

Contents

Legal Notice

Measuring your penis

Growth Recording chart

Pre-workout considerations

Safety tips

Warm-up

The PC Muscle introduction

The PC Muscle Exercises

Stretching exercises

Jelqing Introduction

Lubricants

Wet Milking

Dry Milking

Warming Down

Workout section

Week 1 - intro workout

Week 2 - Beginners workout

Weeks 3 - 6 Standard workout

Weeks 7+ Custom workout or

Roger's Advanced Workout #1

Speed combination

Advanced PC muscle Workout

Targeted Workout section

Erection strengthening

Curing impotence

Premature ejaculation

Members own workouts

Godma's workout

B-Ran's Workout

Hopsicles Workout

Targeted exercises (Advanced)

Head exercises

Cure curvature

The Super dry Jelq

The Super wet Jelq

Erection builder

The length stretcher #1 (adv)

Foreskin Restoration

Towel hanging

PenisAdvantage.com II Advanced Exercises

180 Degree Stretches

Crook Tugs

Section Stretching

Gap Jelqs

Slap 'n Squeeze

Fist 2 Finger

Vulcan Jelqs

Mastur-Milking

Pogos

Shaft Wringing

PC-Dry Jelq Duos

PenisAdvantage.com II Advanced Workouts

Advanced Length Workout

Advanced Girth Workout

6-Minute Workout

The 62-Day By Day Course

The Guaranteed one inch workout!

Ultra-Advanced Workout - The best!

Legal Notice... By using this guide you are agreeing with the following:

DISCLAIMER PLEASE READ!!!

There are no known dangers to any of the exercises in this manual. All exercises and exercise combinations should be completely safe when used properly. Reading the exercises contained in this publication is evidence of your understanding that the author, penisadvantage.com and anyone affiliated with penisadvantage.com are hereby released from any and all liability for ANY injury sustained by direct or indirect use of the information contained herein. If you choose to use the information, you are hereby-releasing the author, penisadvantage.com and anyone affiliated with penisadvantage.com from any and all liability for ANY injury YOU may incur through the use, misuse or abuse of this information. WE ARE NOT RESPONSIBLE FOR ANY INJURY, OF ANY SORT, CAUSED BY THE USE OF THIS INFORMATION! It is to be taken as information ONLY. As with any exercise program, you should first consult a Physician or, in this case, a Urologist prior to beginning.

Further warnings...

We are not doctors, nor are we pretending to be.

This manual is information only.

We 'encourage' the penis to grow, not force it!

Like any other exercise program, warm up is essential.

DO NOT begin an exercise without fully understanding it first, read every word!

Proper breathing is essential to both safety and results!

Measuring your penis

This manual is going to take you through all the stages necessary to enlarge your penis in both width and girth, create a more powerful healthy penis and erection and all of the other benefits we have mentioned to you before.

Before you start though, it is very important to measure your penis properly. A few people start the exercises and then in month or so, they say that they haven't noticed any difference. Often this is because they haven't measured their penis beforehand.

An old metaphorical example that we use goes as follows:

You go on holiday for a couple of weeks and come back to see that the grass on your lawn seems to have shot up really fast. You truly notice the difference. Yet if you had stayed at home for the two weeks then you

Penis Advantage Natural, Fast, Real!

wouldn't have noticed that the lawn had grown that much, because you would have seen it everyday.

The key to measuring your achievement is to do just that... Measure your penis. By measuring your penis regularly and logging your growth in a table or chart, it is like taking a snapshot in time and will let you see the full power of the exercises and the extent of your progress.

The correct way to measure your penis is debateable but the method that most people use and the one that we will teach is known as the "pubic-bone pushed top measurement" or "pbpt measurement"

How to measure your length - flaccid (soft)

Flaccid measurement is the length when your penis is not erect - the soft or floppy measurement. At the first stages of your workout, this measurement can be the most important as your penis will grow first and more noticeably in this state.

Take your penis and hold it parallel with the floor (horizontal). Place your ruler along the top of your penis and push it back into your abdomen. You should feel

Penis Advantage Natural, Fast, Real!

some resistance at the 'pubic bone'. Now simply measure to the tip of your penis. This is your flaccid length.

How to measure your length - Erect (hard)

You simply do the same as before but this time with an erect penis.

Get erect, hold your penis parallel to the floor. Push the ruler back to your pubic bone and measure from the base to the tip.

How to measure your girth (thickness)

This is always carried out when your penis is in an erect state.

Take a piece of string or measuring tape and wrap it around your penis in the middle of the shaft. This measurement is your girth or thickness.

Growth-recording chart

Please print out or copy the following chart and record your progress on it:

Penis Advantage Natural, Fast, Real!

Starting	Date	Flaccid Length	Erect Length	Girth
2 weeks				
4 weeks				
6 weeks				
8 weeks				
10 weeks				
12 weeks				
14 weeks				
16 weeks				
18 weeks				
20 weeks				
22 weeks				
24 weeks				
26 weeks				
28 weeks				
30 weeks				
32 weeks				
34 weeks				
36 weeks				
38 weeks				
40 weeks				
42 weeks				
44 weeks				
46 weeks				
48 weeks				
50 weeks				

52 weeks				
----------	--	--	--	--

A few more points to consider before you start

Lubrication

One of the most important factors of successful penis enlargement is using a good lubricant. There are lots of suitable lubricants you can use, some people recommend that you use moisturiser and although this is okay at first, serious penis enlargers will need something a bit more heavy-duty. Vaseline is excellent as a lubricant because it doesn't dry up too fast and offers fantastic protection against any potential chaffing. The downside is that it can be very messy and needs cleaning up afterwards.

Another widely used lubricant is sexual lube. While it is good at first, it can dry up quickly and require a lot of re-application, which both slows down the exercises and consumes the lube quickly. The lubricant we recommend is [here](#).

One thing you must never do is use soap or shampoo as it causes major irritation.

Penis Advantage Natural, Fast, Real!

*****IMPORTANT - DO NOT USE SOAP OR SHAMPOO*****

Cut your pubic hair

Cutting your pubic hair around the base of your penis can help to make sure that there is no discomfort during exercises. Often, when a user feels discomfort, it is because they are pulling on their hair. Also cutting your hair carries the advantages of instantly making your penis appear longer. If you don't like the thought of using blades near your genitals and want to be permanently hair free down there, you could try a [natural hair removal](#) method.

Drink lots of water, try to keep fit, and take high quality vitamins

Beauty specialists have been telling us for years to drink lots of water as it clears the complexion and keeps us looking young. Well, it's not just some woman's magazine crap! You really should try to drink at least 5 glasses of fresh, undiluted mineral water per day if you can. It will help with the growth of your penis along with a huge list of other benefits.

Penis Advantage Natural, Fast, Real!

Start going to the gym. It will make you feel better, look better and f**k better. Also, if you're slightly over weight then it can help make your penis look bigger. You might also meet some women who want to know what a big man really feels like, and you could show them your hidden talents... ;-)

High quality vitamins will help you to live longer and healthier and will definitely aid in the growth of your penis. Take a good quality supply and you will be on a road to a whole new you - a more confident and healthier man.

Safety tips - PLEASE READ!!!

No rigorous exercise regime should be started without first talking to a physician or doctor.

If you have any problems or diseases, which may alter blood circulation, oxygenation and/or regeneration of tissues then please talk to a urologist before commencing any workout such as a penis enlargement one. In fact, you should consider yourself to be fully fit, healthy and received a doctor's go-ahead before continuing.

Penis Advantage Natural, Fast, Real!

We are not doctors and do not claim to be. We are simply a research organisation and would like to take this opportunity to let you know about some of the symptoms that can occur so you can avoid them:

Little blue spots can sometimes appear under the skin. This is a common condition known as Petechiae, which is simply bleeding under the skin, which results in a few or many tiny bruises. These are not permanent and will disappear in a few days. Simply take time off your workout and for a few days just do some hot wraps (talked about in the warm up section) 2 or 3 times a day. If they grow larger or do not fade, it is important to get medical attention.

Red sores or blisters can often be as a result of not warming up before exercising. Simply take a few days off and let them disappear.

Never use too much weight, too often or for too long as this could cause 'tissue atrophy'. Basically the nerves in the penis start to swell and if the swelling continues atrophy can occur. This can result in the loss of the ability to get an erection.

Penis Advantage Natural, Fast, Real!

If at any time you feel like you may have a problem or something is worrying you, just lay off the exercises for a few days, have a few warm baths and everything should be fine. Always seek medical attention if something is bothering you significantly.

BUT Please don't let that scare you. The techniques detailed in this manual are all safe and natural ways to enlarge your penis, and correct use will actually make your penile region a lot healthier! Thousands of men use them every day and serious problems are very rare - almost unheard of. We have had no serious reported problems from people using this manual. Just use common sense and take everything you do, nice and gently... You should encourage your penis to grow... Not force it.

Warming up

We are going to introduce you nice and steadily to your new workout... And in this lesson, we cover the basics. Please do not think that these exercises are not important, as they are only basic... They are probably the most important exercises you will ever do!

Warm Up - Hot wrap

1. Get a large wash cloth OR small towel.
2. Soak it in hot water till it is thoroughly wet and nice and warm.
3. Wring out the towel and get rid of the excess water.
4. Wrap the towel around your penis and testicles.
5. Leave it there for approximately 2 minutes.
6. Repeat step 1 through 5 two more times.
7. Dry off your penis and surrounding areas thoroughly.

Time taken 5-8 minutes.

Warm up - Hot bath or shower

Another good way to warm up is to have a hot bath or shower for 5 or 10 minutes. This has the same effect as the hot wrap. It helps to draw blood into the areas of the penis, improve circulation, loosen connective tissue and lessens the chances of injury.

Pubococcygeus (PC muscle) tensing

This has often been described in the following way:

"THE most important exercise any man can do, and one that every man should do... For the rest of his life!"

This exercise could well save your life and it is the most important in the manual!!!

Why exercise the PC muscle?

- To develop a 'muscular' looking penis
- Control the urge to ejaculate and end premature ejaculation
- Improved blood circulation leading to enhancements in size and sensation
- Have multiple orgasms
- Stay harder for longer
- Increase your sexual abilities
- Possibly save your life by having a healthy prostate

So now you know some of the benefits, you will probably want to know what to do... Here goes:

PLEASE NOTE: You cannot do too many PC exercises...There is no limit - the more the better, but it can be hard at first, you may have to work up to impressive amounts of repetitions.

How do I find the PC muscle?

Okay, some people have problems finding this muscle but it is really easy. It's the little muscle between your anus and scrotum - it is NOT your anus or your abdominal muscles. You can find it by going to the toilet and urinating, as you're urinating stop the flow before you've finished. The tensing you did to stop the flow shows you the muscle you need to use for the following exercises. If you still can't find the muscle try the following: Get an erection and move your penis without touching it. The muscle you use to do this is the one that you want.

PC muscle exercises

PC muscle exercise 1 - Quick warm up with PC contractions

When you first start doing the exercises you may find this quite difficult, but if you can't do 16 then your PC muscle is in bad shape. Start by tensing your PC muscle and then letting go straight away. Do this 24 times (or less if you can't quite manage it at first). Each contraction (Rep) should take about 1 second; so 24 reps should take you no longer than about half a minute. This just helps to get into the flow of things and allows you to obtain control over your PC muscle. After the initial 24 reps give you a 1-minute break and start again but this time only do 3 reps, holding each one for 2 seconds. This will be hard at first and may take you longer than if you had a well-developed PC muscle, but stick with it... You will get better with time.

So in summary, your PC warm-up should include:

- Between 16 and 24 quick contractions (you could try 16 for the first couple of days and then increase your reps per day 2 at a time)
- 3 longer holds for 2 seconds per contraction

Standard PC Contraction workout

Once warmed up you can do sets of 20 contractions. Each set should take you about half a minute to a minute. Have a 1-minute rest in between sets and carry on for as many as possible. Your aim should be able to do 250 per day working up to 1000. In the first few weeks you should try to do about 5 sets of 20 reps per day (100 contractions). Follow our recommended workout section later in the manual for clearer guidance.

PC Exercise variations - The long hold

Whereas in standard contractions, you quickly tense the muscle and quickly relax it, with the long hold - you keep it tense for longer. Breathing is important in this one.

1. Start by taking good deep breaths and slow your breathing so it is nice and relaxed but deep.
2. Contract your PC muscle, squeezing it slowly and deeply... Keep tensing harder until you can't tense no more.

Penis Advantage Natural, Fast, Real!

3. Start counting from 1 to 20 while holding the squeeze.
4. Relax when you reach the count of 20. After a 30 second break, do it again.
5. Do the whole exercise 5 times.

At first you will not be able to do this so much... Simply reduce the length of the squeezes. After a few weeks this will get much easier and you will be able to hold for much longer. Aim to be holding it for about 1 minute after a few months.

This will give you unbelievable results... You'll be firing ejaculate across the room, waking up with erections of steel and have sexual stamina you never thought possible!

PC Exercise variations - Increasing intensity PC training exercise 1 OR "Climbing the Mountain"

With this one, you contract the muscle just lightly at first and hold for a couple of seconds. Then you contract again slightly harder and again slightly harder until you

are tensing as deeply as you can - hold this deep one for about 5 seconds. Release and start over again.

PC Exercise variations - Increasing intensity PC training exercise 2 OR "The Tidal Wave"

This one is a time consumer but is very effective if done properly. Start by tensing very lightly and holding it. Over the next three or four minutes keep tensing, slowly and gradually building up more power till the tensing sensation feels like it is getting too much, carry on tensing beyond the point where you want to stop for another 30 seconds and then release.

You can do these exercises anywhere and everywhere and they are so effective that you should be doing them whenever you can... **You'll be like a sexual God when you've mastered these... We Promise!!!**

Stretching for length

Stretching Exercises

Penis Advantage Natural, Fast, Real!

Stretching exercises will form a major part of your workout, which will help to.....

If you would like to read the rest of this course and know everything about how you can enlarge your penis, last longer and become a sex God, simply click the

yellow Order Now button below, make the purchase and you will be

IMMEDIATELY redirected to the full Penis Advantage Course.



ORDER NOW