



## **Copyright Warning**

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## **Medical Disclaimer**

This guide is for informational purposes only. It is not designed to treat, cure or diagnose any disease, health problem, or other medical condition. In the instance of a disease, health problem or other medical condition then you must consult a doctor. Before attempting any of the exercises or using any of the information contained in this guide you must first consult a doctor or qualified medical physician. If you do not correctly follow this guide or overdo the exercises then you may experience injury to your penis and surrounding areas. Possible injuries vary from strained ligaments, pulled muscles, burst capillaries to erectile dysfunction. The exercises must be fully understood before using. This guide is for informational purposes only and is not a substitute for medical advice. I'm not to be held liable for any injury you may endure as a result of using it.

## Welcome

If you've ever tried searching for penis enlargement on the internet you will know that you will be hit with a ton of advertising for pills and creams.

This is obviously something people are willing to pay a lot of money to have happen.

Interestingly you can produce growth gains of up to 3 inches in length and noticeable gains in girth without the use of any pills or cream and only the use of your hands.

In fact the art of natural penis enlargement has been practiced in many cultures for centuries.

If done correctly it is very effective and produces permanent changes.

In this manual I will give you the breakdown of exactly what you need to do to grow your penis by up to 3 inches.

## **Injury Warning**

Please read this entire guide before beginning any exercises. The incorrect use of this information could lead to serious injury to your body.

## **Can I really enlarge my penis?**

The simple answer to this question is yes.

There are many different techniques that claim to enlarge the penis. Unfortunately most of these methods produce virtually no gains. You could spend days searching the internet looking for a natural method of penis enlargement and not find a method that really produces results.

Fortunately there is one method of penis enlargement that produces significant results and is the one used by many porn stars.

This particular penis enlargement method often goes by the name of jelqing.

The way this method works is it forces blood into the penis in a way that increases the volume of blood the penis can hold. As the penis becomes able to hold more blood, naturally the size of the penis will grow.

To get technical, the areas of your penis that will be growing most in size is your Corpora Cavernosa. These are the two sections of your penis that hold most of the blood during erections.

The process of jelqing helps these areas grow in size.

## **Essential safety precautions**

Before I get into any of the details about how you can increase the size of your penis you must be aware of all the safety precautions.

If you're not fully aware of the safety precautions then there's no point doing any of the exercises, because you could end up doing more worse than good.

### **Possible side effects**

It is unlikely you will experience any side-effects.

If you do experience side-effects the most common one is burst capillaries on your glans (the head of your penis).

These burst capillaries appear as little red spots on the tip of your penis.

These red spots occur when you have forced too much blood through to the tip of your penis (you'll understand what I'm talking about later). This excess blood pressure causes the capillaries to burst and create tiny red spots.

As soon as you see any of these red spots you must stop exercise and wait for a few days until they subside.

If these spots do not go away or keep returning then you must go see your doctor again.

## **Rest in between exercises**

Any professional bodybuilder will tell you that the biggest gains happen when your body is resting. Growth occurs when your cells have the chance to repair themselves and grow bigger than they were before.

If you never give your body any rest then it can never grow.

You will only end up weakening your body every time you exercise.

I recommend about 1 to 2 days rest between every “workout”.

## **Be patient**

Big results don't happen overnight.

Don't do more than the required workouts each day thinking that more work will make it grow faster. This simply isn't the case.

Like I said, growth occurs when you're resting.

If you really want to grow as fast as possible make sure your body is getting the best rest it can.

If you do this you should be able to visibly see results after just two weeks and measurable results after one.

Speed of results is different for everyone. What is definite is that if you stick with it then you will eventually see gains.



## **Don't overdo it**

I can't stress this enough.

Do not do more than the recommended exercises because it won't do you any good.

Over exercise will only put excess stress on your penis and stop it from being able to grow.

## **Know your limits**

If you ever start to feel aches or pains then stop exercising and take a break.

Aches and pains are your body's way of telling you that something is wrong.

If you carry on exercising you will be making a problem worse and possibly even start causing yourself permanent damage.

If you experience any aches and pains then stop exercising for a few days until the pain or aches go away.

## **Understand the exercises**

Make sure you're 100% clear about what the exercises are asking you to do.

If you do the exercises incorrectly you could cause yourself serious damage.

On the other hand, if you do them right then you could give yourself some serious size gains.

It's so important to make sure you understand exactly what you're meant to do.

### **Do the warm-ups**

Before starting any jelqing you must do the warm-ups.

You wouldn't walk onto the sprint track and sprint 100m without doing some jogging and stretching. The same applies to jelqing your penis.

Massively reduce your chance of injury by doing the warm-ups properly.

### **Consult a doctor first**

Reread the medical disclaimer.

Before attempting any of these exercises consult a doctor or qualified medical physician.

## **Top tips before starting Jelqing**

In order for your jelqing to be as effective as possible it's essential to perform all of the following tasks.

### **Trim your pubic hairs**

You don't want these getting in the way while your jelqing.

Remove any hairs on your penis and significantly trim those around it.

### **Get some lubrication**

Although you can perform jelqing without lubrication I highly recommend you get some lubrication.

It makes it much easier on your skin and it also makes the whole process a lot easier as well.

### **Review my success principles**

Review my "how to use this guide" section of [Ejaculation Guru](#). This section has some great advice on what you can do to make sure you stick to making a change like this even when the going gets tough. It's got everything you need to know from goal setting to how to make a permanent habit change.

### **Review the safety precautions**

Reread the section on "essential safety precautions". You do not want to be making any mistakes.

## **How to warm-up for Jelqing**

To prevent injury always do a warm-up before jelqing.

Professional athletes go for a jog and do some stretches before they go out on the track to race, so there's no reason why you shouldn't be doing the equivalent when jelqing.

Specifically there are two parts to the warm-up before starting jelqing; the warm cloth and the stretching.

### **Warm cloth**

Find a cloth and put it under the hot water tap.

The cloth should be very warm, but not so warm that you burn yourself.

Wrap this around your penis and slowly massage your penis with it for about 2 minutes.

If it's too hot then take it off and wait for the cloth to cool down so that you can hold it on your penis without any pain.

This process should make your penis warm and ready to be put under some stress.

### **Stretches**

Grab the end of your penis just before the glans (the head of your penis). Make sure you form a ring around the shaft of your penis just before your glans and not over the glans.

Now lightly pull your penis outwards and hold for 3 seconds.

Now rest for 3 seconds.

Now pull lightly to the left and hold for 3 seconds.

Now rest for 3 seconds.

Repeat this process holding your penis to the right, up and down for 3 seconds each and 3 seconds rest in between.

After both of the warm cloth and the stretches your penis should be ready for jelqing.

## How to jelq

Jelqing is effectively the process of forcing more blood through the penis than it's used to.

This forces your penis to be able to hold more blood and therefore increase its size.

This is the correct technique to do this...

### **30% Erect**

In order to jelq effectively your penis should be about 30% erect. If your penis is too flaccid then you will produce no gains, but if your penis is too erect then it's very easy to damage your penis. You want to find a comfortable medium between the two, for which I recommend about 30% erect.

You might find it hard to maintain a 30% erection for a sustained period of time when starting out jelqing, but over time your body will get used to the process.

### **Apply lubricant**

Apply lubricant to your hands and your penis. This is essential to avoid skin irritation and smooth workout.

### **The OK symbol**

Make the OK symbol with your right hand. By this is I mean put the tip of your index finger and the tip of your thumb together so that it forms a circle. The other fingers should be left free.

Wrap this circle (your index finger and thumb) around the base of your penis, meaning as close to your body as possible. Have the palm of your hand facing away from your body.

## **The jelq**

Now slowly slide this circle up the shaft of your penis towards your glans.

You should do this with medium tightness of the circle so that you are forcing some blood up the penis during the process.

You don't want to have your hand too tight, especially when starting out, because this could cause damage.

You also don't want to have your hand too loose, because then no blood will be forced up and you will make no gains.

With practice you will find a happy medium.

As you move up the shaft you should stop when you reach your glans. When you reach your glans release your grip. You do not want to move your circle past the glans as this will force too much blood into the glans.

As you finish with one stroke with your right hand, make the same OK symbol with your left hand and repeat the process with your left hand.

When you finish with your left hand repeat the process with your right hand and repeat the process.

Each stroke should last approximately 2 seconds.

### **How much to do**

When starting out I recommend jelqing for between 5 to 15 minutes.

You can slowly increase the time you jelq for as your body gets used to the process.

If you experience any pain or aches during the process then stop immediately and rest for about 2 days or until the pain goes away.

I recommend doing this process about 3 times per week.

Ideally you will want to be getting about 1 or 2 days rest between sessions.

What works best will vary from person to person, but use those guidelines to start with and then begin experimenting with other approaches.

Do not train more than 3 times per week when starting out, because your body needs to adapt to the process.



## **Keep practicing**

Like with most things in life you've got to stick to it to really see results.

When you make it past the first 2 weeks you should start seeing visible results.

Once you know it's working you can keep this up as long as you want.

With this approach you really can experience gains of up to 3 inches.

Good luck,

*Jack Grave*

### **P.S. – Want More Results Faster**

If you want to take your growth speed and size to the next level you'll want to check out the more comprehensive penis enlargement training offered by Penile Secrets.

They offer MANY more highly effective methods for penis enlargement and are a must if you're serious about penis enlargement.

You can find out more details by visiting them through my affiliate link below...

<http://www.jackgrave.com/likes/sizesystem.php>