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Introduction

Take a look at James Bond. Women are attracted to him instantly like a magnet. He is cool and smooth in the way he does things.

All of us men want to be like him. We want to exude confidence and be proud about our self image wherever we go.

One factor that can affect how big our ego and confidence about our self image can be is –

- Our Penis Size – Is it huge enough to awe women?

By having this ebook in your hand, you're on your way to success. The Platinum Penis Exercises has potential to increase your penis. You just have to make the commitment to do the exercise as directed. You must also be positive about yourself by imagining that you have a bigger each time you do these exercises. That way your body will respond accordingly.

I strongly suggest that you read this entire ebook first before you start your exercising program. That way you'll get the best results.

Chapter 1

Why the PPE Increase Your Penis

Your penis is made up of 3 main areas. Two large chambers called the Corpora Cavernosa are found at the top. One small chamber called the Corpus Spongiosum is located at the bottom. The latter you use to urinate and ejaculate.

So really, the Corpora Cavernosa holds 90% of the blood when you have an erection. And this is the chamber basically have to pay attention to exercise – because this chamber determine the size of your penis. A small Corpora Cavernosa means a small shaft – a large one means a big shaft.

The PPE stretch your shaft and break down the cell walls of the Corpora Cavernosa by forcing blood into them, causing the cells to become larger. Your penis now repairs itself by growing these cells back, larger and stronger than before. Actually each time you do the PPE you are building a bigger and stronger penis.

Chapter 2

Take Your Penis Measurement First

Before you start the PPE you need to measure your penis first. This way you can track your progress. You'll have to measure the length and girth so go get a ruler and a cloth measuring tape or string. Record your measurement in inches and to the nearest millimeter in the table below.

One more point you would want to consider, and that is to measure your penis every day or week when you start do the PPE. Day to day measurement would make you see motivated changes and weekly measurements would make you extremely excited about your growth.

The Length Measurement

Flaccid Penis

- a) Stand or sit and with one hand extending your penis straight in front of you.
- b) Hold the ruler with the other hand at the side of your penis. The ruler and your penis should be parallel with each other.
- c) Press the ruler against your pubic bone – that is just above the base of your penis.
- d) Record your measurement where the tip of your penis head reached on the ruler.

Fully Erect Penis

Note: Your Corpora Cavernosa is two chambers. These chambers are often not equal in length. Measuring each chamber separately will give you an idea how to exercise them to make them equal in length. The chamber to your left side, I'll refer to it as the left chamber and the one to your right as the right chamber.

- a) Erect your penis as fully as you can.
- b) Put the ruler on your right chamber.
Straighten your penis if its curve.
- c) Record your measurement precisely.
- d) Put the ruler on your left chamber and
straighten your penis if necessary.
- e) Record your measurement precisely.

The Girth/Diameter Measurement

The width of your shaft varies at different parts. So the best thing to do is to take an average measurement. The midpoint of your penis is a good spot to measure the girth. Keep in mind that you have to measure the same location on your penis to give you accurate future measurements to compare. The flaccid and the erect measurement techniques are the same.

- a) Take your cloth measuring tape or string and wrap it snugly (not tightly) around the middle of your penis.
- b) If you're using the string, mark the precise point where the string meets. Place the string on top of the ruler where the measurement marks are.
- c) Record your measurement.

Table To Record Your Penis Measurements

Week	Length Measurement		Girth Measurement	
	Right	Left	Flaccid	Erect
1				
2				
3				
4				
5				

Note

- The **Right** above means **Right Chamber** and **Left** means **Left Chamber**.

Chapter 3

The Platinum Penis Exercises

These exercises require –

- A fully erect penis
- Your hand or your girl
- Lubricant such as oil
- Some tissues or napkins
- Some porn magazines or videos
- And shave your pubic hair

Getting Started:- Warm Up Your Penis

Warming up your penis is very essential because it helps to increase blood circulation to it and cause the skin to become softer and more flexible. Follow the steps to warm up your penis –

- Take some hot water in your room or private place.
- Take your pants and underwear off.
- Soak a small towel in hot water. Take it out and squeeze the extra water out. The cloth will be hot so check to see if you can withstand the temperature.

- Test the cloth on your penis. Your penis can tolerate more temperature than other parts of your body.
- Wrap the cloth around your penis from the base to the head. Make sure the cloth doesn't touch your testicles! High temperature is not good for them.
- Leave the cloth in position for 3-5 minutes.
- Remove the cloth.

For Those Who Don't Have a Girl

1. Open up your porn magazines or put on your porn video.
2. Sit down on your bed or a comfortable chair.
3. Lubricate your penis with oil.
4. Stimulate your penis with one of your hands to an erect state. The porn magazines or video will help you in this aspect to create a better sexual stimulating atmosphere. This exercise requires for your penis to be erect at all times.
5. When your shaft is fully erected, squeeze your PC Muscle (see next chapter for more information about the PC Muscle). This action will cause your shaft to become even harder. When this happens...

The Side Squeeze

6. Use your right hand immediately and hold the right side or chamber of your penis at the very base (that's where the penis connects to the body) and SQUEEZE TIGHTLY. The palm of your hand must rest on the right chamber of your penis and your fingers should wrap around the left chamber reaching to the top of the penis.
7. Hold for 3 seconds and release grip.
8. Your penis will lose some erection so you'll need to stimulate it again.
9. When your shaft is fully erected again, squeeze your PC Muscle.
10. This time use your left hand and hold the left side or chamber of your penis at the very base and SQUEEZE TIGHTLY. The left palm must rest on the left chamber and the fingers on the right chamber reaching to the top of the penis.
11. Hold for 3 seconds and release grip.

Reverse Squeeze

1. Erect your penis.
2. Squeeze your PC Muscle.
3. Immediately take your right hand and hold at the top of your shaft. The palm of your hand must rest at the top of your shaft and

- the fingers must be at the side of the left chamber grasping the bottom while the thumb at the side of the right chamber. When your hand is in this position and your penis is rock hard SQUEEZE TIGHTLY.
4. Hold for 3 second and release.
 5. Do Step 1 and 2 above.
 6. Use your left hand immediately and hold at the top of your shaft. The palm must rest on top of your penis and the fingers on the right chamber side grasping the bottom while the thumb at the side of the left chamber.
 7. SQUEEZE TIGHTLY.
 8. Hold for 3 seconds and release.

Points to Note

- The reason why you use your right and left hands is because the two chambers of your penis will develop equally in length and girth. If you exercise one chamber more it will get bigger than the other one.
- The part of the penis where your palm rests is the part that would develop or enlarge more.
- Always do the right and left hand combination to develop a well balanced

penis. The left and right hand squeeze is like one rep.

- Always squeeze your PC Muscle before you hold and squeeze. This will give your penis a better stretch.
- Make sure you lubricate your penis whenever necessary during the exercise. One time lubrication is not enough.
- Whenever you stimulate your penis, you'll have an urge to ejaculate. When this happens, STOP stimulating your shaft and wait till the feelings go away.
- FOR BEST RESULTS, don't ejaculate when you have the feelings to do it. If you do, you'll feel a bit pain and tiredness of your shaft that you'll want to stop do the exercise.
- If you DON'T ejaculate you'll feel that you can exercise your penis 24/7!
- Also if you DON'T ejaculate you'll feel your penis heavy and big after you finish exercising.

- If you DO ejaculate you'll feel your penis light and a bit tired. You'll not feel the full effect of the exercise.
- So try not to ejaculate! Because here is another benefit for you, you'll develop the ability to control your ejaculation during sex, making you please your girl longer and better. If you think about it you'll ultimately ejaculate when you want to and cure your premature ejaculation.
- However if you want to ejaculate try to do it only twice a week.
- When you do this exercise some clear odorless fluid will come out from your penis. Wipe it with the tissues or napkins.
- You'll notice when you contract your PC Muscle frequently during the UPE the clear odorless fluid will very occasionally come out.
- The reason why you should shave your pubic hair is because you have to grasp your penis at the very base and the hair will be in the way. Also when you shave your pubic hair your penis will look bigger.

- You'll notice sometimes when you do the exercise too hard red spots on your penis. This is harmless and is just a capillary burst. It will go away in a day or two and in no way will affect you from doing your exercise.

For best results do these exercises for 30-50 minutes once a day for 5 days a week. Rest for 2 days. Why? Because your penis needs to rebuild itself. Exercising it too often will move you one-step forward and two-step backward.

Conclusion

When you finish your exercising session you need to warm down your penis. So take a cloth again and soak it in warm water and wrap it around your penis for 3 minutes.

When squeezing your penis do it to the extend you feel comfortable don't squeeze too hard as to cause pain and harm to your penis.

Keep a ruler near you. Measure your penis before you do the exercise. After doing the PPE for a while and you know that your penis got a good workout, erect you penis to the fullest and

measure it to see how much it increases. Here you'll be measuring your shaft during the exercise. When finished the exercise measure again to see the final result.

By doing above you can set yourself a limit to how much you want your penis to enlarge in one exercise session so you don't over exercise your penis and cause damage. Try to aim for around $\frac{1}{4}$ inch of length every time you exercise your shaft. Some of you may not reach this length so please don't push yourself to do so. Go for a length you feel comfortable with.

Your shaft may reach this length before 30 minutes. If it does, keep exercising it until the 30 minutes is up. This will give your penis a good workout for growth.

Always measure your left and right chambers. Each time after you hold and squeeze them you can measure it to see the results. This way you'll know how much they increase after every squeeze.

Or if you want you can just measure your penis every week to track your progress.

Advanced Techniques

As you progress through these exercises, its time to do some advanced techniques. You can incorporate these techniques when you're doing the normal exercise.

Repetitive Squeezes

- When you're squeezing your penis do this ---
 1. Hold for 3 seconds.
 2. Release the grip for a split second...
 3. Contract your PC Muscle to make your erection harder.
 4. Squeeze and hold your penis again immediately for 3 seconds.
 5. Step 1, 2, 3 and 4 is one rep.
 6. Do 10 reps.
 7. You can increase your hold to more seconds and do more reps as you like.

You can do the Repetitive Squeezes for the Side and Reverse Squeezes.

Milking Squeezes

- When you are squeezing your penis and you feel your penis erection is getting softer, move your hand towards the head of your penis like a milking motion. While you move your hand squeeze your shaft to force the blood to the penis head.

Thrusting Squeezes

- Erect your penis.
- Hold and squeeze your penis tightly with your right hand from the base.
- Push or raise your hip upwards.
- Slowly bring your hip downwards while keeping a tight hold of your shaft in one position. This action will force blood to the head of your penis.
- Alternate hands.

Reverse Thrusting Squeezes

- Erect your penis.
- Hold and squeeze your penis tightly with your right hand from the base in the reverse way as discussed earlier.
- Push or raise your hip upwards.

- Slowly bring your hip downwards while keeping a tight hold of your shaft in one position.
- Remember to alternate hands.

For Those Who Have a Girl

Warming Up Your Penis

Instead of you warming up your penis you can let your girl do it. Make her do everything as explained on Page 8.

The PPE and Your Girl

It is best to sit on a comfortable chair with your legs open or half-sit half lie on your bed with pillows under your back for support when doing these exercises with your girl. The main idea here is for your girl to get full access to your shaft.

After you are seated, let your girl start sucking your shaft to a full erection. You don't need any lubricant because your girl's saliva is good enough. Also the heat from her mouth is great for your penis development.

When you squeeze your PC Muscle you need to tell her because obviously she wouldn't know. So she and you need a bit of coordination here. After the count of 2 you squeeze and she holds a second later.

The same techniques and steps your girl has to follow for the –

1. Side Squeeze
2. Reverse Squeeze
3. Repetitive Squeeze
4. Milking Squeeze
5. Thrusting Squeeze
6. Reverse Thrusting Squeeze

To do the Reverse Squeezes especially your girl would need to move to the side of your body to get a good hold of your penis.

How to Gain Fast and Effective Results

You see the PPE expand and stretch your penis to its utmost. It breaks down the cells dramatically and because of that your penis needs the required nutrients to rebuild itself more powerful than before – fast! Remember your penis needs to recover fully each time before you exercise to gain maximum results. If your penis doesn't recover before your exercise schedule you will move one step forward – two step backwards.

Especially if you are a busy person you very much need nutritional supplements geared for your fast penis recovery and development. But the problem is you can't just go and buy any product about male enhancement. 'Cause 99% of them are scams!! Some of these products are made from poorly concentrated ingredients and some products give you a chokeful of side effects.

Well, to tell you the good news, I have done the hard work for you. I have done countless research and cross examined the penis pill supplements that have the best ingredients that give users effective and guaranteed results.

I also found that Penis Extenders also increases your penis size dramatically and is actually Rated the No. 1 penis enlargement

method. The best penis enlargement program however is to incorporate a penis extender, penis pills and penis exercises for maximum and fast results.

Chapter 4

Your PC Muscle and Kegel Exercises

The PC Muscle (Pubococcygeal Muscle) is responsible for better sex and penile health. A stronger PC means –

- More blood flow to your penis
- Stronger rock hard erections
- Improved stamina
- Healthy prostate
- Improved urinary flow
- Better control of your orgasms
- Ability to last longer in bed
- Reduce risk of impotence

Dr. Kegel developed the kegel exercises to strengthen the PC Muscle.

Locating Your PC Muscle

Locating your PC is very important before you start doing the kegel exercises. The easiest way to do this is to stop your urine while you're peeing. The muscle you use to stop the flow of urine is your PC Muscle.

Kegel Exercise Techniques

- Contract the PC Muscle
- Hold for 10 seconds
- Release
- Repeat these steps above 10 times
- Repeat as many times you wish. Do this exercise everyday.

Kegel Exercise for Beginners

- Quickly squeeze and release your PC Muscle for 10 seconds
- Take a 10 second rest
- Repeat 5 times
- Do 3 sets of this 10 second squeeze a day. Always try to do more sets each day.

Advanced Kegel Exercises

Variation 1

- Gradually contract the PC over 5 seconds
- Hold your contraction for another 5 seconds
- Slowly relax your PC Muscle over 5 seconds.

Variation 2

- Quickly clench and unclench your PC 20 times

- Then tighten your PC Muscle to its utmost
- When you reach the point where you cannot tighten more, hold it for 20 seconds
- Release slowly and relax for 30 seconds
- Repeat 5 times and as often as you wish in a day.

This exercise has given me erection hard as steel and better control of my ejaculation. I highly recommend you do this exercise regularly.

Variation 3

- Tighten your PC Muscle for 5 seconds.
- Tighten some more for 5 seconds.
- Tighten your PC all the way you possible can for 5 seconds
- Hold for 15 seconds
- Release your PC Muscle for 5 seconds
- Release some more for 5 seconds finally release the rest for 5 seconds.

Points to Note

When doing these kegel exercises you should not be flexing your upper leg muscles, buttocks or abdominal muscles. Only your PC Muscle you should concentrate on to contract. If you are

guilty of contracting these muscles don't worry – with time you'll be able to control the PC Muscle alone. Every time you tighten the PC you should breathe in and when you release breathe out. Breathe deeply and slowly.

Platinum Penis Exercises With Kegel Exercises

- Before you hold and squeeze – quickly contract or tighten your PC Muscle. This will increase the blood in your penis thus making your penis erection harder.
- When you are holding and squeezing your penis contract your PC the same time. For example squeeze and hold your penis and PC Muscle for 5 seconds. Release. Relax for 1 second. Repeat 10 times in a row. When you do this exercise your penis will tend to rise. Hold it in one place or push it downwards. This is a great way to apply pressure to your PC Muscle.
- Any time you are stimulating your penis to a hard erection squeeze your PC Muscle.

- The bottom line is whenever you do the PPE you should do kegel exercises in conjunction with it. This way you'll gain more sexual advancement in the time you set aside to develop your penis and sexual performance.

Chapter 5

How To Skyrocket Your Bedroom Performance

Your bedroom performance relies heavily on your endocrine system. And guess what, this system of our body we mostly neglect. You see the endocrine system produces hormones. Hormones are chemical messengers which travel in our bloodstreams and go to target organs where they act. They communicate with the body and bring about changes. These hormones are responsible for –

- Your sexual function and reproduction
- Regulating mood
- Growth and development
- Repair
- Tissue function
- Digestion
- Homeostasis
- Metabolism

Now for you to have a healthy sex drive and life you need to have a "high definition" endocrine system. Your endocrine system consists of glands. You have to keep these glands in proper working

order by providing them with the necessary nutrients.

Main Glands of Our Endocrine System

Hypothalamus

This connects the endocrine and nervous system together. It receives signals from the brain and other nerves, and then triggers the release of hormones into your bloodstream. Basically it regulates satiety, metabolism. Body temperature and controls the pituitary gland.

Pituitary Gland

This is the master gland of the endocrine system. It is found inside the brain. This gland oversees the activities of the other glands and regulates your hormone levels. It even signals your testes to make sex hormones.

Thyroid Gland

Found at the front of the neck. It regulates your body's metabolism and maintains normal blood pressure, heart rate, digestion, muscle tone and reproductive functions.

Parathyroid Glands

Found on the back and side of each lobe of the thyroid gland. It regulates calcium levels in the blood and bone metabolism.

Adrenal Glands

Found at the top of each kidney. These glands regulate the body's metabolism, the balance of salt and water in your body, the immune system, sexual function and help the body cope with physical and emotional stress by increasing the rate and blood pressure.

Pineal Glands

Found in the middle of the brain. It helps regulate the wake-sleep cycle of the body.

Pancreas

Found at the back of the stomach. It secretes insulin that regulates glucose (sugar) level in the blood. A deficiency of insulin would result in a type of diabetes.

Testes

Found in the scrotum. It produces testosterone which is very important for men's sexual development and function.

Chapter 6

Nutrients Needed For A Healthy Sex Drive And Life

We all know that vitamins and mineral are essential for our health. It is best to obtain these nutrients from our food but unfortunately the soils used to grow crops today have been depleted of many essential nutrients. Our vegetables and crops still look the same but they are less dense in vitamins and minerals content.

Therefore to ensure our bodies get enough of these vital nutrients we need to take vitamin and mineral supplements. Then again, the supplements need to be of **high quality**.

Here is a list of nutrients needed for our effective sexual function.

Vitamin A

Beta Carotene

Vitamin B 1 – Thiamine

Vitamin B 2 – Riboflavin

Vitamin B 3 – Niacin

Vitamin B 5 – Pantothenic Acid

Vitamin B 6 – Pyridoxine

Vitamin B 9 – Folic Acid

Vitamin B 12 – Cobalamin
Vitamin C – Ascorbic Acid
Bioflavonoids
Vitamin D – Ergocalciferol
Vitamin E – Tocopherol
Vitamin H – Biotin
Vitamin K – Phylloquinone
Choline
Calcium
Chromium
Copper
Inositol
Iodine
Iron
Magnesium
Manganese
Molybdenum
Potassium
Selenium
Silicon
Zinc
Flaxseed Oil
L-amino Acid
L-Arginine

Also herbs are very imperative for us to maintain a youthful sexual drive and life till 'death do us apart'. Herbs have been used for centuries in remote villages in this world. The men there can

work whole day and have sex with their wives many times a night – every night!

Here's a list of powerful herbs used for sexual maintenance and enhancement –

Ginseng
Potency Wood or Muira Puama
Kava Kava
Ginkgo Biloba
Saw Palmetto
Damiana
Epimedium Leaf Extract
Cayenne Pepper
Horny Goat Weed
Tribulus
Tongkat Ali
Oat Straw
Maca
Ashwagandha
Sarsaparilla
Nettle
Catuaba Bark
Cuscuta Seed