

# **Ultimate Guide To Penis Enlargement Techniques**

**By: ACME**

## **Table of Contents**

- 1.Hot Compress (5 minutes)or shower**
- 2.Stretching Exercise (25-30 minutes)**
- 3.Growth and Circulation Exercises (1 minute)**
- 4.Jelqing Exercise (10 to 20 minutes)**
- 5.PC (Kegel) Exercises (5 minutes)**
- 6.Delay and Harden Technique(10 minutes)**
- 7.Glute Flexes(10 minutes)**
- 8.Massage and Hot Application (5 to 10 minutes)**
- 9. Porn star Routine before sex**

### **\*Hot Compress (5 minutes)**

Soak a wash cloth in hot-warm water, wringing out the excess water. Wrap the cloth around the shaft of your penis (either flacid or erect). Hold it there a minute, then repeat a couple of times. Dry off your penis well. This will ensure a good grip for the exercises you're about to perform.

### **Stretching Exercise (25-30 minutes)**

1. With the penis in its flacid state, take one hand and grip firmly around the head of your penis. Be careful not to cut off too much circulation.

2. Pull your penis out directly in front of yourself.

a. Stretch it as much as you can without causing pain or discomfort.

b. Hold it there for 5 minutes.

c. After each minute, pull it out slightly further each time.

3. Relax for one minute. Twirl your penis in a circular motion about 30 times. This gets the circulation flowing again.

4. Repeat Step Two again 4 times, except pull your penis in a different direction each time... up, down, to the left, and to the right . After each 5 minute pull, repeat Step 3.

5. After you've completed 5 pulls (5 minutes each), pull your penis out directly in front of you one more time. Give it a good 1-minute stretch and 10 slight tugs outward, not jerking too hard.

### **Growth And Circulation Exercise (1 minute)**

**Take the penis and whip it around gently. Whip it no more than 30 times, making sure you cup your scrotum with the other hand, otherwise it will bounce around and get hurt**

### **Jelqing (Milking) Exercise (10 to 20 minutes)**

**1.Using Massage Oil, Hemp Oil, or Vaseline for lubrication, slide your fingers over the skin of your penis and apply all over. A few drops of oil will last for several hundred strokes. Don't use soap or you'll be sore for days!**

**2.With your thumb and forefinger, squeeze the base of the penis shaft. Pull downward. Stop at the head. Repeat, alternating hands. Make each stroke last about three seconds. This sensation should last about three seconds. This sensation should help you achieve an erection.**

**3.When your penis becomes SEMI-ERECT, make the American A-OK sign with the thumb and forefinger of you're left hand. With this hand, grip slightly around the base of your penis.**

**4.Now starting from the base, pull the penis gently but firmly. Stretch downward and outward. You should still be in a semi-erect state. Make sure to touch the penis from the base to the head. Note that the head of your penis expands with the blood.**

**5.Switch to the right hand and do the same thing, starting from the base and stretching downward to the head. Alternate both hands in a smooth rythmic (milking) motion, touching upon every part of the penis except the very top of the penis head.**

**Do 200-300 strokes/ day at medium strength for the first week. (10 minutes) Do 300-500 strokes/day/at medium-full strength for the next week. (15 minutes) Do 500 or more strokes/day from then on, and strong as you can make them. (20 minutes)**

**If you find yourself getting an erection during this exercise, squeeze harder to discourage it or simply wait until it subsides. You can encourage circulation afterward by slapping your penis only partially erect.**

**PC (KEGEL) Exercise (5 minutes)**

**PC (KEGEL) Exercise (5 minutes)**

**Butt Crunch Do different variations of theses exercises each time you perform your workout. You can also do PC exercises throughout the day while you're driving, watching t.v. whatever.**

**1.Perform quick PC CLAMPS. Squeeze and release, over and over. Start with a set of twenty, then build to a hundred or more. Do at least 250 PC clamps every day, for the rest of your life. Your goal is to be capable of creating 1,000 clamps a day**

deep, slow breathing while you do this. This is great for restoring energy when you're running down!

5. When you Urinate and you want to let those squirts shoot out, you use your PC muscle in the other direction. By doing this you'll feel your anus open and the sensation is different. This is called the Push Out PC.

### **Delay and Harden Technique**

Take a little baby oil and massage into your penis. Once you have massaged yourself to a hard erection, take your hand and grip around your penis at the very base, against your pelvis. Now with a very sturdy grip, squeeze as hard as you can, and hold for a 30 count. The part of your penis showing should be very hard, and quite red from the pressure being drawn onto it from the force of your grip. After you hold for 30 seconds, masturbate until you feel utmost urge to ejaculate, but don't. Once you feel an overwhelming urge to cum, stop and do the squeezing technique once again, except hold for 45 seconds, then do it again for a full minute. Keep repeating these steps adding 15 seconds each time you grip. Work your way to 2 minutes. After about a month you should be able to work up to 10 minutes.

### **Glute Flexes**

**Lie on your back, and make sure you are on a floor, or firm surface so that you have the appropriate resistance to force against(i.e., the carpet, floor, ect. Your bed is far to giving and will not work for this exercise.)**

**1. Flex your buttocks as hard as you can, holding for a slow 3 count, then unflexing. Do these 5 times to warm up.**

**2. Flex and unflex in a fast, steady pace for 3 sets of 50, or if you can't even do 50, do as many as possible. Rest for 30 seconds between each set, and take in deep, slow breaths through your nose, and exhaling through your mouth.**

**3. Next, flex as hard as possible and hold for as long as you can until you start to tremble. Once trembling, unflex and repeat 5 times.**

**4. Repeat step 2**

**5. Repeat step 3**

**6.Finish by doing very rapid flexes continuously for as long as you can before you totally fatigue.**

### **Massage and Heat Application**

**After your workout, gently massage your penis for several minutes. If you prefer, you can do this with an herbal enlargement cream. After massage, you can either apply another hot compress as you did at the beginning of your workout, or you can place your penis in a bowl of lukewarm water for another few minutes. Dry off with a towel.**

### **Porn star routine before sex**

- 1.Strengthen your PC muscle for several months doing at least 500PC flex's a day**
- 2.Eat plenty of fruit, vegetables, and drink 200 ounces of water a day.**
- 3.Get plenty of sleep each night**
- 4.Withstrain from ejaculation for a few days**
- 5.Take L-Arginine as directed above the night before, and day of sex.**