch to handle the thickening shaft.

7. **Plateau Phase:** The point at which the body adapts to the routines or techniques being used and length and girth gains will slow then stop, removing you from the gain zone state as healing occurs. Men will often either quit at this stage or continue with their once proven methods, not understanding that just like weight training the forces/pressure must now increase slightly to return to the gain zone and keep the gains coming. To break through the Plateau phase, sometimes changing methods completely, changing routines, or gently upping the force/pressure are absolutely necessary to re-enter/pass through the break-in phase again and get back into the gain zone. The last resort is to take an extended break (weeks/months), to allow the tissues to fully heal and in the process allow the tissues to atrophy, which in turn allows you to see gains with the techniques you were previously using. Use your knowledge of the gain zone texture feeling to gauge whether you are gaining (woven) or beginning to heal (smoother/ribs) and use that to know whether a plateau is being reached before it slows your gains and knocks you out of the Gain Zone.

8. **Continued Growth:** Size will continue to increase as long as the exercises are consistently performed following the break in period and excessive healing is avoided. When signs of a plateau appear, the individual stays ahead of the body adapting by either switching up to progressively more advanced routines or increasing force/pressure as time goes on to break down/keep the tissues broken down. The rate of growth varies by individual due to multiple variables including age, health, diet, technique, thickness of tunica, routine/session length, and session intervals. Consistency and keeping the tissues stressed for as long as possible of course is key! See the Gain Zone chapter for details.
9. **Goals Achieved!** The finish line.....the sweet taste of success. You've chosen your target size and grown beyond it slightly in both length and girth (25" to .5" past your goal) to insure that once full healing occurs your goal size is the final result. There has been much talk about performing maintenance routines to make your results permanent, however I find the over-shoot method to be the most definitive way to insure your goals remain. Examples? I was 8" L x 6"G back in 2001 and when I restarted PE in 2015, I was still 8" L x 6"G so this method has been proven to work.

Chapter 4: Getting started

So how do you get started? What should you do first? Let's start by taking proper measurements so any changes can be noted and documented. Find or purchase a solid ruler as well as a tailor's soft measuring tape (do not use a metal tape measure for safety reasons) for this activity, or use a piece of string that can be marked so it can be compared to a measuring device later. So let's measure:

1. **Bone Pressed Flaccid Length (BPFL):** Place the ruler on top of the penis with the edge of the ruler or tape pushed into the fat pad until it touches the hard pubic bone hidden under the pad. Hold the measuring device against the pubic bone, use your other hand to lift your completely flaccid penis until it touches the measuring device. Record the length on paper or in your personal PE journal.
2. **Bone Pressed Stretched Flaccid Length (BPSFL):** Place the ruler on top of the penis with the edge of the ruler or tape pushed into the fat pad until it touches the hard pubic bone hidden under the pad. Hold the measuring device against the pubic bone, use your other hand to grip the head of your flaccid penis and stretch it to its maximum length. Record the length on paper or in your personal PE journal. I find the BPSFL measurement to be the most accurate way to gauge length increases, as it doesn't vary greatly versus erect measurements.
3. **Mid-Shaft Flaccid Girth (MSFG):** Circle the measuring tape around your flaccid penis in the middle of the shaft until the tape is wrapped snugly

around the shaft. Record the girth on paper or in your personal PE journal.

4. **Flaccid Base Girth (FBG):** Circle the measuring tape around the base of your flaccid penis until the tape is wrapped snugly around the shaft. Record the girth on paper or in your personal PE journal.
5. **Flaccid Head Girth (FHG):** Circle the measuring tape around the head at the widest point of your flaccid penis until the tape is wrapped snugly around it. Record the girth on paper or in your personal PE journal.
6. **Flaccid Head Length (FHL):** Place the ruler on top of the fully flaccid head and measure from the base to the tip. Record the length on paper or in your personal PE journal.
7. **Bone Pressed Erect Length (BPEL):** Place the ruler on top of the penis with the edge of the ruler or tape pushed into the fat pad until it touches the hard pubic bone hidden under the pad. Hold the measuring device against the pubic bone, generate an erection using stimulation until you are fully erect. Record the length on paper or in your personal PE journal. If you have a curve, measure either with a tailors tape or at the longest point.
8. **Mid-Shaft Erect Girth (MSEG):** Circle the measuring tape around your erect penis in the middle of the shaft until the tape is wrapped snugly around the shaft. Record the girth on paper or in your personal PE journal.

9. **Base Erect Girth (BEG):** Circle the measuring tape around the base of your flaccid penis until the tape is wrapped snugly around the shaft. Record the girth on paper or in your personal PE journal.
10. **Erect Head Girth (EHG):** Circle the measuring tape around the head at the widest point of your flaccid penis until the tape is wrapped snugly around it. The head is hard to measure, so if that fails use a piece of paper to wrap around the head, mark 2 points on it, then measure the distance between those 2 points. Record the girth on paper or in your personal PE journal.
11. **Erect Head Length (EHL):** Place the ruler on top of the head and measure from the base to the tip. Record the length on paper or in your personal PE journal.

A word about your measurement results. If this is the first time you've officially measured/compared and are distraught about your current dimensions, REMEMBER that these are only your starting dimensions and they will change over time to more positive numbers. It doesn't matter where you started, but where you end up that matters. Things are about to change! Please note that the smaller the penis is to begin with, the faster and more dramatic the visible results are during the growth process. Now that proper measurements have been taken to use as a base sample to gauge your progress, let's take a look at the PE process itself in the next chapter.

General side effects

So does penis enlargement have any side effects besides increased size? Yes, and it's important to decide what increased size is worth to you and what level of risk you're willing to accept. Here are a few things to consider before starting PE.

Time consumption: I find the biggest problem with PE is the sheer amount of time required to achieve enlargement with even the best methods. This endeavor can easily require months to years depending upon your starting size and your goals. Sessions can range from 30 minutes every other day, to 16 hours a day for those truly obsessed with gaining. I've known men to quit high paying day jobs and work from home just so they could devote their entire attention to PE, it's that addictive. Sacrificing time with your loved ones, friends, and pets to spend countless hours hunched over yourself trying to increase your penis size will only lead to problems down the line. Try to create a balance between your PE and regular life, so do PE when you have time to spare. I lost so many precious moments, connections, and friends due to my slave-like commitment to making myself larger and I sometimes regret what I sacrificed. Think of PE as a journey, or as a marathon versus a short foot race. Slow and steady wins the race. Live your life, do PE when time allows, use the free journal found on the book website to maximize gains, and accept you will eventually reach your goals. Enjoy the journey as much as the rewards.

Discoloration: Applying pressure to any part of the human anatomy will create discoloration due to the blood being forced into and trapped beneath the skin. In the case of penis enlargement, girth producing

exercises not only create blood pressure beneath the skin, but due to the nature of having to retain that pressure the blood trapped losing oxygenation and makes the resulting discoloration darker and lasting much longer than it normally would. Thankfully most of the discoloration disappears within hours of a PE session, with discoloration from heavier sessions of PE requiring days to weeks for discoloration to fully disappear. Would you risk having red dots for a few hours per day on your shaft in exchange for increasing your size by possibly inches? I believe most would, but it's something to consider.

Erection Quality: Contrary to what you might have read, most forms of PE actually improve blood flow and produce harder and larger erections. The exceptions to this observation being heavy weight hanging and extreme (high pressure) clamping which greatly stress the shaft and head walls and can cause temporary erectile dysfunction or weaker erections that can last for several hours following a session. Again, the symptoms go away in hours typically but its best to avoid sex directly following any extreme PE sessions so there are no possible sexual performance issues.

Injuries: Injuries used to be the biggest concern in regards to PE. They still can and do happen, especially with those new to PE that don't know their body's warning signs or limitations yet. The vast majority of injuries are limited to small burst capillaries (red pin pricks) on the skin's surface (discoloration), which heal in hours to days typically. As with any form of physical exercise, the more force that is applied or created the greater the injury when that force is unleashed. Injuries such as burst main and surface veins (excess jelqing or clamping pressure), veins ripped from the shaft (excess stretching force, dry jelqing), nerve damage (circulation cut off, pressure on sensitive nerves), and snapped or torn ligaments (excess stretching force/weights) have all been reported. Thankfully PE has come a

long way and new and much safer techniques now exist, with those types of injuries being far more rare in the current PE community.

Keep it secret, keep it safe

PE is considered an underground activity to the general public and discovery of your materials may cause embarrassment in the event they are discovered. As a general rule, hide this book by using the jacket/sleeve from another book to disguise it, lock it away on your phone with a pass code, or store it somewhere it can't be seen. This secrecy also applies for any devices you may purchase.

Device manufacturers for the most part know that secrecy is important to their customers, so the vast majority ship their products in plain packaging with nothing shown on the outside to describe the contents. If you are still concerned about being discovered, I recommend renting a post office box at your local UPS/Fedex/shipping company or post office and have all PE materials shipped directly to that box instead of risking your purchase being found and potentially opened by an unsuspecting family member or partner.

In regards to your collection of devices, be sure to have a quick excuse as to what it is just in case someone should discover them. I tend to either lock them away from view or disperse them in plain sight by scattering the pieces around the room so as to not give away their purpose. Lastly, when all else fails simply tell others (very hard in some cases) about what you are doing and what the devices are for. Yes, not my preferred option either!

Kegels: Your Erection's Best Friend

One of the best sexual health (and PE support) exercises found in the sexual health community today are what are called Kegels. First described in the 1940's, pelvic floor exercises have been embraced within the past decade for their ability to strengthen the pubic muscles of both males and females. Benefits include stronger orgasms, sexual stamina, urinary incontinence prevention, and harder erections. The benefits of Kegels in regards to PE exercise cannot be overstated as well. Many girth exercises require Kegels to perform the exercises, so learning to master them can greatly improve your success with PE.

To perform a Kegel, practice by contracting your pubic muscle to stop the flow during urination, then start by squeezing that muscle for multiple repetitions during a set period, say 100 per day for example. Kegels can be performed at any time, and used while having sex can actually delay orgasm. Typically I perform Kegels only on my rest days, so that the muscles are strong for the day I need it for my PE routines. For PE exercises that require Kegels, usually what's involved is using the Kegels to pump blood into the shaft so pressure can be built up within the tissues. Do not perform Kegels to excess, as kegel injuries (from too much force and constant/overuse) can occur.

Infections

One of the aspects of PE not often discussed is the real possibility of contracting a minor to serious infection while on a PE program. It's very important to keep good hygiene to prevent infections caused by exposure to bacteria on your hands and especially your PE equipment. ALWAYS wash your penis with soap and water following any PE routine to remove lubricant/grip material and any germs that may have been transferred to the penis during routines. To give you an idea of the kinds of infections that can occur, I've compiled a list of the most common infections and a brief description of each.

IMPORTANT:

Sanitize/wash your hands and PE tools with dish washing liquid or skin safe soap before every use. It could mean the difference between safe PE and dealing with an annoying to even possibly serious infection.

Jock Itch: By far the most common infection in men. Typically caused by a buildup of sweat in the groin area that causes a fungal infection. Symptoms include itchiness and red rash in the general area of the infection. Treated with over the counter anti-fungal treatments and repeated sanitary cleaning of the area. Jock itch can be passed onto partners by direct skin contact.

Urinary Tract Infection: (UTI) Found more commonly in women, the odds of infections become more likely when the devices being used (and your hands) are not properly washed and disinfected prior to and after exercising. This is the second most common infection found in men on the PE programs I've seen. I've suffered from UTIs on more than one occasion, going as far as having a severe kidney infection that required anti-biotics to

cure. Symptoms include pain during urination, sudden urges to urinate even when the bladder is empty, fever, and pain higher up on one or both sides of your torso beneath your armpits. Don't ignore the signs of a urinary tract infection, as it can lead to kidney damage! This infection can be passed to a partner by direct skin contact.

Yeast Infection: Not to be confused with Jock itch, a yeast infection is also caused by a fungal infection in the genital area. Symptoms include a thick white mucus from the genitals or groin area. Treated with over the counter anti-fungal treatments and repeated sanitary cleaning of the area. This infection can be passed to a partner by direct skin contact.

Staph: Much Less commonly seen in the PE world, this can occur after your penis is exposed to bacteria on your hands or a small cut on the penis becomes infected. Staph appears as small (sometimes red) bumps near the area of infection and should be treated properly by a medical professional due to its ability to cause serious medical problems and damage to the penile tissues when left untreated. This infection can be passed to a partner by direct skin contact.

Chapter 5: Warning signs And Safety Guidelines

Now that you have an idea of the basics, let's move on to keeping you safe. As with many other exercise programs, there are beginner through advanced routines that will take you from a newbie to a seasoned Veteran PE user in relative safety if the protocols are followed. Any physical action carries risks. Please consult your doctor before starting any physical exercise routine, PE included, due to the sudden change in blood pressure and oxygenation levels that may be experienced during a PE routine. Again, I stress that YOU are solely responsible for keeping yourself safe and for any injuries you may incur. Watch for the warning signs found within the guidelines and should you experience any of them, instantly stop whatever you are attempting and think before restarting or continuing.

Most of the serious injuries I've seen occurred during the early days of PE before the warning signs were developed by learning from mistakes that were made, with the rest from those who were reckless. Be aware I've personally been injured even after years of conditioning but due to my adherence to the guidelines my injuries only required a few days to heal at most. Stay safe! Safety should always be the first thing on your mind during any PE session. Complacency, ignoring warning signs, and overtraining/overloading are the primary causes of injury with modern PE methods. Watch for these warning signs of impending injury and avoid problems before they start.

Coldness: This one is tricky, because your tissues may be cold because of oxygen deprivation, constant stimulation (hanging/extending) or simply because of the cold air the penis is being exposed to. If the head is still

purple, it's usually just the cold air or stimulation being felt. Severe coldness is usually felt right before numbness.

Numbness: This is typically an indicator that blood flow is being cut off or nerves are being pressed on right before tingling will start to occur. An important note is when numbness follows long girth routines or heavy hanging where Edema (fluid buildup) is present beneath the skin of the head/shaft. It is very normal to lose some sensation when edema is present due to its ability to block nerve receptors beneath the skin. Full sensation will return once the Edema is completely gone.

Tingling: When felt at the head/shaft during a routine where blood circulation is being restricted, that is a sign nerve damage is about to occur. Should the tingling be sudden and then abruptly stop, nerve damage (very minor to major) has just occurred. To avoid nerve damage, DO NOT use any device or technique that completely cuts off blood flow to the glans (head) or presses with heavy force on the sensitive nerve cluster found on the bottom side of the head. The overloading of weight while hanging before the tissues are conditioned to withstand the force can also cause nerve damage. In devices, string and rope noose devices found in the older extenders and hangers were and still are notorious for the possibility of causing serious nerve damage, so I warn men against using that attachment design. I suffered slight nerve damage myself from the earliest extenders using the noose, so I have firsthand experience here. Tingling felt throughout the penis following girth routines is a combination of the nerves receiving fresh oxygen and the blood flowing out of the penile tissues.

Discoloration: Light red to light purple beneath the skin during a routine indicates the tissues are still receiving oxygen, darker colors to black indicate the tissues are being oxygen deprived and must be allowed to

breathe. I find that tissues can go without oxygen for about 5 minutes before the blood cells begin to turn black and will seriously discolor the skin. You will find all of my techniques causing blood flow to be impaired are deliberately limited to 5 minutes of actual exercise time to avoid discoloring the skin and feature massage to restore circulation fully before repeating exercises. Yes, the exercises can be done for longer periods if circulation can be maintained during the exercises, but that is your personal preference. For example, I tried clamping for 10 minute periods and the heavy dark discoloration took weeks to fully disappear versus limiting myself to 5 minutes per session where the discoloration disappears within hours of a session. Discoloration can also be reversed with skin softening and stretch mark treatment lotions, among other more specialized lotions made for treating discoloration.

General Safety Guidelines

After years of trial and error, the PE community developed their own set of safety protocols that if followed greatly increase your chances of remaining safe during your PE journey. These are general rules, so always think about your safety ahead of potential benefits of any routine.

1. **When in doubt, wait it out:** The vast majority of PE injuries heal within days, so allow full healing to occur for things such as bruises and pain before restarting PE.
2. **Build up to the next level:** PE is meant to be a gradual process, allowing your penis to become conditioned to the forces exerted against it, eventually graduating to the next level of exercises and devices as your body adapts. Use the advice found in the Gain Zone chapter to know when to move to the next level. For example, jumping directly into something very advanced such as clamping is just asking for trouble.
3. **Avoid excessive force:** More force or weight is not always the answer. For the most part, simply increasing weight by 1 pound or slightly upping the pressure is all that's required to see continued gains. Most injuries occur from using excess force.
4. **Laziness is no excuse:** Complacency and ignoring safety limits exposes you to force that your penis simply can't withstand and injury becomes far more likely. Always be alert to the potential for injury and be ready to stop at the first sign of a problem.

5. **Just because you can doesn't mean you should:** It's a saying from my old engineering days and it still holds true today. Attempting unproven techniques or exercises without at least conditioning yourself and having a plan in the event something goes wrong is just asking for trouble. The worst injury I've ever heard of was from a man who emailed me on the PE forums. He had attached 75 pounds to the head of his penis with a tight shoe string noose and ignored all of the warning signs (pain, discoloration, numbness). His penis required surgical repair. Don't take risks with your most prized possession. Do your research carefully and be knowledgeable about any PE method before you attempt it.

Chapter 6: Your PE journal

One of the most valuable tools you can purchase isn't a device, but a simple notebook used to track your PE journey. Tracking your measurement statistics, routines, and other data is an invaluable resource to help maximize gains and avoid plateaus. Either print out the PE journal sample found on this book's advertising website or create your own version using a blank notebook. The book should contain your starting dimensions, date started, routines and durations with intervals for each, as well as any supplements you may be taking. The more detailed and consistent your notes are, the better you can track your progress and as a result fine-tune your routines to maximize your gains.

Tracking Length Gains: As a good practice, length measurements should be taken on a rest day or before a daily stretching routine with no edema remaining from a previous PE session. To properly track length gains, the most accurate measurement is the bone pressed stretched flaccid measurement since erections can vary greatly from one to the next. The erect measurement is good for impressing others, but can be greatly affected by health, age, medications, etc so for those reasons I suggest using the BPSFL as your benchmark. Seeing a definitive and repeatable increase from one day to the next is solid proof the changes are taking place.

Tracking Girth Gains: One of the biggest mistakes that guys make when measuring their girth is to measure during a workout/while clamped and consider any changes during the session they measure as gains. The reality is that edema (fluid buildup) can radically alter your measurements when taken during your PE session. What you believe to be even a small increase is actually the skin allowing more edema in during your workout

than the previous one, which gives the perception of increased size. True girth measurements should be taken on a rest day when all edema has left the area (usually within 24 hours). Should you still feel fluid buildup beneath the skin, give it more time before taking a girth measurement.

Many men take girth measurements while clamped or using a cockring, which works as long as the measurement is always consistently taken at the very start of their session when the penis is at its maximum expansion, but before any edema begins to form. The first minute is the best time to measure. Due to erection variability, cockrings that normalize the erection may be necessary for those with erection quality issues. Again, as long as the measure is taken at the same time and method consistently the results will be much easier to track.

Tracking Shape Changes: Most PE methods have the unique ability to subtly change the shape of the features of your penis over time. So, it's very good advice to measure any feature you wish to keep unchanged as a base line for comparison. Being able to see the very slight changes in the size of features in your journal entries can help you prevent unwanted changes to targeted features. By seeing your statistics slowly changing month by month, you can correct the problems with your routine before the changes become more and more noticeable.

Learn Cause and Effect: One of the most powerful ways in which your journal can be used is to track the effects of various PE techniques on your body. For example, you can determine the ideal number of days needed for healing to maximize your growth rate or learn which methods work fastest by doing simple back to back comparisons with your collected data. Knowledge is power, so why not collect as much as you can to help you finish your PE journey even faster?

Chapter 7: Developing your PE strategy

So where should you start? It's best to develop your PE strategy based on several factors. The average PE strategy will include a routine schedule (on/off days), session lengths (minutes to hours), and techniques/devices. Here are some questions to ask yourself:

1. What is your starting size?
2. What are your size goals?
3. What is your starting shape?
4. What is your desired final shape?
5. How much private time do you have?

All of the answers to the above questions factor significantly into your PE strategy, so carefully consider them before any decisions are made. Let's break down each question and what it means to your overall strategy.

Starting size: You've taken your official measurements in the previous chapter and now have an idea of where you stand in terms of size. This will have a serious impact on the second factor to consider. For those on the smaller side (less than 4.5" length, average to below average girth) understand that more time and energy will be required to reach above average/large sizes versus someone who is already average sized, with the same holding true for those already large men seeking to reach the huge category. Essentially, the more you start with the less PE you'll need to do to reach your goals.

Size Goals: There are basically only two goals I've found and they are Modest and Monster. Modest goals (1" length X .5" girth) can be achieved

within 6-12 months of PE work on average and can literally mean the difference between being in one size category or another. I find Modest goals are far more popular than the Monster goals due to the sheer time and dedication required for Monster goals. Modest goals allow you to typically perform both length and girth routines at the same time to speed up your PE journey.

Monster goals (2"+ in length X 1"+ girth) can be far more time consuming depending upon your starting size and final goal. Attempting to gain both length and girth at the same rates as seen for Modest gains doesn't work as well, with increasing girth slowing length gains due to the added mass/cells resisting the stretching forces which reduces many PE stretching device's effectiveness. The girth effecting length issue in turn usually requires achieving your length goals first, then adding in girth afterward to fill out the penis to the desired girth. Since length and girth are done separately, the time required can be double versus Modest goals, let alone the amount of increase desired. For example, a man with a 5" X 4.5" penis hoping to reach 9" X 6.5" requires YEARS worth of stretching and expansion, with the lowest estimate being maybe 2.5 years for very fast gainers to up to 5 years for slow gainers. That level of commitment has to be taken into account when choosing Monster as your size increase goal.

Starting Shape: Your starting shape can either be retained or changed according to your desires, but changing it can add time to your PE schedule if you wish for radical changes such as changing the head size from small to huge or greatly thickening a thin base.

Final Shape: Going along with your starting shape, this can greatly impact the time required before reaching your goals and require multiple

techniques versus only one or two required for those wishing to retain their original shape.

Private Time: Possibly the single biggest factor. Available time can mean the difference between months and years of PE work. For the vast majority of men a balance of on and off days is required due to other responsibilities also vying for their attention. I often suggest Modest goals for those with very limited private time, to help prevent frustration setting in from the slower pace of gains. For those who live alone and have almost unlimited free time, the Monster goals are far more likely to be an option versus those with limited time due to family commitments. That doesn't mean that those in a relationship can't achieve the same goals as single men...it's just going to take longer for those with less free time.

Once you've thought over all the factors, you can start to determine what your goals are and what the best techniques are to achieve your goals.

Chapter 8: Get in the Gain Zone!

Want to know why most men give up on PE and proceed to exclaim that it doesn't work? Why some men gain easily while others struggle? They never finish the initial break in period! There exists a break-in period fairly early on in the penis enlargement process that most men simply aren't aware of. This break-in period typically lasts 4-6 weeks from the start of PE exercises for those completely new to PE and completes when the first permanent gains begin appearing. These first real gains are an indication that the walls of the shaft and to a lesser extent the head have finally broken down and can no longer withstand the pressure they previously could due to the unhealed micro-tears building upon themselves over time. At this time the breakdown of the tissue walls begins to become physically apparent and can actually be felt beneath the skin on the shaft, most commonly on the shaft sides while the penis is semi-erect. The normal smooth or ribbed texture of the shaft walls may now instead have a woven or bumpy texture feel to it.

The broken down texture felt beneath the skin can be described as varying in feel from that of a rough woven or knitted (knotty) sweater material to fine granular bumps depending upon how far the tissues have been broken down, with the fine bumps being an indicator that the tissues are in near complete breakdown. Please note that it is not necessary to completely break down the tissues to a fine texture for gains to occur. If the woven texture of any kind is felt, anywhere on the shaft, gains will occur the fastest during this time. This state is what I used to call being in the Gain Zone years ago on the PE forums. It is also important to note that the further broken down the walls are, erections may be weaker typically since

they cannot maintain structural integrity or surface tension as well as Pre-PE. A good analogy is when a balloon is stretched while under pressure and cannot maintain its shape when its walls begin to thin out from stretching beyond its limits.

Another added benefit of being in the Gain Zone is that since the tissues are broken down the lighter weight/force devices such as extenders and ADS devices work at a faster rate. With the tissues broken down, they can no longer resist the forces and all of the available force is now directly transmitted to the primary length restrictors, the ligaments. Ever wonder why the extender and ADS companies including jelqing instructions with their product? Now you know!

Mastering PE means being able to use that woven texture as your best indicator that PE is still working and gains are possible in my experience. Reading the woven texture also allows you know whether you are entering or leaving a plateau period, thus helping you avoid wasted time and effort while using some routines and devices. Simply put, if using the device or technique produces and maintains the texture it will be of benefit to you, while techniques or devices that cannot create or maintain that texture (keep you in the Gain Zone) should be avoided and are therefore not beneficial. Some in the PE world describe this as riding the “fatigue” following the exercises, in other words using the period following tissue breakdown to create gains. Whatever you would like to call it, its usefulness cannot be overstated during your PE journey.

So how do you get to this magical Gain Zone I speak of? You must overload or stress the tissues repeatedly during the start of your PE journey to create the micro-tears, then continue building on those tears with more “damage” until the walls literally begin to fracture, creating the texture.

How best to overload the cell walls? Both length and girth techniques that feature decent applied force or weight are capable of causing sufficient cell wall damage to get you into the Gain Zone. Techniques such as Kegel Clamps and the Shopping Bag hanger are good methods for beginners to reach the Gain Zone, while more seasoned PE users might require Modified Jelqing, Heavy Weight Hanging, or even Clamping to push them past the break-in period. Shock loading is covered in Chapter 17. Remember, once you are in the Gain Zone you can switch to lighter force/weight routines and the texture can still be retained if the lighter force/weight routines are performed consistently to avoid excessive healing which would require break-down using heavier force.

To use the texture as your PE gauge takes practice but once you get the hang of it you can use it to help determine your healing rate, optimum number of rest days, and effectiveness of PE exercises and products. Lastly, the Gain Zone woven texture will heal and completely disappear (revert to smooth) over the course of a few weeks, with initial healing (woven texture fading) just beginning within the first week of PE being ceased, so plan accordingly. The fact that you can take a week's vacation while in the Gain Zone without losing it is a wonderful thing!

Traveling long term? Busy with life? Should you be concerned about leaving the Gain Zone while away or when standard PE exercises aren't an option, use moderate force manual stretches for several minutes each day or every other day during an extended break period to maintain the woven texture. I use this technique constantly so I can instantly see gains while trying out new PE devices being reviewed. In this way, you can start right back up (even months later) where you stopped PE and immediately begin to see new gains without having to go through the break-in period again!

Chapter 9: Girth 101

Although length is more often discussed in reference to penis size, it is girth that leaves the biggest physical impression on partners due to the pleasure it creates. Increases in girth not only greatly improve stimulation from increased friction during sex, but also improve the visual impact of the penis by adding overall mass and weight. The most effective techniques I've found to increase girth were discovered after I started researching the medical condition called Priapism. Priapism is a condition in which blood flowing out of the penis is partially or fully blocked, causing blood to collect in the penis which generates high internal pressure due to the heart attempting to pump more and more blood into the penis.

The results of this excess pressure are often painful erections that can last for hours at a time for each episode. The side effects of this unfortunate condition are permanent enlargement (typically more girth than length) over time due to the repeated stresses experienced by the penile tissues. Patients with this condition have reached well over 10 inches in circumference, so PE techniques based off these observations focus on keeping the tissues in the over 100% expanded state for as long as safely possible. Mechanical cell wall disruption is the term I use for the mechanism PE girth techniques use to break down the tunica walls and make gains.

Hence where the Diamond Method (Stress + Time = Growth) came from. So how do you recreate Priapism (painful erections) safely?

No Pain, No gain: Have you ever heard of that phrase? It's true with weight lifting and to a certain degree it's also true with girth generation. Want to know my secret to going from 4.25" at my thickest to over 6.5" at just my mid-shaft and still growing? It's all about pain management and

knowing your body's limits. All of my personal routines create stretching forces that cause painful expansion throughout the penis. How much pain? At least enough to be uncomfortable to (in some tougher cases) just bearable for those with very conditioned tissues like long-term clamping veterans. This level of pressure is comparable to priapism and gains similar to those suffering from priapism have been observed by those practicing these methods, myself included.

IMPORTANT:

Anyone experiencing numbness in their extremities (and penis) due to medical conditions such as diabetes or as a side effect of medications should avoid any routine that requires being able to feel and accurately determine the pressure/pain level experienced during an exercise. Attempting to perform routines that create high pressure with no way to detect the excess pressure can be highly dangerous and should be avoided. I am NOT advocating for anyone to do any exercise to the point of injury.

Am I talking torture or injury level pain? Absolutely NOT! For those new to PE, you simply need to push the tissues past the 100% erection level to where the head becomes very plump and shiny and the erection/expansion begins to be slightly uncomfortable. The slight pain being felt is coming from the walls being pushed past the breaking point, creating those all-important cell producing micro-tears in the cell walls. As your tissues adapt, the pain level may need to be gently increased, but I find that if you follow a linear path (unlike vets like myself that unknowingly have greatly strengthened our tissues from hitting plateaus) you can ride that slightly uncomfortable level of pain for most of your PE journey. Once you reach the pain level you know is tolerable (do not torture yourself), dwell on that during each five minute expansion session for max results.

As a general rule the pain should be an overall stretching pain and NEVER be a sharp pain in any particular point on the penis, as that is a sign

of an injury about to occur or that has occurred. Should you feel any sharp specific pain like I've described above during your girth routine, STOP IMMEDIATELY.

So how do you create that painful level of expansion? By introducing stress on the shaft and/or head using manual or mechanical pressure and holding it as long as possible without causing injury. The collection of exercises and devices found in this chapter are the best girth producing techniques I've found to generate huge girth increases. Be aware that all of the techniques produce fluid buildup (edema) and slightly weaker erections immediately following the sessions. Waiting 12-24 hours after sessions will allow erections to return to normal or as firm as the weakened tissues will allow.

All girth sessions are kept to 5 minutes of exercises, then 5 minutes of massage or rest to restore circulation. This cycle is repeated for 30-60 minutes total per session for beginners, which for example translates into 30 minutes of total exercise time (5 min on/5 min off) for a 60 minute PE session. Of course, as you condition your tissues sessions longer than an hour are possible (and encouraged) to maximize your time while in the expanded state to better replicate actual priapism episodes. Remember that pressure over time equals enlargement, not the actual number of reps you do. Guys often get wrapped up on completing "reps" which in PE can be counterproductive. Be warned that holding the pressure for periods longer than 5 minutes at a time will produce stagnant blood and excess dark discoloration of the shaft skin. Sessions totaling 30-60 minutes of exercise time, done every other day yield good results. Use your journal to fine tune the on/off day schedule to maximize gains using your body's healing factor to produce the best results. For instance, some men need 1 day of rest, while others see the best results from no days off or several days off. Everyone needs to determine for themselves what works best for rest periods.

As a general note, experiencing small red dots on the shaft during/after a session and fluid buildup (edema) is normal and typically goes

away completely in 12-24 hours. The exception to this is clamping, which can cause extra discoloration due to the extreme pressure it can create. Should you see red dots form on your head, stop any exercises until it fully heals because doing the exercises while the red dots are still visible will only cause them to become worse. Eventually, the shaft will occupy more and more of the space between the shaft and skin formerly filled by edema. The lack of fluid buildup will become most noticeable when the shaft begins to fight for space so do not be concerned with fluid buildup lessening over time.

As with any program, ALWAYS start with the beginner exercises and do not begin with the advanced methods, as injury can be the likely outcome followed by an extended rest period for healing to occur. No shortcuts, as they will only harm you and slow your overall progress! DO NOT; I repeat, DO NOT try the advanced exercises like clamping first before performing the beginner exercises....! You risk serious damage to yourself until your tissues have been conditioned to handle the tremendous stress that these techniques can produce.

The Exercises

Kegel Clamping (Beginner)

Brand new technique designed as an entry level expansion method. Also known by some old school veterans as ballooning. This technique does not tend to produce red spots at the level that modified jelqing does and is a great routine for those who cannot control their erections enough yet for more advanced routines. Ever wonder what someone suffering from an episode of Priapism feels? This exercise repeats it safely and has excellent feedback from the users who have tried and gained from it. In regards to pressure output it can easily rival jelqing.

To perform a Kegel Clamp, form an OK sign grip with thumb and forefinger at the base of your flaccid penis with the palm facing you, not too

tight. Fingers should be lubricated with lotion that doesn't dry out easily and washes off quickly. Circle the shaft tightly and either Kegel in blood or stimulate yourself to add blood to the shaft above your grip. Be sure your foreskin is retracted, unless you want the foreskin to grow along with the head. To add blood, open the grip and either Kegel in blood or let the erection mechanism do it (DO NOT continue to get fully hard). Continue to allow more and more blood in by opening and closing your grip, with the grip ALWAYS going back to the tight grip seal it was when you started while flaccid. As you add increasingly more blood, the entire shaft and head will begin to feel tighter and start to become slightly painful with the stretching sensation. The head will become shiny and stretched very tight. At this point, HOLD that grip/pressure and dwell on that overall stretching pain sensation. You can squeeze the grip tighter to increase pressure as well. Hold as long as you can, (30 or more seconds up to a few minutes depending upon grip strength/stamina) and then reset and repeat until a total of 5 minutes have gone by. At the 5 minute mark, release your grip and massage the shaft and head to restore circulation for 2-5 minutes (also helps prevent discoloration) and then start another 5 minute expansion session.

Jelqing (Beginner-Intermediate)

The most well-known and perhaps most infamous of all the PE exercises. Known at the infancy of the internet as the Arabian Method among other lesser known names, it's primarily a girth producing exercise that can also often create the initial length gains found with those new to PE. Jelqing has gained a bad reputation due to its widespread use and misuse which can cause injuries of which the vast majority are temporary discoloration, hard flaccid (as discussed in another chapter) and erection

issues to due to very aggressive pressure being used. The technique was among the very first posted online at the birth of the internet and as such has been around for over 20 years. Jelqing has been replaced more recently with more efficient and less dangerous techniques including those based on priapism studies and include Modified jelqing, Kegel Clamps, and many other pressure creation techniques. Jelqing (especially without lubrication-dry style) can cause sometimes serious injuries that include torn shaft veins and friction burns. I do not recommend this exercise.

To perform Jelqing, lubricate your hands with a lubricant that's easy to wash off. Form an OK sign grip with thumb and forefinger at the base of your flaccid penis with your palm facing you, grip not too tight. Circle the grip tight enough to form a seal but not too tight that you cannot easily slide it. Either kegel in blood or stimulate yourself to add blood to the shaft above your grip until you are about maybe 75% erect, still floppy. Be sure your foreskin is retracted, unless you want the foreskin to grow along with the head. Leaving the head retracted may not be an option for some and is fine. Now slide that grip/seal up the shaft fairly slowly until it reaches below the head, holding there for a second or so. The head will become shiny and stretched tight. While your hand is at the top, you can either use your other hand to set up another jelq at the base, then let go of the hand at the top to start a new jelq OR reset with the same hand you started with. Most find alternating hands the easiest. Either way, each grip ALWAYS goes back to the slightly tight grip seal it was when you started while flaccid. One rep is completed when the grip slides from the bottom to the top. Should you get above 80% erect during jelqing, wait until it passes to avoid over-pressuring your tissues.

As for duration and timing, I've seen men perform anywhere from 10 to hundreds of standard Jelqs during a session, however, I suggest resting

when your hands get tired or discoloration begins to occur. A word of caution that gripping too tightly can and will cause damage to the veins and internal structure, so be careful with your grip. To improve on efficiency and safety of the old standard jelqing, modified jelqing was created. Less is more..!

Modified Jelqing (Intermediate)

Jelqing for the 21st century! A higher pressure and more energy efficient form of jelqing that reduces the upward motion found in traditional jelqing (reducing hand fatigue) and greatly increased the efficiency of gains by its focus on dwelling on the pressure created versus the number of repetitions found in standard jelqing. Considered an HPE (High Pressure Event) exercise in that it has the potential to recreate the effects of priapism. I created it many years ago when normal jelqing stopped producing gains for me. Other methods similar to this also exist now in the PE community. Counting reps or strokes (found in standard jelqing) is replaced by the concept of holding and dwelling on the pressure you created as long as possible, with the focus being on the time spent expanded with the grip as low as possible on the shaft. In Modified Jelqing, you are only sliding the grip up maybe an inch to generate the pressure versus performing an entire rep as found in standard jelqing.

To perform Modified Jelqing, lubricate your hands with a lubricant that's easy to wash off. Form an OK sign grip with thumb and forefinger at the base of your flaccid penis with the palm facing you. Tighten the grip tight enough to form a seal but not too tight that you cannot easily slide it. Now, either Kegel in blood or stimulate yourself to add blood to the shaft above your grip until you are about maybe 80% or more erect, just below full erection. Be sure your foreskin is retracted, unless you want the foreskin to grow along with the head. Leaving the head retracted may not be an option for some and that is fine. Now slide that grip/seal up the shaft, traveling only approximately 1" up the shaft until you feel pressure, which will cause a slightly painful stretching sensation. The lower on the shaft

(toward the base) you created the pressure, the more of the shaft that will experience the expansion. Hold that as long as you can (30 seconds to minutes, until your hand tires), then reset and repeat, switching hands if necessary until a total of 5 minutes have gone by. At the 5 minute mark, release your grip and massage the shaft and head to restore circulation for 2-5 minutes (also helps prevent discoloration) and then start another 5 minute expansion session.

Shaft Squashes (Intermediate)

This exercise builds huge mid-shaft girth due to the high pressure that it can produce. The exercise uses the same principles as Modified Jelqing to produce the expansion forces. Be sure to keep the head flaccid during the exercise to avoid pressure dots from appearing on the head. Considered an HPE (High Pressure Event) exercise in that it has the potential to recreate the effects of priapism.

To perform Shaft Squashes, no lubrication is required unless you would like to use some. Set your base grip hand the same way as the modified Jelqing routine, but use your free hand to grip below the head (OK grip) with your hands opposing each other, like you would hold a videogame controller. Use the hand holding the head to squeeze blood out of it. Now, Kegel in blood so that it is trapped in the shaft in between your hand grips until the shaft is 80% or more full but not hard/erect. With only blood in the shaft and none in the head, slowly force (do not slide) both your grips together. This will produce high pressure, so be careful and watch for any pain other than a stretching pain sensation. Hold the "squash" as long as you can like a modified jelq. At the 5 minute mark, release your grip and massage the shaft and head to restore circulation for 2-5 minutes (also helps prevent discoloration) and then start another 5 minute expansion session.

Clamping (Advanced)

For advanced users and veterans who have previous experience with high pressure exercises and know their limits. Done even correctly, clamping can be very dangerous due to the extreme pressures it can create. Considered an HPE (High Pressure Event) exercise in that it has the potential to recreate the effects of priapism. I myself have burst veins even with the conditioning I have, so be very careful during any clamping routine. This exercise is highly effective for girth and head size. Done over time while using a higher erection level, you may experience a slight increase in length. Clamping is currently the best girth creator for the lowest investment, costing less than a candy bar in many countries. Simply type in Cable Clamp using an internet search and purchase the adjustable (like hand cuffs) orange color style in the small to medium size with quick release button feature. Whatever clamp you decide to purchase, be absolutely certain it is easily adjustable and can be immediately removed in an emergency. I HIGHLY recommend that you DO NOT purchase the very cheap metal penis clamps that cannot be removed quickly for safety. I bought one myself and found out during a session how dangerous that can be when mine jammed during a high pressure set and I almost panicked before finally getting it off. Don't risk you penis, be sure your device has a quick release button mechanism.

For clamping, it's best to have some form of padding that can both protect your delicate shaft skin while also allowing the force from the clamp to be transmitted through it. Silicone sleeves, soft pipe insulation (non-fiberglass), sock material, and many others can be used. As long as you can close the clamp at least a click or two while wearing the padding at full erection, it should work. Should you be able to close the clamp several clicks with little to no pressure being felt, switch material or consider the

smaller clamp and build up to the medium version. The goal is to create the most pressure with only a few clicks of the clamp. When the padding begins to wear out, swap it out with fresh padding, because failing to do so will actually lower the pressure over time versus using fresh padding.

To perform clamping: Slide or wrap your padding as low as possible at the base. As a general rule, the padding should be either seamless or overlapped to avoid splits when pressure is applied. Become 80% or more erect, but not fully hard (still floppy). Position the clamp so that the quick release button is facing your dominant/preferred hand before attaching it (one click) directly in the middle of your padding for the most skin protection. You now have several options to use the clamp.

1. Overall girth (shaft/head): Allow the erection to continue, stressing the clamp and padding as the shaft and head are stretched past their limits. Adjust the clamp by one click at a time to maintain the stretching level pain/pressure during the 5 minute session.
2. Overall girth (shaft/head): At 80-90% erection, adjust the clamp by one click at a time until the stretching level pain/pressure is felt. Adjust the clamp one click at a time during the session to maintain the stretching level pain/pressure during the 5 minute session.
3. Head/base girth: At 80-90% erection, adjust the clamp by one click at a time until only a light overall pressure is felt. Grip right below the head and squeeze with your hand. This will produce tremendous force on the head and base. Hold that stretching level pain/pressure during the 5 minute session, switching hands if necessary. Had a veteran PE guy a few years ago freak out after seeing the expansion while using this technique.

4. Shaft and base girth only: At 80-90% erection, adjust the clamp by one click at a time until only a light overall pressure is felt. Grip the head and squeeze with your hand. This will produce tremendous force on the shaft and base. Hold that stretching level pain/pressure during the 5 minute session, switching hands if necessary.
5. Girth with slight length increase: Reach 90% (almost hard) erection before attaching the clamp, adjusting the clamp by one click at a time until stretching level pain/pressure is felt. Adjust the clamp one click at a time during the session to maintain the stretching level pain/pressure during the 5 minute session. Can also produce slight length gains over time.
6. Girth Buster: (This is the most dangerous girth technique I know). First reach 100% rock hard erection before even attaching the clamp, adjusting the clamp by one click at a time until stretching level pain/pressure is felt. Continue to adjust the clamp one click at a time during the session until you can barely stand it (safely). Again, only the overall pressure sensation should be felt, with no sharp pains. This technique is very capable of getting past girth plateaus for the more advanced users/veterans. If you are trying to avoid adding more length, be sure to perform all girth routines with less than 100% erection. Please be extremely careful and know your limits before attempting this routine!

Regardless of the clamping technique, at the 5 minute mark you need to release the clamp and remove it while leaving the padding on. Massage the shaft/head for 5 minutes (until color returns to normal) and then re-

apply the clamp and repeat the process again. Leave your padding on for the entire clamping session, as it can become very difficult to re-apply if edema is building beneath the skin. Repeat this 5 minutes on, 5 minutes off clamping and massage cycle for up to 60 minutes (total 30 minutes of clamping time) to begin with. Going for 10 minutes per session is not advised, as it will deeply discolor the skin. Once you have gotten used to the forces and the procedures, clamping can be done 5 on/5 off for several hours at a time, as described in The Event later in this book. CAUTION...too much pressure can burst veins..!!!! With clamping, know your upper limit of tolerable pain and pressure and always stay below it.

By the end of any heavy pressure clamping sessions, erections are usually mushy and the head and shaft are very bloated and huge from the edema created. Ejaculations immediately following clamping and girth sessions can be very intense due to the extra blood flow to the head. A burning sensation during ejaculations and urination right after extreme pressure sessions is possible and goes away once the swelling disappears. All of the swelling/edema and most erection issues will usually be gone by the next day. Discoloration following heavy clamping can take a few days to weeks to fully clear up depending upon the severity of pressure used. In the past, I've gained 1/2 (.5") inch in permanent shaft girth in 3 months using these techniques. During the off days, let the tissues heal with no weight training if you want girth only gains and it's often a good idea to apply skin softening lotions on healing days to help the skin expand/grow faster as well as prevent stretch marks.

The Event (Veteran ONLY)

Basically my attempt to recreate a full priapism "episode" that a friend of mine once had that increased his dimensions .25" in both length and girth permanently after experiencing painful priapism for 4 hours straight. This

experiment is dangerous and should only be attempted by advanced/veteran PE users. Essentially, you're performing the modified jelqs or clamping sessions for a combined total of 240 minutes (8 hours if doing the 5 minutes on, 5 minutes off cycle as described in the clamping section) The concept is pure insanity and I have only attempted it twice and in both cases my hands gave out! Rest/healing following this level of exercise is suggested at 7-10 days before attempting another “event” but consult your PE journal to fine tune the number of rest days needed for your individual program.

Remember, with great girth comes great responsibility..!

Chapter 10: Length 101

When people think of penis size, they instantly think of length of course. The pursuit of penis length increases has been an issue with men for thousands of years, with every method under the sun being tried over the years to lengthen it. So which methods actually work? Thankfully with modern science and technology there are multiple alternatives. Compared to the process involved with girth generation, the length creation process is considerably simple. The formula $\text{Stress} + \text{Time} = \text{Growth}$ that is discussed in the girth chapter also holds true for the lengthening of the penis. Stress in the form of a load, whether it manually with your hands or a device of some design, is used to start the cellular damage and repair cycle that leads to length increases. The possibilities are endless for this discovery, because unlike the sex organs found in other mammals the human penis does not have a bone contained within in it which could limit or prevent enlargement. So in effect the human male penis can be stretched to become very long, with the only limits being the time and force required to stretch it.

What does this mean for you? Well, how long would you be willing to perform stretching or wear a device to permanently gain from one to several inches of length? With devices such as extenders and light ADS devices, the typical formula goes that for every 1000 hours of wearing time, you gain approximately 1" in length ($1000 = 1''$). I have found that calculation to be inaccurate for the higher gram/weight load devices, with the formula being closer to maybe 600-700 hours equaling 1" of gains. So to a certain point the higher the level of force, the faster your gains. Of course,

those figures are for those in the post-wall phase and do not take into account the effect of “newbie” gains experienced when PE is first started.

Those new to PE quite often experience from .5” to a whole 1” or more of increase in weeks, called newbie gains by many in the PE community. The sudden gains are the result of the normally hidden portions of the penis being pulled outside the body until the ligaments finally are pulled tight and the sudden length gains stop. A great many scam websites and sellers will use these newbie gains to justify that their products or methods work, when in reality even manual stretching with just your hands can often produce the same results. The true test of a device is when you hit the length gains wall (post-newbie) and the device is still able to produce dependable gains at regular intervals. Also, I find the sweet spot for me with ADS (vacuum attachment style) weight to be between 4-6 pounds as it produces reliable gains but doesn’t make the devices slip off. Max weight I’ve used for ADS is 10 pounds but it’s hard to keep attached.

I constantly get asked what the best length routine is in terms of scheduling rest days and I have just one piece of advice. Start stretching! The single most important thing you can do to speed length gains is to simply spend as much time as possible with the tissues under stress. The longer (time) you can stretch, the longer it will become. But, what about rest days? There aren’t any rest days in a good stretching routine. Spend as much time per day as you can afford to and you will be amazed at the increases you will see. There is also a way I’ve found to speed the stretching process up.

Tissue shock: Explained in the Gain Zone Chapter and in Chapter 17, this method uses either a girth routine such as modified jelqing, clamping, or heavy weight hanging to shock and break down the tissues, making your

devices and routines more effective.. Using some form of shock briefly (5-10 minutes) before each ADS/extender wearing session has two benefits. The first benefit is that the shock breaks down the tissues so that they can no longer resist the stretching forces, with only the ligaments remaining to resist the stretching forces. The entire stretching force is now focused on the ligaments for faster gains. The second benefit is that the shock load creates excellent micro-tears which are then used by the light stretching of the device to create even more new cells. Be aware that using a girth/expansion exercise briefly before ADS/extender use will not increase girth for the most part due to the very short time the expansion occurs and the fact that the tissues are immediately being stressed lengthwise for far longer periods following the girth routine. Essentially, whichever direction you expand/stretch the penis in the most is the direction growth/repair will occur.

The Exercises

Manual Stretching

The most basic PE exercise and a good exercise for beginners. The exercise teaches you several key disciplines to quality PE routines including erection control, force application, and above all patience. Manual stretching could be considered the gateway to the slightly more advanced manual routines such as Jelqing.

The most basic technique begins with the formation of your OK grip of your thumb and forefinger just below the head. To help grip the penis, use baby powder, toilet paper wrapped around the head/shaft, or a sports grip spray rated for skin exposure. If uncircumcised, the foreskin should be retracted to avoid excess force placed on it and to ensure transmission of the maximum force from your hands into the shaft while pulling. Form a seal just tight enough that doesn't allow the head to slip through the grip, but loose enough to allow the head to breathe as much as possible during your

pulls. The head should be completely flaccid to avoid blood being forced into the head during the session.

Now, pull straight out with light force to begin with, adding more strength to your pulls as you get used to the sensation. Continue to gently add more force until you feel the base begin to feel tight and a strong resistance is felt. Dwell on this level of force until your hand tires, typically 30 seconds to minutes of time. Switch hands if necessary. No pain should be felt other than a possible soreness at the base after a 15-60 minute session. Do not be concerned about the number of repetitions or not feeling that soreness feeling after the first few sessions. The soreness at the base will sometimes appear after several sessions have previously been completed, with the support ligaments being stretched to their limit and now responding with signs of cellular repair. I prefer a 5 minute exercise, 5 minute off massaging style to restore circulation and alternate back and forth for the time period of a session.

As with any PE exercise, be alert for any numbness, tingling, or discoloration (stagnant blood indicator) as these are signs to stop or change your grip to allow for more circulation. Nerve damage can occur by using too much force or gripping too tightly. If you are jelqing before the exercises, only minimal force like ADS or extender level (over time) is needed to stretch the tissues/ligaments to see growth in length.

Stutter Stretches

Also known in the PE community as “piss pulls”. This technique uses your body’s ability to form new cells quickly following any damage to create gains. High force is not recommended, but instead lighter to moderate force due to the fact the tissues have already been stressed repeatedly. Also, repeatedly stretching throughout the day can tend to be harder on the skin, so be sure to use light to moderate stretches for this reason. To try out this theory, perform stretches for 2-5 minutes every 2 to 3 hours throughout the day, totaling as much as a dedicated PE session would generate. This technique is great for those with limited time and privacy. I find that depending upon the strength of the ligaments, some men may experience slow to no gains using this method versus an ADS or extender approach so if that is your observation, move on to higher force and duration methods to see gains.

Extenders and ADS (All Day Stretchers) Use

Currently the best known method of creating additional length safely is by applying gentle force over extended periods of time. Force is generated by either hanging weights or pulling (traction). Countless before and after examples photos can be found on both the device manufacturer sites and the free PE forums, so rest assured both extenders and ADS devices can deliver results if used properly for several hours per day, every day for max progress.

Heavy Hanging

Produces similar length gains when compared to extenders or ADS use, but also creates a thicker base girth due to the body thickening the base to counteract the force. The typical formula for heavy hanging gains is .5" of base girth increase for every 1" length increase. Do not try to hang heavy weights to start with! Start with light weight like you would with standard weight lifting and work your way up to progressively heavier weights. Weight should only be increased by one pound at a time and only when you can no longer feel your base being stressed or the soreness at the base. A lack of soreness indicates the ligaments have adapted and more weight must be used.

To heavy hang very inexpensively, you can use a shopping bag filled with water bottles or jugs. Simply add 1-5 pounds (soda bottles, 2 Liter bottles, water jug) into to a shopping bag and hang the handles of it from your gripping wrist, worn like a wrist watch. Next retract the foreskin if you have it and form an OK grip with palm facing downward. Grip the shaft just below the head with a tight enough grip to not allow the head to slip through the OK hole. This looser grip will allow the head to breathe and avoid nerve strain. Gently allow your arm to go limp while keeping the hand grip tight enough to hold onto the head/shaft. This motion loads more and more weight onto the head and stresses the shaft. When the base begins to feel strained, stop loading more force and dwell on the hold. Following the routine, you may feel soreness at the base, which is normal. Should the weight be too high to dwell on the hold, reduce the weight in the bag and retry. Performed for a few minutes before long ADS or extender sessions, this technique can shock the tissues and improve the speed of gains as discussed in the tissue shock section.

Setting your goals

So now that you have an idea of how length gains work, how long should you get? That is entirely up to you, but I do caution that men stop around seven inches for several reasons. Seven inches (bone pressed) in length is considered large, but still not too long to become an issue and as such it fits the maximum number of sexual partners. The best advice I can give is to achieve the “goldilocks” size of seven inches and then if you are in a long term relationship, consult your partner and agree on getting larger together. Being rejected for size (like I was) or becoming incompatible to your current lover can make you regret your decision. Achieving extra length just for bragging rights can cost you in several ways. For example you won’t be able to insert it completely into a partner, which in the case of women will prevent their clitoris from being stimulated from the sensation of your pubic bone rubbing theirs during sex. Excess length also can greatly increase the likelihood of accidentally hitting a woman’s cervix and in men internal structures which can cause them pain. I’ve learned the hard way that bigger isn’t always better, and the fact is the larger it is the fewer and fewer partners who can and will want to have sex with you.

Chapter 11: Head Size and Shape 101

The glans or "head" is the most noticeable feature of the penis and changing the size and shape of it can drastically change the overall look of the penis. The head expansion exercises listed here break down into either length focused or width (girth) focused. To increase both, exercises that expand the tissues in both directions must be done equally during the same session.

Head Length

Increasing head length is also increasing the overall length of the penis, so increasing head length is a great way to add additional length even faster. To achieve this, you will need to use the Modified Jelqing technique. While fully flaccid, form an OK grip with your thumb and forefinger around the shaft about an inch below the head. Lubrication is not usually required, but can be used. Use Kegels (not your erection) to push blood into the head and shaft, using the OK grip like a valve to allow more and more blood in. Once the head and shaft are tight with blood, slide your OK grip towards the head until a stretching level of pain/sensation is felt. The head will become very tight and shiny, which is a good sign. Hold that grip for 30 seconds or up until your hand tires. Dwell on the pressure and switch hands if necessary. After 5 minutes of exercise, take 5 minutes to massage the tissues and restore circulation.

This method can also build slight shaft length over time due to the shaft being stretched during the exercise. Remember to hold the pressure as long as you can, switching hands as your hand gets tired. Keeping the exercise to 5 minutes really helps to avoid stagnant blood/discoloration. Over time small stretch marks might be seen as it grows, so applying skin softening lotion before and after this exercise can help to prevent marks from forming. Should you see red dots form or bruising, too much force is

being used and you need to allow it to heal completely before restarting the exercise. If you are not circumcised, be sure to have the foreskin covering the head so that it also receives the expansion. The presence of the foreskin will also focus the blood more to the tip, helping head length gains.

Head Width

Increasing head width or girth is also increasing the overall thickness of the penis, so increasing head girth is a great way to add additional mass to the penis and make it more visually impressive. To achieve this, you will need to use the Modified Jelqing technique like the head length exercise, but with a twist. While fully flaccid, form an OK grip with your thumb and forefinger around the shaft about an inch below the head. Lubrication is not usually required, but can be used. Use Kegels (not your erection) to push blood into the head and shaft, using the OK grip like a valve to allow more and more blood in. Once the head and shaft are tight with blood, slide your OK grip towards the head. The head will become very tight and shiny, which is a good sign. Now, use your free hand to squeeze (with thumb and forefinger) the area of the shaft between the OK grip of your other hand and the head. Pressure will build instantly and a stretching level of pain/sensation should be felt. Hold that grip for 30 seconds or up until your hand tires. Dwell on the pressure and switch hands if necessary. After 5 minutes of exercise, take 5 minutes to massage the tissues and restore circulation.

Unlike the head length exercise, this method does not tend to build shaft length over time due the location of the gripping hands during the exercise. Remember to hold the pressure as long as you can, switching hands as your hand gets tired. Keeping the exercise to 5 minutes really helps to avoid stagnant blood/discoloration. Over time small stretch marks might be seen as it grows, so applying skin softening lotion before and after this exercise can help to prevent marks from forming. Should you see red dots form or bruising, too much force is being used and you need to allow the dots to heal completely before restarting the exercise. If you are not

circumcised, retract the foreskin covering the head so that it does not receive the expansion, which helps widen the head. The foreskin can be left covering the head if expansion of the head to loosen the skin or enlarge the foreskin is desired.

Deeper Head Lip

To create a really nice defined ridge or lip on the head and thus a wider overall corona ridge, use a rubber cock ring that is the same size as the circumference of the shaft area just below the head. Wearing the ring while jelqing or clamping, the head ridge grows beyond the ring and develops a nice deep step/lip at the base of the head and makes it much easier to hold onto for manual stretching and device attachment. Head length will also increase slightly while using this method.

Combined, the head exercises described can produce huge head size increases over time. Years ago, my head was approx. 1"L x 3.5" girth and at last measurement was at 2.25'L x 6" girth.

Chapter 12: Exercise Routines

Please read the warning signs and safety guidelines section before proceeding with any of the routines found in this chapter. Failure to do so increases your risk of encountering problems and causing injuries. Complete descriptions of the exercises and their application can be found in the Length and Girth Chapters. You decide the exercise and routines for each level of PE experience. It's best not to combine multiple girth or length exercises, but to focus on one exercise (example: Stretching in one direction) for maximum results. Routines are meant to be done in a natural progressive order as the body adapts to keep ahead of the healing factor, ensuring continued gains. Keep in mind everything listed are only suggestions, so make any changes you want to fit your needs.

Beginner Routines

Length Exercises: Light strength manual stretches, light weight hanging, short duration (& weight) for ADS and extender use, Shopping bag hanger (light weight).

Duration: 30-60 minutes per session, no breaks unless required during each session. (1-5 Minutes shock routine prior to length routine)

Girth Exercises: Standard Jelqing or Kegel Clamps.

Duration: 30 minutes per session, alternating 5 minutes of exercise with 5 minutes of rest (30 minutes total time = 15 minutes of exercise).

Erection Quality (EQ): 100 Kegels on rest days only.

Beginner Schedules

Length Only: Every day with no rest days, 60 minutes to as many hours per day as you can handle.

Girth Only: Every other day, alternating PE session with rest days. Use until PE journal indicates your optimum healing rest days schedule.

Balanced (Length + Girth): Either alternate length and girth days (30-60 minutes per session) or perform 50% length and 50% girth (for 60 minutes total) every day. Both routine styles have been proven to produce decent gains. Consult your PE journal to fine-tune your length /girth routine schedule.

Intermediate Routines

Length Exercises: Medium strength manual stretches, Light weight hanging, long duration (hours per session) for ADS and extender use, Shopping bag hanger (medium weight).

Duration: 60 minute sessions for manual stretches/hanging or perform Stutter stretches throughout the day. No breaks unless required during each session. (1-5 Minutes shock routine prior to length routine)

Girth Exercises: Modified Jelqing, Compression Squashes. Limit heavy weight hanging for base girth to 10 minutes max. Light pressure pumping after routine is optional to keep tissues expanded.

Duration: 60 minute sessions, alternating 5 minutes of exercise with 5 minutes of rest (60 minutes total time = 30 minutes of exercise).

Erection Quality (EQ): 100 Kegels on rest days only.

Intermediate Schedules

Length Only: Every day with no rest days, for as many hours per day as you can.

Girth Only: Every other day, alternating PE session with rest days. Use until PE journal indicates your optimum healing rest days schedule.

Balanced (Length + Girth): Either alternate length and girth days (30-60 minutes per session) or perform 50% length and 50% girth (for 60 minutes total) every day. Both routine styles have been proven to produce decent gains. Consult your PE journal to fine-tune your length /girth routine schedule.

Advanced Routines

Length Exercises: Long duration ADS and extender use, Long duration Heavy weight hanging. Heavy weight sling hanger, Strong manual stretching.

Duration: As many hours per day as you can. (1-5 Minutes shock routine prior to length routine) Manual stretching for 60+ minutes or Stutter stretches throughout the day.

Girth Exercises: Clamping (less than 100% erect), Compression Squashes. Heavy weight hanging for base girth (limit 10 minutes). Light pressure pumping after routine is optional to keep tissues expanded.

Duration: 60 minute or longer sessions, alternating 5 minutes of exercise with 5 minutes of rest (60 minutes total time = 30 minutes of exercise).

Erection Quality (EQ): 100 Kegels on rest days only.

Advanced Schedules

Length Only: Every day with no rest days, for as many hours per day as you can.

Girth Only: Every other day, alternating PE session with rest days. Use until PE journal indicates your optimum healing rest days schedule.

Balanced (Length + Girth): Either alternate length and girth days (30-60 minutes per session) or perform 50% length and 50% girth (for 60 minutes total) every day. Both routine styles have been proven to produce decent gains. Consult your PE journal to fine-tune your length /girth routine schedule.

Veteran Routines

Length Exercises: All day duration ADS and extender use, Heavy weight hanging, Strong manual stretching. Heavy weight sling hanger.

Duration: At user discretion. (1-5 Minutes shock routine prior to length routine) Manual stretching for 60+ minutes or Stutter stretches throughout the day.

Girth Exercises: Clamping (100% erect), high pressure compression squashes/squeezes. Short duration (10-30 minutes) max weight hanging for base girth. Light pressure pumping after routine is optional to keep tissues expanded.

Duration: At user discretion, alternating 5 minutes of exercise with 5 minutes of rest. Multiple hour sessions more effective, but not mandatory.

Erection Quality (EQ): 100 Kegels on rest days only.

Veteran Schedules

Length Only: Every day with no rest days, for as many hours per day as you can.

Girth Only: Every other day, alternating PE session with rest days. Use until PE journal indicates your optimum healing rest days schedule.

Balanced (Length + Girth): Either alternate length and girth days (30-60 minutes per session) or perform 50% length and 50% girth (for 60 minutes total) every day. Both routine styles have been proven to produce decent gains. Consult your PE journal to fine-tune your length /girth routine schedule.

Chapter 13: Device Guide

Search for penis enlargement products and there are hundreds of results with dozens of different device designs. Which ones work and which ones don't? I've developed a basic guide for the most popular devices that includes descriptions, their efficiency, as well as any potential side effects to keep you safe and save you money. Keep in mind that these are my opinions only and are not absolute, as many manufacturers and users swear by certain products and have seen results with them. The advice I offer is meant to fall on the side of caution to increase the chances of keeping you safe, so it's best to learn how your body responds and apply devices based on your needs. **Measure carefully before ordering, since many companies do not allow refunds after purchase for hygienic reasons!**

IMPORTANT: Under NO circumstances should you attempt to wear a device of any kind while sleeping! The risks greatly outweigh the potential benefits. Men have lost their penises by falling asleep with devices on. Regardless of how the device is being advertised, don't risk damaging or even losing your penis by wearing a device overnight. In general, DO NOT wear any device if there is the potential to fall asleep with it on. Drinking alcohol or drug use of any kind while wearing a device can greatly increase the chances of falling asleep with it on. Serious injuries can and do happen when you are careless, so always be alert and ready to remove a device to prevent injuries from occurring. Early in my PE career, I had been out drinking earlier in the evening and when I came home I decided to use a pump while watching TV. I nodded off and when I came to my entire penis was turning black! I had only drifted off for maybe 15 minutes, so you can only imagine what the effects of falling asleep overnight would be like. Don't

take risks with your most prized possession. Lastly, be sure to wash and disinfect your device before each use to avoid urinary tract infections.

Extenders

Typically consisting of a set of spring loaded extension rods attached to a ring base and top frame piece that exerts small gram-sized amounts of force, comparable to up to about 6 pounds (max) of comparable weight hanging force. Prices range from very cheaply made versions sold online to high end/high quality models costing hundreds of dollars.

Extenders are usually sold with multiple attachment methods to fit the greatest number of users. Typical gains calculation using the average extender on the market are approximately 1 inch of length gain for every 1000 hours worn. Regardless of what attachment is sold with it, avoid any attachment that uses a noose design, because it will cut off circulation to the head and cause problems such as nerve damage, numbness, and discoloration unless it has an area open (blood groove) on the bottom to allow the head to receive fresh blood. To date, extenders are the only medically reviewed device proven through various studies to increase penile length. Extenders tend to not be as effective with men possessing larger girths (6"+) due to the resistance caused by the additional girth.

Also, the base of most standard extenders will not fit girths in excess of 6 inches in circumference or above comfortably unless a larger girth base is ordered separately for additional money. Lastly, regardless of what the advertising says, extenders cannot be worn easily under clothing due to the huge bulge they create and are almost impossible to walk around with while wearing one. The best extender application is while sitting in privacy. To maximize comfort, consider purchasing an extender with a vacuum head attachment option or retro-fitting a standard extender with a vacuum head

attachment, as they have been found to be the most comfortable which translates into longer wear times and better results. Lastly, to maximize performance try to purchase the highest gram force springs available for the extender you purchase. More gram force transmitted to the shaft translates into faster gains.

Be aware that extenders and many ADS setups are very dangerous to wear while sleeping due to the possibility of the device shifting and cutting off blood flow and causing permanent damage. I caution against wearing any device while sleeping, even those advertised to be designed for night time use, due to the possibility of injury should any issues arise while sleeping. I feel it's not worth the risk.

All Day Stretchers (ADS)

This class of enlargement products is widely varied in design and effectiveness, but are based on the same traction principle that extenders function on. Prices range from extremely inexpensive to hundreds of dollars. Look for products that can hang from 2 to 6 pounds of weight/force to see decent gains from these devices. As with all devices and techniques, AVOID products that restrict/block blood flow to the head, which can cause permanent nerve damage and loss of sensation. Most are able to be concealed beneath clothing with varying degrees of success. ADS devices include but are not limited to:

Clampers: The devices found here usually use some form of constriction or friction to attach a weight or a cord to the shaft. They can be effective if used properly and have an added benefit of being able to create new skin by being worn at the very base and allowing the skin to push forward and dam up, allowing it to stretch the skin. This technique is very effective when skin creation is needed for additional length gains at the time

the skin is stretched to its limit from PE exercises and the skin is hindering additional length gains. Depending upon the construction, these devices can hang up to 50 pounds for short periods. Typically sold with knee strap attachment systems as their form of applied force.

Ring systems: Consisting of multiple weighted rings worn like a sleeve on the shaft, with the user adding more rings as the penis lengthens. Having worn some of these devices for hours long periods, I find they simply lack the weight necessary to produce length gains, which I've found to be 4+ pounds for lengthening to occur at the same rate as an extender. For this reason, I don't recommend them.

Vacuum attachment: Relatively new to the PE product line-up, this type of ADS can be fairly versatile in that they can be used as either an ADS or heavy hanging setup. Things to look out for include the fitment of the vacuum cup attachment, as ordering the wrong size can cause frustration when it doesn't fit properly. Side effects from the vacuum attachments include blisters to the head with moderate weight (6-10 pounds) when worn for long periods unless using tape or their provided skin protector. The chances of developing blisters increases significantly when used as a heavy hanging device. I've found even after wearing the sleeves included to prevent blisters that blisters can still appear, so these devices may be best used for lower weights/tension in a ADS role. I have one myself and can hang up to 6 pounds comfortably for long periods of time safely. Be careful to always clean both the vacuum cup and suction tube with mouthwash after each use to kill bacteria that can form following a session and to prep it for the next use.

Loose Loop/Lanyard: A simple change to the dangerous noose design makes this attachment method worth looking into. Lanyards usually consist

of a loop with a lock, allowing the loop to remain loose and as a result it allows the head to receive fresh blood. Very inexpensive, these designs typically are used as light ADS devices capable of holding up to 10 pounds reliably. Look for soft silicone/padding and avoid the cheaper raw cords/string/wire that can cut into the skin once the weight/tension force is applied. Always be sure to leave the lock loose to ensure circulation is reaching the head. Not as comfortable as the vacuum head attachments.

Sleeves: Advertised as an ADS, but really more of a PE support device that allows the shaft and head to be kept in the extended position for long periods. Typically made from soft silicone, they can be rolled on and off like a condom and are fairly inexpensive but will also tear after multiple uses due to the soft silicone material. Always measure carefully before ordering a sleeve, as it can tend to reduce blood flow if the sleeve is too tight. Sleeves are impractical for wearing under clothing unless somehow hidden or restrained with straps due to the bulge they create under clothes. As a support device, it is said these devices can help keep the tissues elongated following a stretching/hanging session, but I find their benefits as a ADS negligible at best.

Vacuum pumps

By far the oldest of all the enlargement devices on the market, with advertisements for them being found in some of the earliest men's publications at the turn of the 19th century. Typically constructed of high impact acrylic plastic, vacuum pumps use a cylinder and some form of pump to evacuate the air (or water) from the chamber. The vacuum force draws blood and lymph from the body into the cylinder, the pressure forcing an erection and gently stretching the penile tissues in all directions. The next generation water based pumps follow the same formula as the dry air

models, the argument being that exposure to hot water while under expansion helps with results.

Although both the air and water based pump manufacturers claim excellent results, most of the actual “growth” is caused by the short term buildup of edema (fluid buildup of blood and lymph) trapped between the shaft and outer skin. The pumps simply lack the force to generate the stress required to create micro-tears within the penile walls. Permanent size increases (outside of the outer skin stretching temporarily from pumping) are very slow in comparison to current PE techniques such as extending (length) and clamping (girth). Pumps still have value, however. Used in conjunction with other PE devices and techniques, pumps can be excellent support devices to be used after other PE exercises to keep the tissues in a stressed/expanded state. For example, pumps can be used for several hours (at low pressure) following a girth workout to allow the tissues to heal while in the expanded state, in much the same way extenders function and has been shown to be successful to aid girth gains.

Heavy weight hangers

Operating under the same theory found in traditional body building, that adding progressively heavier weight will increase length. This method exposes a common misconception in regards to length gains. The secret to effective hanging for length is in the time spent hanging, not in the actual weight used. Extenders are the perfect example. They only use grams of force, but are able to constantly produce gains via tractive cell division. The same holds true for heavy weight hanging with the difference being the weight used. When you use progressively heavier weight, the body adapts by thickening the shaft and base in response to counteract the force. So essentially, if you hang with progressively higher weight at the same time period intervals as an extender, it will get both thicker (mostly base) and

longer at the same rate as an extender. In short, to create base girth with very little length gains, heavy hang for short periods of time vs the long hours an extender is worn. If you are shooting for huge length gains, try to avoid heavy hanging at all if possible unless it's for very short periods (ADS/extender shock load) so that you do not strengthen the ligaments which can slow gains. If heavy hanging for length (long sessions), the average base girth gain is .5" in thickness for every 1" of length increase.

The biggest problem with heavy hanging for the same time periods as the extenders is in the level of comfort. Regardless of device, comfort ranges due to the weight used between fairly to very uncomfortable due to the attachment methods which often causes a loss of circulation to the head.

Strap, jaw, or gripper method: The oldest heavy hangers are usually made of leather, rubber, or plastic and some form of buckle/belt to secure the device to the penis. Prices range from very cheap to expensive, but also tend to carry a higher risk of circulation being cut off to the head due to the simple clamp design. I recommend against using them for more than a few minutes at a time due to the risks of nerve damage and circulation cutoff.

Vacuum heavy hanger: Utilizing a stronger vacuum head cup and attachment point versus the light weight versions, these are considered fairly safe versus the old strap method and far more comfortable in practical use. Weight load limit for the best models is roughly 40 pounds, so they are fairly robust devices.

Shopping bag/weight sling: By far the cheapest and safest of the heavy hanging techniques. I use this one myself and it can be done by anyone with a simple shopping bag! Using a regular shopping bag (weight sling or rope if using heavier weights) to hold the weight, this method simply uses the loaded bag hung from your own gripping hand to attach the weight

to the penis and as a result can be instantly adjusted and discontinued in case of discomfort. This method's weight capacity is only limited by how much the user can hang from their wrist. I describe this method in detail in the Length section of the book.

Jelqers

Designed to recreate the same seal and pressure your hand can during manual jelqing, these devices have a poor track record. Typically consisting of a series of padded rollers, these devices are actually adapted versions of tools used in other industries. They quite simply lack the ability to form a solid seal that could be used to create the needed pressure.

Cable Clamps

Typically made of plastic and resembling a small version of the hand cuffs that the police use, these very inexpensive devices are currently the best girth producing PE tools available. Clamps are very durable and easily adjusted by using a tab and lock system which can be released instantly in the event of an emergency. The pressure that they can generate is impressive, and I can personally attest to having gained .5" in 3 months using a clamp. Originally used as a way to organize cabling and wiring, they were quickly adapted to serve as PE devices. Clamps can either be applied while partially erect to act as a constrictor with the erection doing the work, or applied while 100% fully erect for those men who already clamp and are looking for more pressure.

Chapter 14: Your Shape and How to Change it (or how to build your dream penis)

Going right alongside size increases, many men have sought to change the shape of their penis to better please their own aesthetic and their partners desires. Each exercise found in PE has a distinct impact on the shape of the penis, with shape changes becoming increasingly visible with the passage of time. As a result, having a shape goal should be part of your PE strategy from the very beginning. In this chapter I will describe the various common shapes and how each device and exercise can affect the overall shape, allowing you to decide how you want to proceed to achieve your goals.

First off, let's see what you're working with. There are no right or wrong shapes, none more highly valued than any another so no worries regardless of what you are starting with. All shapes can stimulate nerve endings of sex partners, so don't get too focused on one type being somehow more ideal than another. Penis shape is a highly personal preference. For example I started out with a curved, classic football shape. Using multiple techniques, I slowly changed it into a fairly straight stick-shift shape with a thicker base tapering to a large head. Everyone has their own vision of how they want their penis to look, so include what shape you truly want when developing your PE strategy. These shapes include but are not limited to:

Baseball Bat: Thinner base with thicker mid-shaft and average to large head.

Spike: Thicker base tapering to thinner mid-shaft and small head.

Stick-Shift: Thicker base tapering to thinner mid-shaft and large head.

Lolli-pop: Thinner uniform base and mid-shaft, large head.

Football: Thinner base with thicker mid-shaft and small head

Uniform: All girths being similar in circumference.

Thicker than or as thick as it is long: Also called the slang term “Chode”.

Longer and thin overall girth: Also known as the derogatory term “Pencil dick”.

Now that you understand what basic shape you are and have an idea of what shape you’d like to have as the final outcome, let’s take a look at what’s available in the present PE world to shape the penis.

To thicken the base only: Use short or long duration heavy weight hanging, stronger pull manual stretches. High loads for short time durations (minutes per session versus hours) will produce a thicker base but very little if any length increases. If serious length increases are desired (2”+ length increase) avoid thickening the shaft base until your length goals have been achieved to avoid strengthening the support ligaments as well as creating additional mass that can resist stretching exercises.

To thicken mid-shaft only: Use Jelqing, Modified Jelqing, Kegel Clamping, Squashes, and Clamping.

Increase head length: Create pressure right below the head with the modified jelqing technique, pushing blood directly into the head and holding the pressure until the head is shiny and tight.

Increase head girth: Use the same grip/technique as the head length exercise described above, then with your free hand squeeze right below the ridge of the head. The pressure will cause the head to become shiny and tight.

Shaft girth with no base or head increase: Use shaft squashes with glans and base completely flaccid.

Longer with no girth increase: Use an extender or light weight ADS for as many hours as it can be worn per day.

Girth with no length increase: Modified Jelqing, clamping, short duration heavy stretches, head squeezes, and short duration heavy weight hanging works best. Any girth exercise that doesn't stretch out the penis like standard jelqing or is done with less than 100% erection levels will produce almost exclusively girth gains.

Balanced length/girth increase: For those seeking more modest gains (1" length, .5" girth) Either alternate girth and length days (one girth, then one length, repeat) or perform both length and girth exercises on the same workout day. I find it easier to perform stretching first, then girth work as it is much easier to stretch the tissues when the head and shaft are not swollen.

Monster (large (2"+ length/girth increases): The preferred strategy is to gain all your length first to your goal (do not over-shoot length goal) using an extender or light weight ADS device and then fill in the base, shaft, and head girth with the girth techniques listed above. The girth exercises will

make the length gains permanent, as well as add the over-shoot length required to keep your target length goal. Gaining length before girth is generally considered easier than girth first since the thicker the girth is, the harder it is to stretch and lengthen.

Chapter 15: The healing process

One of the most important parts of PE and something often overlooked is managing the healing process. Much of the emphasis is placed on the exercises and while they are important, the healing cycle is where most of the growth occurs. Properly managing your off hours and days can mean the difference between excellent gains and struggling to see any improvement at all. Like any other damage done to the body time must be set aside for the healing process, but just how much? For those solely concerned about length, there shouldn't really be rest days due to the much smaller level of deformation being done to the tissues (requiring less recovery) versus the more intense girth focused routines, so for the sake of this discussion we'll be talking about both girth only and balanced (length/girth) routines.

I constantly get asked what the best on/off schedule for reliable gains is and I honestly have to say that your PE schedule needs to be tailored to your own individual needs. All men heal at different rates, so instead of trying to copy what has worked for others you need to discover what works best for you and your body. So where do you start? That is where your PE journal can become a critical resource! By carefully tracking your starting statistics, routines, time schedule, and gains you can pinpoint the healing period sweet spot for optimum gains. For example, a man with excellent health in his 20's is probably going to heal much faster than a man in his 40's who smokes. My schedule compared to when I started 20 years ago has changed considerably to coincide with my health and as such has continued to yield results because I observe what my body requires for rest time and I adjusted for it. So to that end, patience and being consistent with

recording your results must become a habit to be able to pinpoint your optimum healing window.

So how do you determine your optimum healing cycle window? Once you get past the initial break-in period described earlier in the book and are experiencing steady visible gains, you can try this experiment. This experiment can push the limits of your patience but really pays off in return with increased gains and faster progress. At the beginning of the month, carefully document your statistics in your journal. During the course of that month, carefully track the hours/minutes for each routine, which routine was performed on what day, supplements ingested, and rest days. At the end of the month, again take measurements and compare them to last month's results and write it in your journal with any notes pertaining to your sessions, etc.

Now comes the experimenting! The following month, only change the rest day schedule to allow for more or less rest days, but be consistent with everything else for that month. Document everything as you did the previous month and measure at the end of that month. Did your gains increase, decrease, or stay the same? You've just made your first step towards tuning your healing cycle to determine what works best for your body. So in this way you can use the one month time span model to adjust your routines and healing rate to maximize gains. As time progresses, you will know how many days off, exercises, and other data yield the best results versus using guesswork. The key to the experiments is to only change ONE item per month and although the process can try your patience, it can really help in the long run by greatly reducing wasted time and effort.

Knowing your body and your healing cycle also has another great benefit by allowing you to know how many days you can rest from PE when

taking time off is unavoidable due to life's demands. You will know how many days off you can take before healing begins to reverse the woven texture described in the Gain Zone chapter, which will help you avoid having to re-enter the days or weeks long break-in period again. To help slow the healing process when you may have to take an extended PE break, avoid any supplements/foods/situations if possible that speed up the healing process. In this way you can extend your mandatory break and prolong the healing cycle, thus staying in the Gain Zone longer.

With that being said, those focused only on length can also use the PE journal to tune their routines to maximize gains. By documenting all information including supplements, routines, etc. you can determine what works best and what was detrimental. The key to all of this is in changing only one factor per month, otherwise the additional new factors will prevent you from discovering what truly works and what doesn't.

Chapter 16: Getting past plateaus

As described earlier in the book, a plateau is when the techniques being used are no longer effective and size increases stop. Essentially, the body has either healed sufficiently that the tissues need to be broken down again due to an extended break or the tissues have adapted to the forces being exerted by your current PE techniques. Regardless of the cause, you can push past the plateau using the advice found in this chapter.

No length gains for weeks/months: Repeating the same entry level stretches with the same force and weight won't help since the body has adapted. You need to shock the tissues with short duration heavy weight hanging before every stretching session to break down the tissues, something that the lighter stretching can no longer do now that the body has adapted. As long as you keep shocking the tissues before using a light weight ADS (4-6 pounds) or high-gram rated extender, it will keep getting longer.

No girth gains for weeks/months: This problem is all about force application, specifically the lack of it. At one point I jelqed for almost a year with zero results, so I am well aware of how frustrating that can be. This can be overcome with progressive force routines, such as switching to higher pressure exercises such as moving from jelqing to modified jelqing or from modified jelqing to clamping. Keep ahead of the body adapting and use your journal, visible gains, and woven Gain Zone texture to know when to upgrade your routine.

General Gains Plateau

Progressive Force Method: During my early PE journey, I spent almost a year desperately jelqing in the hopes of continuing to increase my size. Distraught, I began to research alternative methods and stumbled onto medical reports about Priapism victims. What I discovered would completely change my views on how the enlargement mechanism functioned and influence every routine I've created since. Priapism victims all had one thing in common no matter what the disease they suffered from. All patients experienced prolonged (hours long), painful erections which forced their tissues to expand beyond their normal limits. Once the erections subsided and the patients healed, permanent enlargement in girth and often length were the direct side effects.

So there's the crux of the enlargement formula (stress + time = growth). Using this formula I developed a modified version of the standard jelqing routines which focused on creating pressure high enough to cause slightly painful stretching for extended periods (minutes) of time versus the short duration (1-2 second) standard jelqing that I had always performed. The results were dramatic! Holding the pressure as long as possible (up to 5 minutes at a time) and increasing the pressure of the routines when my body adapted pushed me quickly from the five inch erect girth I had when I plateaued to six inches in what seemed like just a few months. When I restarted PE in 2015, I began clamping while continuing to use the same formula and was able to document a full .5" permanent increase in girth in just three months. The formula and techniques have now been validated by multiple users on the [ajelqforyou](#) forum who have also gained at similar rates, posting their progress photos on the site.

So what does this mean to you? It means that once you begin to experience slow or no gains you need to either increase the force or weight used slightly or switch to a method creating more force as the body adapts to see continued progress. Examples of this can be found in the routines section, where you can see the progression of the techniques from the basic exercises to the more advanced exercises and devices. Progressively adding more force has shown to push even hard gainers into the gain zone.

Binge and Purge Method: The second method I've found to push past plateaus also works well, but I find requires far more patience. Also referred to as the Atrophy Method. This means taking an extended break of weeks to months (max) once a plateau is reached. Much like body building when the person no longer lifts weights to maintain their muscle size and strength, atrophy sets in and muscles, ligaments, and tissues begin to shrink from the lack of demand placed on them. The penis acts in a similar fashion until it reaches a settling point in length, which users report is typically .5" in shrinkage in length, and .25" to .5" in girth once PE activity has ceased and all healing has occurred. Tissues and ligaments that were once able to withstand multiple pounds of weight and substantial pressure lose their strength over the course of months. Erections still appear hard and strong, but the supporting structure weakens as time passes and the tissues leave the gain zone and return to normal texture.

The result of this method is often significant size increases once PE is restarted. The shrinkage that occurred is reversed and new growth occurs more rapidly since the now weakened tissues can expand and stretch more easily versus their previously strengthened state. This replicates the second observation of priapism patients, of a cycle of painful erection events followed by full healing in between. Does the atrophy method work? Absolutely, as shown in many men on the PE forums who have practiced PE

for years before hitting plateaus and stopping, only to restart again and suddenly seeing new gains (using the exact same routines they previously used) and pushing past their old plateaus.

So which method do I endorse? Both have had very successful results, so I find it's a matter of personal preference. I will say that the progressive force method is preferred far more often than the atrophy method due to the patience involved and additional time required. For those with sporadic, scheduled windows of available time often months apart, the atrophy method is probably a safer bet. To best utilize the atrophy method, sessions must be much longer and more intense (versus the progressive method levels of force) for the brief periods that PE is being performed, followed by extended rest periods. That means multiple hours per day in traction or expansion using the exercises for the days you are actually performing PE. If you want to try a short term version of this technique, See "The Event" description found in the girth chapter.

Chapter 17: Speeding up gains

Shock Loading

For those experiencing slow to no gains from their length exercises, performing shock-loading on the penile chambers can mean the difference between achieving results and never seeing progress. Creating micro-fractures which then heal during the stretching process is an essential part of the enlargement process, one which is well documented by medical studies into extenders. Naturally thicker penile chamber walls, conditioned (toughened) walls due to past exercises, as well as lower tension stretching devices and routines can all contribute to a lack of length increases.

Shock loading is the answer. Shock loading works in two significant ways. The technique first creates those essential micro-fractures which can't be produced by many stretching devices and routines. Secondly, over time the process disrupts the cell walls of the penile chambers and causes them to lose their structural strength while on the PE program. With the chamber walls disrupted (broken down), the chambers no longer offer resistance to the stretching forces which results in the stretching force being focused mostly on the ligaments at the base. Stressing the ligaments anchoring the penile tissues to the pubic bone over long periods of time is the primary way length gains occur.

Shock loading is accomplished by performing various exercises, with the most popular being described here. The best application of shock loading is by performing the exercises for just 5 minutes before every stretching session.

The exercises and techniques known to work for Shockloading include but are not limited to:

- Kegel Clamping
- Modified Jelqing
- Shaft Squashes
- Manual stretching
- Shopping bag (Heavy Hanging)

It is suggested to use these routines in the order they are listed, with manual stretching and the shopping bag used to provide extra force against the ligaments versus the girth oriented routines. Please note you need to only do just one of the routines listed for proper shock loading.

Speeding Up Gains

There are multiple things you can do and consume to increase gains, many being free or costing very little money. This list isn't definitive, with a great many other successful tips existing in the PE community but it will help give you an idea of what can be done fairly quickly.

General Health: Your age is less of a factor than your overall physical condition. Staying at a healthy weight, getting enough sleep, controlling allergies and auto-immune disorders, exercising, and consuming a good diet that includes vitamins and minerals goes a long way towards speeding gains afforded by faster cellular repair responses.

Supplements: A good multi-vitamin that includes vitamins and minerals found to aid in cellular repair are recommended. Examples include Vitamin A, Vitamin C, Phosphorus, and Zinc. I use an allergen free multi-vitamin and also consume protein tablets to aid in cellular repair. For example, I take protein tablets following any routine (especially when on girth routines) as a general rule.

Protein: This can either be meats, certain plants, or weight lifting protein formulas. I find the weight lifting proteins to be more effective due to their contents containing cellular repair ingredients. Daily consumption of the weight lifting formulas should be limited to avoid becoming dehydrated and when using protein it is recommended to drink more water in general. As a general rule, take protein following PE exercise, especially after girth exercises.

Heat: I find it generally best to apply heat only after a routine and not before or during it. Why do I say this? Applying heat before your exercises

will actually allow the tissues to better resist the tearing forces of the exercises by increasing the tissue's ability to stretch and deform instead of causing micro-tears and breaking down. What works in the weight lifting world (warm up first to prevent injury) is actually counter-productive to a good PE program. Applying heat (hyper-thermic treatment) after your exercises triggers your body's repair mechanism and generates heat shock proteins, which in turn increases/speeds cellular generation and repair. As always results vary and you need to use your PE journal to determine whether heat works for you and at what points in your routines.

A word of caution in regards to heat application. Safe methods of heating include but not limited to include dipping the penis into a container of warm water, baths and showers, heated wet towel, heat pad, or rice sock heated in a micro-wave. I would not recommend any infra-red heat lamps due to their ability to cause skin damage and the chance of burns if the penis is accidentally touched by the lamp's surface. Moist heat is the safest heating method I've found. Lastly, gains will still occur if no heat is applied, so don't be concerned if you cannot include this into your routines due to time or available resources.

Chapter 18: Shrinkage and Gains Inhibitors

So are there any things that can slow gains or even shrink the penis? Actually, there are and you may be exposing yourself to them right now! The list that follows is only a sample of things I've found that can have a negative effect on your PE progress and your penis size in general. Remember to put your health above gains, which means that you should not stop taking life-sustaining medications in the pursuit of more/better gains. Your life is worth far more than a slight increase/faster gains when looking at the big picture of your life. Work with your body's needs/find safe alternatives as part of your overall PE strategy.

End of PE program: Following the end of your PE Journey and all healing occurring, there will be unavoidable shrinkage. Expect maybe .5" in length and .25 to .5" in girth loss when the body pulls some of the penis back into the body as the tissues and ligaments settle and all inflammation has healed. Plan for this during your PE strategy and set your goals accordingly. Some men do not see this level of shrinkage, but plan for it.

Poor lifestyle/Diet: By far the area with the most impact on gains is your overall health. Consumption of junk food, large amounts of refined sugar, and a lack of vitamins and minerals will slow your gains significantly. I've had individuals who actually thought they had plateaued when in reality their poor diet was slowing gains down to a crawl.

Auto-Immune Disorders/Disease: Being someone with an auto-immune disorder who experienced practically no gains for months before I was diagnosed, I can tell you it can dramatically affect your PE success. Get your allergies and illnesses under control and you will be amazed at how

fast your body responds to PE. I find many auto-immune disorders such as Celiac disease and some allergies can be treated by avoiding starchy foods such as wheat, corn, dairy, artificial ingredients, and starchy vegetables that contain the protein Lectin. Of course, consult your doctor to develop the best treatment for your situation.

Smoking: Shown in clinical tests to actually shrink the penis, it's highly recommended to stop smoking to prevent shrinkage and gains slowing from its effects.

Drinking Beer: Consuming beer containing Hops has been shown to significantly lower testosterone production in men due to its estrogenic properties. Research your drinks and you will be surprised at what's in them.

BPA Plastics: Bisphenol-A, a chemical found in many plastic food and beverage containers has been linked to testosterone loss.

Soy: There have been increasing amounts of estrogen and soy being placed into the food supply for decades and this has been shown to negatively impact penis size, cognitive abilities, and sexual function.

Prescription Drugs: I HIGHLY recommend checking the history of the medications you are prescribed before actually using them! For example, some anti-depressants are well known to literally shrink the penis, with men reporting a loss of in some cases multiple inches (2+) of length and serious levels of girth. If possible, find natural alternatives to medications.

Stress and Sleep Deprivation: Lack of adequate sleep can raise cortisol levels, which will contribute to lowered testosterone levels.

Obesity: Fat tissues (Adipose tissue) secretes the enzyme aromatase that converts testosterone into estrogen.

Anti-Inflammatory Medications: Taking these before or after a workout can slow cellular repair and the inflammation process which in turn slows gains.

Illegal Drugs: Any drugs that have an effect on blood flow will cause issues with erections. Examples include Cocaine, Ecstasy, and Crystal meth among many others. When blood flow is negatively impacted, PE exercises are as well by not being able to maintain erection quality among other things.

Chapter 19: Injuries and treatments

Even with all of the advancements in the realm of safety in regards to penis enlargement, injuries can still occur. For the most part all of these injuries revolve around excessive force. Men in general have moderate to very strong hands, which can sometimes translate into far too much force being applied to an organ not designed by nature to handle sudden high loads or high pressures. Besides their strength, men will also increase the stress beyond safe limits due to their competitive nature and need to see immediate improvement. We want results! Well, unfortunately that (in some cases desperate) need to see changes will force those with normally level heads to override their better judgement. Patience is the single most important factor that will keep you safe while on your PE journey. This cannot be stressed enough.

There are several common injuries reported by the PE community and I humbly report I have experienced all of them at one point or another to varying degrees. Know that the vast majority of injuries are cured by simply waiting for healing to occur before restarting. One thing to remember about injuries, use them to learn from, not run from. Some men will experience minor injuries such as red dots on the shaft or slight erection quality loss right after a routine and stop PE, not understanding that some necessary side effects need to occur during the growth process. Don't let minor injuries deter you from the goals you set for yourself. Should an injury occur allow the proper time to rest, treat it and learn from it, then come back with a plan to solve the problem. Should you have questions, the free PE forums and the veterans on them are excellent resources to ask. Chances are they have an answer. When in doubt, wait it out! Below are the injuries most

often seen and their respective treatments. Should you experience ongoing symptoms and /or have concerns, do not hesitate to seek medical attention.

Red Dots on Shaft/Head

By far the most common complaint and the one that heals the fastest. The red (pin prick) dots are created by the excess pressure exerted on the tissues during girth or length exercises and consist of tiny burst capillaries beneath the skin. Completely harmless, the dots on the shaft are usually a sign that girth exercises have reached a stage where pressure is increasing to the point that the blood vessels are at their limit. The dots heal within 12-24 hours typically, with those practicing higher pressure routines such as clamping seeing dots remain for longer periods due to the extreme pressures. Dots seen on the head, however, are another matter. In the event you see red dots on the head, allow them to heal like the shaft dots would. Should those red dots not go away in the same time period as the shaft dots or get worse, allow time for them to fully heal or they will continue to return due to the anatomy of the glans.

Erection Quality (EQ)

Often seen in the form of a sudden or general loss of maximum hardness or rock-hard level erections, typically from girth workouts. Understand that during the growth process the walls of the penis are in a broken down state and depending upon the individual you may experience weaker erections. This condition can often be corrected by extra rest, augmenting your EQ with the inclusion of kegels into your PE strategy, or reducing the duration/force of the exercises that are being performed. As a general note I find that “morning wood” erections, although less common during PE, will often be much larger/stronger. Contrary to the PE scare stories, to date I

have not seen a legitimate case of complete erectile dysfunction caused by simply jelqing as claimed online.

Overall blood volume can come into play over time as well. As the blood volume needed to fill your erectile chambers increases, your body may simply not be able to provide the blood pressure required to maintain erections for the periods it used to be able to. This can often be seen with men with naturally large penises in that they can experience this condition as well as venous leaks that prevent the erection from reaching full hardness. I can confirm this to be the case with myself, in that my previously instant rock-hard erections (even post PE) cannot be maintained at the same duration and hardness as my now much larger dimensions. Those with larger overall bodies or mass may experience these issues to a lesser extent versus men with smaller bodies due to the extra blood volume found in larger men. Lastly, it's recommended not to perform PE exercises known to affect EQ right before or the day of a sex session to avoid performance issues in general.

Thrombosis

Felt as hard points or hard veins beneath the skin, it is caused by a blood clot within a vein or artery due to excess pressure and blood stagnation. Should you feel hard points under the skin that appear to be hard veins, do not continue any PE exercises until healing has occurred and the thrombosis has disappeared on its own. Venous thrombosis can often be treated with anti-coagulants such as aspirin or vitamin K, deep tissue massage, as well as heat application on the site.

Lymphatic clogs

Felt as clumps of edema or hardness beneath the skin that do not disappear within 24 hours after a PE session. I find most can be treated with massage and heat to help drain the excess lymph.

Venous leaks

Caused by excess pressure damage to the veins and also found naturally occurring in some men with larger sized penises. Leaks are created by excess pressure to the veins and arteries, with tears appearing as bruising for surface leaks and sharp pain often felt for tears within the penile structures. Best treatment is to stop all PE until the tear(s) fully heal, which can take days to 2 or more weeks depending upon the level of injury. EQ may suffer following this kind of injury but will return to normal EQ once healing has progressed.

Sharp pain on shaft/head

Most often caused by excess pressure/force on the tissues resulting in a small tear/sheer either in a vein, return valve, shaft wall, or ligament within. Pain sources within the tissues can be hard to pinpoint with accuracy, but in general it indicates something has/is being torn. Treatment is rest until the pain goes away completely, sometimes requiring days to a week or more depending upon severity. Lower quality erections may follow this pain, less by an actual injury but the psychological effect of it causing weaker/no erections.

Overall Soreness on shaft/head

Usually indicating the tissues have been well exercised following a routine and can also occur after ejaculations for those on high pressure girth routines like modified jelqing. Very normal.

Dull pain on shaft/head

Often an indicator of over-training where the tissues are already well broken down and are now just being worked beyond what is needed to see gains. This symptom can also be a sign that something is close to being torn (vein from shaft, etc.). Treat with rest until erection quality improves.

Soreness at base

Soreness after a stretching routine is the most common time this will be felt. The ligaments connecting the penis to the pubic bone can be strained and have been stressed past their limit. Typically, if soreness follows a stretching routine it indicates the ligaments are under stress and cellular division/repair is occurring. Not feeling the soreness at the base can be a sign that the ligaments are not being stressed enough for length gains to occur.

Sharp Pain at base

One or both of the ligaments supporting the penis have been stressed to the point of starting to tear and they require rest, with rest ranging from days to a week or more.

Popping feeling at the base/pubic bone

This effect is caused by the ligaments being pulled free from the body sufficiently enough for the ligament joint to ride across the pubic bone, creating a sudden pop and sudden soreness being felt. While fairly harmless, it can scare you the first time and there are stories of this event “ruining” the penis, which is a myth. Common term for this phenomenon is a “lig popping”. It is not necessary to experience a ligament popping to see gains in length. There is usually no rest required for healing from this event.

Pain at the tip/Blood from urethra

Caused by the walls of the urethra being exposed to excess pressure by girth and stretching routines, with the pressure sometimes causing small tears in the urethra walls. Allow it to heal completely in a few days to a week, and when stretching be sure that the head is completely flaccid.

General soreness/random pains

If felt on the rest days at random intervals, these aches and pains are most often caused by healing taking place, also known as growing pains.

Torn Vein(s)

Condition in which a vein or veins have been literally partially or fully torn from the shaft or apart. The only examples being observed in men who were dry jelqing (no lube) while using a very tight grip and extreme force. Condition can also be caused by someone performing the exercises without being able to feel the pressure and pain levels of their penis, such as those with numbness in their extremities. Complications include possible internal bleeding and prolonged weaker EQ. Very rare in the PE community, as the warning signs such as pain usually prevent men from injuring themselves this severely. Treatment is commonly the surgical re-attachment of the veins to the shaft.

Chapter 20: Tips, tricks, solutions, and observations

Here is a collection of hints and inside info I've collected over the years that might be of interest.

- Masturbation: Contrary to popular belief, masturbation after your PE workout won't affect gains. It's a matter of personal choice. I find it can actually help flush stagnant blood faster from the swollen tissues and in turn introduce fresh oxygenated blood to the newly created micro-tears. Masturbation also produces small amounts of cortisol which boosts the immune system. Think about it. Your tissues have been damaged, so what does masturbation have to do with cellular level wound repair other than to possibly improve it via improved blood flow? For those thinking abstinence improves gains, your journal is the key to determining for yourself whether that's really the case. For the record, I ejaculate following every routine and I am inches thicker and longer than when I started. Best way to know for yourself? Carefully track it in your journal for several months and see what works for you.
- Length Disparity: In general, the thicker you become throughout the shaft the more your stretched flaccid length will be longer than your erect length. The disparity can be as high as 1.5" difference between erect and flaccid lengths. At this time, due to the mechanics of erections and the structure of the penis, there is no way I am aware of to correct length disparity.

- Shaving: If you must shave the base and/or shaft, do it after a PE session or on a rest day to avoid creating ingrown hairs. The reason for this is that the hair stubble can actually be pulled inside the skin from the stretching mechanics and become forced beneath the skin. Ingrown hairs can cause pain and small hard bumps (cysts) beneath the skin. Treatment for ingrown hairs can involve using sharp tweezers or needles (ouch), so try to avoid creating them in the first place.
- Device strength: Want to know how much force your PE device is actually producing? Attach an inexpensive fish weighing scale found at a sporting goods store to your device and find out how much weight or pull it creates. I find the sweet spot to be between 4 to 6 pounds of force (typical extender force) to see decent gains from any product. If the force measured is under 4 pounds, gains will be slower in general.
- It sucks: Do you own a cheap vacuum cup attachment that requires using a suction tube that works by using your mouth to create the vacuum? I find those devices to be very unsanitary. Here's how to fix that. Purchase a hand operated vacuum pump used to bleed the brakes of a car and adapt the vacuum cup attachment tubing to fit the pump. Problem solved! Prices for the brake bleeding vacuum pump (identical to the PE version) are very cheap compared to what the PE sites sell it for typically.
- Controlling Erections: For those new to PE, controlling your erections during a workout can become extremely frustrating. Practicing to control your stimulation level is crucial for successful sessions.

If you are doing a length routine, consider having an orgasm earlier (hours) before your PE session so that you are less likely to become erect while stretching. It also helps to avoid any direct or indirect stimulus such as pornographic images and/or thoughts before and during a routine. Girth is another story.

The opposite holds true for girth routines. For girth routines, erections are often repeated multiple times at various levels of hardness. To practice controlling your stimulation, try this exercise. Stimulate yourself using visual/manual stimulation until you become hard. Stop stimulating yourself. Now, keep that erection as best you can without having an orgasm for a five minute period. At the end of the five minutes let go of those sexual thoughts, allow the erection to pass, and massage (squeeze + kneed) your shaft and head to get used to the sensation of the massage. While massaging, view or think about non-porn related materials such as a TV show, movie, or paperwork. The erection will have partially/completely subsided during the massage period. At the end of the non-sexual period (5 minutes) repeat the stimulation process above.

This repeated cycle trains you to not only control your erections but also teaches self-control for those with pre-mature ejaculation and porn addiction. What really helped me was isolating what stimulated me the most and using it like a switch to be flipped whenever I wanted an erection.

- Urination: Girth routines and some length work can create significant swelling of the glans (head) and this can create problems urinating following a workout. To solve this, take a plastic bottle and cut it in

half. Keep the half with the bottle cap end, remove the cap, and you have yourself a great way to direct your urine into the toilet versus all over the bathroom!

- Frenelum Tear: On rare occasions, excess force during stretching and to a lesser extent girth routines can cause the skin beneath the glans tip to tear. Should this occur, let it heal completely before restarting PE. As a quick way to close the tear and speed healing, some men use super glue on the area to seal the wound and allow it to heal while the skin is pressed together. Obviously allow the glue to dry fully before allowing the area to touch other surfaces such as underwear.
- Peyronies Disease: The mechanism behind why the hard plaques form within the shaft is still being studied, with new techniques such as ultrasonic devices being used to break up the plaques, as well as experimental use of erection enhancement products and natural cures such as research into castor oil.
- Penis is curved, up/down/left/right: The best way to correct this is using an extender due to their ability to straighten the penis using tractive force. Over time, the traction will produce growth in the curved portion of the penis, evening out the sides with the end result being a straighter and longer penis. ADS devices are less successful with straightening due to the fact they typically pull the penis at an angle instead of entirely straight.
- Low hangers: Want low hanging testicles? Find a wrist weight meant for aerobics exercise (2+ pounds) and wrap it around your scrotum.

The weight will stretch the scrotum skin over time and the testes will naturally hang lower permanently.

- Sensitivity loss: Minor to moderate nerve damage can sometimes be corrected over time with repeated heat treatments and increased blood flow exercises found in some girth exercises. Submerge your penis for extended periods in warm to just bearable hot water or a hot wrap. This heat shock helps stimulate the nerve receptors to encourage peripheral nerve repair. You can also use exercises such as kegel clamps, modified jelqing, and pumping to force more blood into the head, which will help generate new nerve cells.
- Reversing Prone Masturbation and its effects: The laying down and thrusting into the bed and objects type of masturbation can have debilitating effects when done long term. Loose foreskin, loss of sensitivity, and numbing of the sexual response are among the common symptoms. To help reverse these issues, the general suggestions below have been shown to be effective.
 1. Avoid any sexual stimulation for at least a week. This will help rebuild your libido/desire and reset your sex drive.
 2. After the first week, use only your hands for stimulation. Going forward, stimulate only with your hands to orgasm every day to re-train your mind to associate sex completion with your hands and not the prone position.
 3. If you have loose foreskin, it can be corrected thru PE stretching/sculpting techniques including making the head larger.

4. For loss of sensitivity, see the sensitivity entry found in this chapter.

- Tight Foreskin: Is your foreskin hard to pull fully back to expose the head? Pinch the skin at the tip closed to form a seal. Urinate to push urine into the foreskin, stretching it with the pressure of the urine. Hold the pressure, release, and repeat. If more pressure is required, use a finger to apply force to the inflated foreskin. Afterward, apply a skin softening lotion to the foreskin. Repeat the process and over time it will loosen the skin and allow free movement of the foreskin without having surgery. For seriously tight foreskin, this solution may sound crazy but it works very well. Buy a cheap toy squirt-water gun with a thin barrel/tip. Attach a cable clamp below the head just tight enough to seal the head off from the shaft. Use one hand to seal the tip of the water gun barrel with the foreskin, and use your other hand to pull the trigger of the water gun. The clamp insures that none of the water pressure enters the lower shaft, prostate, etc. Pump the water gun to inject (clean) water into/under the foreskin, forcing it to expand. When a stretching level of pain is felt, hold that pressure for as long as you can, typically 30 seconds to a few minutes. Let go of your upper grip to the water gun to release the pressure, reset, and repeat. This method quickly enlarges the foreskin on even tough/tight foreskins. Unorthodox, but very effective!
- Stretch Marks: To avoid stretch marks, use lotions specializing in stretch mark prevention after PE routines to both prevent stretch marks and weaken the skin which in turn allows the skin to more easily expand for faster gains.

- Larger Flaccid: It's been noted that wearing an extender or ADS can greatly increase your flaccid hang over time, but to quickly create a larger flaccid to quickly make a better impression at the gym or bedroom, do a quick stretch or one or two very light pressure modified jelqs to temporarily create a much larger and fuller flaccid size.
- Turkey neck: Have loose skin between the scrotum and the shaft of the penis? While performing any PE exercises, when possible wear a rubber or silicone ring at the base to both prevent more skin from forming and to stretch out the existing skin to correct the turkey neck.
- Tight shaft skin: Often caused by the shaft growing to the point that during an erection the skin can be painfully stretched tight. Many men feel this is their PE limit, but it really isn't. To push past it, begin by either using pumping to create looser by stretching the skin with pressure against the skin, as well as use skin softening agents/lotions that help weaken or break down the keratin which will allow the skin to stretch and grow at the same rate as the shaft. Creating and loosening skin improves gains as well by removing the resistance that the skin usually provides to slow gains.
- Premature Ejaculation: Training yourself to stop when getting close to orgasm as well as using your ability to Kegel to prevent the ejaculation response. I also find the product known as Benzocaine (also known as Oragel & Baby Oragel) to be effective when applied on the bottom of the head and tip a few minutes before sex. Numbs sensitivity down enough that sex isn't overly stimulating.

Chapter 21: Sex with a large penis

So what's it really like to have sex with a larger than average penis? I would say, "With great size comes great responsibility" would be the best response. As size increases, so does the chance of injuring a partner and having other issues. Here are just some of the factors to consider when considering going for the huge to monster level sizes. Being as large as the porn stars you see has quite a few downsides compared to the fantasy you're sold when viewing big penis porn.

Length: The positive side is that you can now reach pretty much every part inside your partner and do almost any position without slipping out. The negative side is that the longer it is, the more careful you have to be to avoid hitting delicate internal parts such as the cervix in women. You can't just go all the way in as you could before and must now guess how far to carry each stroke while thrusting. Length above a certain point is simply for eye candy and isn't useable during sex, as it can't be fully inserted.

Girth: The positives are balanced by the negatives with extra girth. As the surface area increases, so does the amount of friction you're creating on the vaginal or anus walls. The result is often greatly improved pleasure for your partner versus a normal or thinner penis. Vaginal orgasms are far more common with greater girth, and there are no longer worries about it not being felt by a partner. As I said, the negatives balance it out. Foreplay becomes mandatory for those with serious girth increases, with you having to gently work the head in and allow your partner time to adjust to the mass being inserted. It can be a slow process. The additional friction also makes constant lubrication almost mandatory to avoid excess friction. In general, as girth increases the sex sessions tend to become shorter due to the

friction causing the vagina or anus to become rubbed raw. In many cases, anal sex is completely out. Excess girth also causes the thrusting to become much slower to avoid tearing your partner's opening. Forget about pounding away like you could when you were thinner unless you want to cause pain and bleeding.

Proper condom sizing is very important to protect against disease and pregnancy. Larger condoms that fit properly in general are harder to come by, and the chance of normal sized condoms ripping is a real possibility. I found it got bad enough that I had to get a vasectomy so I no longer had to try and buy condoms that fit. Improperly sized condoms rip and can kill erections from the squeezing of a tight condom. I learned that the hard way when pregnancy resulted, so be aware to purchase proper fitting condoms regardless if your partner says "one size fits all." They don't.

Chapter 22: Experimental techniques and the future of PE

Experimental Techniques

Over the passage of time the existing methods evolve, new methods appear while others disappear, and other methods that were merely considered theories years before are now widely in use. I've collected a few of the more promising or entertaining experimental theories I've come across in the last few years. This list is brief, with many more found online for you to discover and possibly research yourself.

Bee or Wasp Stings: Yes, this was actually considered (half) seriously a few years back in the PE community. Being stung once or repeatedly to use the inflammation and venom to produce gains. Results were not definitive if I recall. Honestly, I can't even begin to imagine how painful that process would be or for how long that would take.

Stutter Pumping: I named this method after the medical condition called Stuttering Priapism, the technique uses a regular dry or wet style vacuum penis pump to keep the tissues under stress for as long as possible after a heavy pressure event (HPE) such as clamping. First, an HPE exercise is performed for a normal session period. The pump is then worn for as many pumping sessions as the user can provide immediately after the HPE, or uses the pump sporadically throughout the day, in either case providing as much time under stress as the user can provide. As with extender use, the shock of the HPE routine prior to using the pump allows the lower pressure/force of the pump to be effective in creating new micro-tears and cell division.

Stutter Pumping works very well for those who have large amounts of private time, such as those single men who work from home. The results are quite impressive with documented gains of inches in girth (and length if also stretching) increases in just months versus in some cases years for those with less time to devote to PE. This method also operates on the Stress + Time = Growth formula, which is another great example of the golden PE formula in action.

Ball bearing/bead insertion: Currently practiced in several countries as a way to enhance the girth and pleasure provided to partners, the small plastic or metal balls providing additional friction. Essentially, it's the process of inserting or ceramic plastic balls between the shaft and outer skin. Side effects include infections, misshaped penis, as well as the body rejecting the foreign material over time.

Cold Snap method: I've been toying with the science behind this technique and find its concepts fascinating. The science behind this theory compelled me to attempt it myself. The effects of temperature on the human body in the context of body building have indicated that more damage occurs to tissue when it is stressed while in a cooled or chilled state. While this method can cause additional injury to joints while weightlifting, the potential for extra or faster gains when used with PE techniques is worth investigating further. Combine chilling the tissues in a cold/freezing container of water (cup with ice cubes for example) before and possibly during an exercise routine could produce faster tissue breakdown. Now, couple the faster tissue breakdown from cold exposure before/during a routine with exposure to heat following a routine to jumpstart healing could

potentially be a huge discovery. All that's left now is for men to start experimenting with cold and heat in their PE Journey.

Pria Pump: Taking the old vacuum style pump into the 21st century by actually making it an effective enlargement tool. My experiments using modern science to completely redesign the standard vacuum pump. Currently in the testing stages, the hope is to one day perfect the design for mass consumption.

Fat or Silicone injection: As the name implies, material is injected between the outer skin and inner shaft, with the result being increased girth. Side effects include infections, misshaped penis, as well as the body rejecting the foreign material over time.

The Future of PE

With the state of science and medical technology advancing at such an accelerated rate, we may see some of these techniques go from the trials stage to main stream within a few years. The future of safe and effective PE is bright indeed! Here are just a few of the concepts I've come across within the past few years.

Penis Transplant: Penis transplants are still very rare and rife with complications, but medical technology is beginning to overcome those hurdles with new advances in tissue and nerve generation. I believe within my lifetime we will see these go from risky to very common as the technology for micro-surgery and AI become more advanced.

Jelqing Free PE: The days of the old standby Jelqing are numbered with it possibly being completely forgotten by future generations, replaced by much safer and more efficient exercises. The trend away from traditional jelqing can already be seen even now with the introduction of all new methods and devices such as the new girthing pump designs and pressure based exercises. As it stands today, you can gain inches in both length and girth without ever having to perform the old standard Jelqing to see gains.

Nano-Bots: Once considered science fiction, within the next 2-3 decades we should begin to see medical grade nano-technology that could be programmed to produce new cells in any area desired. I can guarantee one of the first applications of this technology will be in regards to penis enlargement.

3D Printed PE tools: The maker movement has really taken off in recent years, with 3D printers costing a fraction of what they did years ago. The result is a huge increase in home grown PE tools being created and greatly improving the ability for the every man to either print his own PE tools or invent new tools of his own design.

Puberty Pill: With advances in medical technology and DNA research, how many years will it be before the scam enlargement pill is finally replaced by the real thing. I'm personally betting on the nano-bots becoming widely available much sooner than we might see this become reality.

Chapter 23: My personal story

I've had requests for my personal story on the PE forums, so I've included it as an example of how PE can change your life.

I was 25 when it all started back in 1996, over 20 years ago now...I'm getting old! I was small in my mind at 5.5" stretched flaccid length x 4.25" girth at the thickest point, with maybe roughly 3 to max 3.5" girth head (didn't measure), and a 1" flaccid length visible, about the thickness of my thumb. The worst was that it turtled and was almost non-existent when cold. Like most guys I had always wanted to be bigger, but honestly thought it mattered more to me than women. Basically I believed the often repeated lie that size didn't matter. The reality, however, changed my life forever. When I finally had the courage to be with a girl that I really liked and trusted, she laughed and commented once we were naked and then made an excuse to leave. I never heard from her again. I was broken inside.... devastated.

Determined to do something about it, I spent weeks searching the early internet for anything that worked to enlarge myself. At the time, PE was considered a black magic art form with only a few men posting what would eventually be called Jelqing on a handful of hard to find sites. There was a magic "perfect" size that I had read about in many articles and men's forums at that time...8" length x 6" girth. I had my goal.

Starting with the techniques available at the time, (jelqing and manual stretching) I had the initial fast gains that so many men report. I was overjoyed..! That first realization that PE really worked was one of the most incredible experiences of my life. For a while it was as though I had won the

lottery, but those techniques eventually stopped producing gains (I was about 6.5" x 5" then if I recall) no matter how many jelqing reps or stretches I did. I had hit a plateau and spent almost a year desperately searching for a solution. It was around that time that I discovered through my research into Priapism what is now called modified jelqing. Between that revelation and the introduction of a new, solid pewter all day stretching device (ADS) a modified Circle Device by Dfrance Company (company is now closed) that I wore sometimes up to 16 hours a day.....I was able to get to that magic 8x6.! The turning point for me and what made me decide to try dating again, was the 9-11-2001 event that occurred here in the USA. It forced me to realize that I couldn't wait for the perfect size or moment...that life is short and I could die at any time. I started dating again.

Dating before had been a game of anxiety, but with the added confidence I had with my new size really worked. Before I knew it, I had dated several women before meeting my first girlfriend who couldn't stop talking about it. Fast forward a few girlfriends later and plenty of stories later, and I was married with children of my own. PE had done its job, and was gathering dust. That was until that fateful day in 2015. My wife and I had been married for years and she had rarely commented on my size compared to all my past girlfriends. I didn't think much of it until she one day made some comments about her size preferences (you're not that big, I've had much larger) and it put me right back to that day years earlier....I wasn't big enough....again.

By this time, PE was lightyears advanced versus when I had first discovered it. Forums like Thunders Place, PE Gym, and other free PE advice websites were now gathering places for hundreds of thousands of men all over the world, sharing techniques and information. Excited to share my experiences and hopefully gain more size, I signed up. Known as M8ter on

Thunders Place, I was named after the playful but helpful cartoon character. I was met by disbelief, both because of what I had gained and because I had no photo proof. The starting photos I had were long gone after almost 2 decades from when I had started. Attacking PE like I had before, I gained an extra .5" in girth and .75" in length in 3 months, verifying it this time with photos, documenting every .25" increase, which I still do today. Due to my attention getting activities on another website, I was forced to quit the forums and stop PE or deal with the consequences.

Fast forward to 2017 and my wife had mellowed on both my PE and the forums. Having had bad experiences on the large PE forums, I decided to join Reddit.com and quickly discovered so many men on the brink of suicide or suffering from deep depression over their penis size. I decided to do something about it, getting involved and offering advice to any who were in search of it. I was bombarded by questions and still do today! After a few weeks of answering questions, I was approached by someone tech savvy enough to help start a free PE advice forum on Reddit.com called [ajelqforyou](#). My user name on Reddit.com is now M9ter or M9 for short. The response has been overwhelmingly positive and I can't thank all of the incredible veterans and newbies who frequent the forum enough for all their contributions. They make the forum the great community it is and have made me realize how important PE is to so many men. To that end I cruise Reddit and the internet regularly, searching for men who are looking for answers like I was years ago.

So you're probably wondering what my current dimensions are, right? My current dimensions as of my last measurement are 9.25" stretched flaccid length (8.75 - 9" erect), 6.75" base girth erect, 6.5" mid-shaft girth erect, with an erect head size of over 6" in girth (2" wide) and slightly over 2.25" in length. My flaccid dimensions are currently over 6" bone pressed

length and 5.5" girth mid-shaft. Essentially my current flaccid size is larger than the average male is erect, so yes you could say PE really works. Body-wise, I'm thin and my height is 5 feet, 5 inches tall, so it's slightly out of proportion to my frame!

On a personal note, I'm an advocate of men's rights and male empowerment. Far too much emphasis has been placed on size, so it's my goal to empower men with PE so they can gain confidence in themselves and experience the joy I felt all those years ago when I discovered that PE really worked. I humbly ask that if you are successful with your PE journey and you see another man struggling with his size and you have the opportunity to help, please do so. Pay it forward! Your intervention may save someone's life. In closing, I leave you with some words I live by.

"When there are no more heroes, it is then that you must become one".

Chapter 24: References and related material

Websites you might find helpful:

- <https://www.reddit.com/r/AJelqForYou>
- <https://www.thundersplace.org/>
- <http://www.pegym.com/>

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