



PENILE WORKOUTS

THE FULL ILLUSTRATED GUIDE TO
IMPROVING ERECTION QUALITY
THROUGH MANUAL PENILE
EXERCISES AND MASSAGE

INTRODUCTION

Long term erection problems can cause blood vessels that lead to the penis to contract, can cause weaker blood circulation in the corpus cavernous tissue of the penis and even penile shrinkage.

Furthermore, several studies show that the hardening of the arteries can extend to the blood vessels leading to and inside the penis. Deposits of fat accumulate on the walls of blood vessels, restricting blood flow and impacting erection quality.

The frequent consumption of excessive amounts of animal fats in both meat and dairy products is directly responsible for the deterioration in endothelial health. Reducing your consumption of dairy and meat products and increasing your consumption of plant-based foods can be very effective for reversing damage done to the walls of blood vessels.

The unfortunate consequence of the long term inability to achieve complete erections is that men tend to continue to suffer from partial erectile dysfunction even after having fully removed the original causes of their problem.

That is to say that even after undertaking a rigorous program that helps a man to lose weight, to boost testosterone, confidence and to improve diet, erection problems can still persist to some degree.

This is where penile exercises can be very useful for reinvigorating the blood flow in the penile blood vessels, helping to dissipate plaques that form in smaller blood vessels and stimulating testosterone production in the testicles.

The advantages of using penile exercises to improve erection quality are an enhanced sex life, higher self-confidence and for most men, improved size of the penis when both flaccid (hanging) and erect.

This guide is not intended as a penile enlargement guide. However, some men are likely to experience improvements in thickness of the penis as a result; especially those that may have noticed their penis become smaller in recent times.

Certain exercises described in this guide can be excellent sex drive boosters. When performed in the morning, they may lead to the penis feeling thicker, longer and healthier throughout the entire day, leading to frequent sexual thoughts and strong desire for sexual intercourse.

The feeling of having a partially aroused penis which feels heavier and bigger, combined with higher sex drive can be an important sexual confidence booster and can lead to instantly increased feelings of virility and dominance.

Penile exercises are far more effective with men who are using other, different techniques to boost sex drive. Healthier men whose weight is under control,

who are free from medication and depression and who fully intend to gain control of their situation are those who benefit the most.

I am confident that with the exercises described in this guide, 99% of men will be capable of improving their erection quality or of reversing erectile dysfunction. There are also those that do not suffer from impotence but simply would like to have harder erections. This guide will help those men a great deal too.

Good luck in using these exercises and please exercise caution with your penis. It is not a toy; it is an essential part of your anatomy.

IMPROVING ENDOTHELIAL HEALTH

Very frequently, erection problems are partially or completely caused by poor endothelial health (damage done to the walls of the blood vessels).

Atherosclerosis is the medical name for a condition in which the blood flow is restricted by the thickening of artery walls. The thickening of the walls occurs due to deposits of low-density lipoprotein molecules (LDL).

Men with high levels of LDL cholesterol may be

experiencing weak erections or full impotence, in part due to the damage done to the blood vessels.

In fact, erectile dysfunction often occurs as one of the first symptoms of high blood pressure, high cholesterol and heart disease.

Medical treatments prescribed freely by many doctors in the Western world focus on reducing the symptoms or dangers of conditions such as damage to blood vessels, high cholesterol and high blood pressure.

The unfortunate consequences of administering such treatments are the negative side effects such as low libido, erectile dysfunction, depression, liver damage, muscle pains, kidney damage, headaches and poor concentration. Furthermore, the pills prescribed do nothing to solve the cause of the problem: nutritional habits.

This flawed approach to treating health problems, which does little or nothing to remove the causes, is a result of the world we created. Rather than complain about it, you can take full responsibility for your health yourself. You can research extensively using the internet and journals, and produce your own conclusions instead.

REVERSING HIGH BLOOD

PRESSURE AND CHOLESTEROL

According to studies carried out by doctors T. Colin Campbell and Caldwell Esselstyn, it is possible to reverse poor endothelial health and to reduce and eventually eliminate the need for medication altogether.

In the documentary Forks Over Knives, Caldwell and Campbell demonstrate with live case studies how it is possible to reverse damage to arteries and blood vessels. By encouraging patients to adopt a fresh, plant-based diet, improvements were observed in those who eliminated all animal products from their diet.

Reducing the consumption of animal fats included eliminating meat and dairy products, although mention is also made of the damage that processed food and refined carbohydrates are responsible for.

Most men will struggle to eliminate all meat and dairy products from their diet. However, you may find that eliminating dairy products is actually very easy. Milk, cheese, eggs, butter and cream are rarely missed as much as most people anticipate and the benefits of living dairy-free can be felt as soon as within a few days.

Living without meat is usually harder than avoiding dairy products. You may find that you crave a

chicken breast, a steak or sausages. This is perfectly understandable and rather than taking a hard line, you can allow yourself some lean, organic meat on occasions.

Rather than taking a militant approach, try reducing meat consumption instead. There is enough evidence in the documentary Forks Over Knives to motivate you to do this much.

Link to Forks Over Knives: <http://www.documentaryjungle.com/2012/03/forks-over-knives.html>

PENILE WORKOUTS RULES & PRINCIPLES

The principles of penile workouts are very important and it is essential to respect the recommendations explained here in order to avoid injury or irritation to your penis and also to get the most out of this program.

Rule 1: Lubricate the penis before exercise

It helps a great deal to use substances that lubricate the skin in order to reduce the friction between the hand and the penis.

Water-based lubricants tend to be the most effective. These are usually available in supermarkets and hygiene stores and very easy to find. Apply a reasonable amount of lube before each exercise.

Rule 2: Warm up beforehand and warm down afterwards

Just as if you were performing a workout routine in the gym, warming up before exercising and warming down afterwards is strongly advised in order to avoid damage.

Use a warm towel or small cloth to do this. Soak the towel in hot water for 1 or 2 minutes before wringing out all of the water. Then wrap the towel around your penis only (not your testicles) for 1 minute. Repeat this once more before beginning.

Perform the warm-down the same way as you warm up. Warming down is just as important so do not neglect to do it.

Rule 3: Perform some exercises with a partially erect penis

If you have been taking care to boost your libido and erections naturally with exercise, supplements and diet, you should be able to achieve at least a partial erection.

Performing some of the following exercises when your penis is 20- 60% erect should help you to achieve optimal results.

If you have difficulty achieving any kind of erection to begin with, do not worry. If you follow the Male Libido Booster guide correctly then you should start to see improvements when performing these exercises, even without an erection.

Rule 4: Take rest days between exercises

Just as you would do if you were an athlete, resting in between exercise days is necessary for recuperating. Performing the exercises too often can result in limited effectiveness.

You can structure your penile workouts as follows:

Week 1

Monday, Wednesday, Friday, Sunday

Week 2

Tuesday, Thursday, Saturday

Rule 5: Take care of your health

If you have taken care to follow all of the steps outlined in the Male Libido Booster, then you should be on your way to full recovery of your erectile functions and sex life. Those men that take care of weight, diet and that remain relatively free of stress will generally achieve much better results than those that do not.

When To Exercise

Taking time out from the day to go to the bathroom or bedroom and massage and exercise the penis for 10-15 minutes is not easy for all of us. This is why I recommend performing exercises in the mornings, no more than 3-4 times per week, before showering.

How Many Exercises Per Session

There are 7 different exercises listed. Ideally, you should aim to do them all. If you find that you are rushing and you do not have enough time, then perform 3 of these exercises on one day and 4 the next given day.

1. PUBIS RUB

The pubis rub is a simple exercise that any man can perform in privacy that can have surprisingly satisfying and rapid results.



TECHNIQUE

Group the fingers together as shown in the images and move the hand in circular motion pressing gently but firmly on the flesh immediately above the penis.

Move the hand, while performing circular movements, from the left side to the centre and finally to the right side.

The exercise can be performed for 1-3 minutes.

BENEFITS

- Dissipates fat that may restrict blood circulation to the penis
- Stimulates instant short term blood flow to the penis
- Can produce instant erections

WHEN TO USE

Before penile workouts as the first exercise or before sex takes place. No need for an erection.



2. PERINEUM MASSAGE

Massaging the perineum is especially useful to help stimulate blood flow in the pelvic floor and testicular areas, promoting the circulation of healthy testosterone and nutrient-rich blood in the penile area.

Men experiencing erection problems may also have pains in the perineum or prostate. Massaging the



TECHNIQUE

Start by grouping your fingers together and gently kneading and massaging in circular motion starting from the back of the perineum (between the anus and the testicles), and moving slowly forward to the testicles. Repeat this twice more.

The exercise can be performed for 2-3 minutes.

Using lube is not necessary, but can be helpful

BENEFITS

- Improves blood flow in the erection muscles in the pelvic floor
- Relieves pain in the perineum area by helping to flush out bacteria
- Relaxes the penis and the testicles

WHEN TO USE

This can be performed as the second exercise and optionally before sex takes place or during edging, both in flaccid and erect states.



3. BASE MASSAGE

The base massage and rub is an extension of the pubis rub and perineum massage. Once the first two exercises have been performed, more blood should be circulating freely nearer to the penile blood vessels. Further stimulation of the penis base can help to stimulate blood flow more towards the penile erectile tissue.

TECHNIQUE

Using both hands with fingers grouped, rub and massage firmly and gently downwards from the base of the penis, above on both sides. Move in circular downwards motion as close to the penis as possible, touching the base.

You need to be certain that you are as close to the base of the penis as possible and that you should be stimulating the blood in the direction of the penis shaft. This will make all the difference.

Using lube is recommended.

BENEFITS

- Improved blood flow towards and inside the erectile tissue
- Instant stimulation and potential rapid erection
- Relaxing of the penis and bigger flaccid size

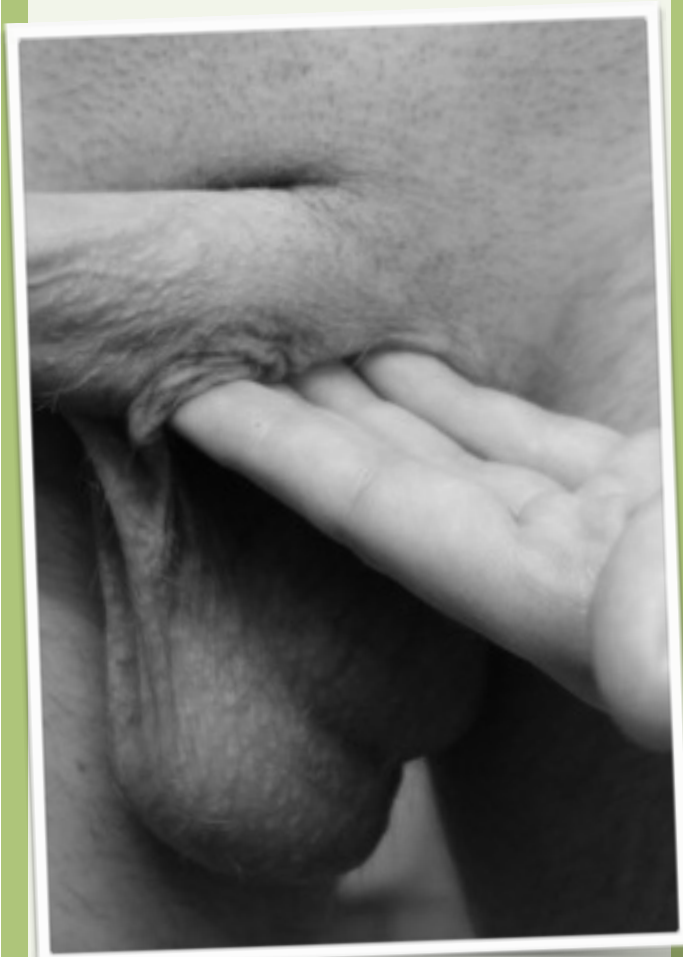
WHEN TO USE

This can be performed as the third exercise and optionally before sex takes place. Erection should preferably be at 20-50%.



4. UNDERSIDE BASE MASSAGE

This exercise consists of the same technique of massaging the base of the penis, but underneath instead of above.



TECHNIQUE

Perform the same exercise but this time on the underside of the penis base, moving hands in circular motion upwards and outwards from the body, touching the base area of the penis around and inside the scrotum.

The exercise can be performed for 2-3 minutes.

Using lube is recommended but not essential.

BENEFITS

- Improved blood flow in the erectile tissue
- Relaxing of the penis and testicles and larger flaccid size

WHEN TO USE

This can be performed as the third exercise and optionally before sex takes place. Erection can optionally be at 20-50%.

5. SHAFT MASSAGE

Now that you have fully warmed up the pelvic floor, perineum, testicles and penile base, it's time to move to the shaft in order to fully optimize and stimulate blood flow throughout the corpus cavernous.

If you perform your penis workouts properly, you may already have a partial or complete erection and



TECHNIQUE

With one hand, grip the penis from its base between thumb and forefinger (as shown in the photo), with the hand pressed as close to the body as possible.

Once the grip is firm but gentle (take a great deal of care) move your hand while maintaining the same grip, down the shaft, and stop just before the penis head (glans).

Repeat this action 20 times with the right hand, and then 20 times with the left hand.

Use plenty of lube with this exercise.

WARNING: Your grip should never be too hard. You can damage your penis with an aggressive grip and abrupt movements. A firm, constant but soft grip is all that is required

BENEFITS

- Instant increase in the flow of blood down the penis
- Expansion of the corpus cavernous erectile tissue
- Penis hangs down further
- Very helpful for restoring and achieving optimal erectile function

WHEN TO USE

This can be performed as the third exercise and optionally before sex takes place. Erection can optionally be at 20-50%.



6. TESTICULAR MASSAGE

The testicles are the most important part of a man's body with regards to sex drive, testosterone production, virility and energy.

Helping your testicles by performing gentle massages several times per week can provide you with a solid natural boost in testosterone, sex drive and even confidence.

TECHNIQUE

Gently start kneading the testicles behind the scrotum in a gentle downwards motion. As the scrotum begins to loosen up, begin to roll both testicles with the fingers softly to start with.

After 1-2 minutes, massage each individual testicle, one at a time, very slowly and gently with 2-3 fingers, paying attention to reach inside and around each one. Roll the testicles carefully so that the fingers make contact all around the sphere while taking care to remain gentle. The exercise can be performed for 3-5 minutes.

BENEFITS

- Increased blood flow and dilated blood vessels in the testes
- Higher testosterone production
- Testicles appear bigger and hang down further
- The scrotum is more relaxed

WHEN TO USE

This can be performed at any time and does not need to take place at the same time as penile exercises and massage.

AFTER THE WORKOUTS

Following each and every workout it is strongly advisable to warm down in order to optimize your results and prevent strains or damage.

You can warm down in much the same way you warmed up, using a hot cloth or towel and wrapping it around your penis for 1 minute before repeating.

Following this you can take your morning shower as you normally would.

Men report very positive results when taking cold showers on several days per week, due to the effect of ice cold water on the testicles and testosterone production.

You should be fully warmed down if you follow up penis workouts with cold water on the testicles and you should begin your shower with warm water first, before gradually moving to cold water.

You can then go on to continue your day as usual, taking care to eat well and stay in shape.

CONCLUSION

Penile workouts can be an excellent way of restoring erectile function, especially when used together with pelvic floor exercises. They should be performed

separately from pelvic floor strengthening exercises however.

For some men, penile massage is all that is required to restore erectile function. Nevertheless, for most of us, improving diet, undertaking regular physical exercise and using some natural supplements are necessary in addition to penile workouts

Many men report that increases in the girth of the penis are a welcome side effect of these exercises, especially those that perform the exercises with partial erections.

Remember that it is your responsibility to exercise caution with the exercises and techniques explained in this program. Too much aggression in your movements could result in pain, irritation and even in a venous leak. If you feel even slightly uncomfortable, then you should stop immediately.

You should see penile massage as a natural method of achieving healthy erections which you will be proud of. In a few weeks, you should be experiencing firm erections and lasting hardness on a regular basis.

TAKE YOUR ERECTION TO THE NEXT LEVEL

TONGKAT ALI 1:200



DARK MACA 1:6



KOREAN RED GINSENG 1:10

