



Start Enlarging Your Penis Right NOW!

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Read First

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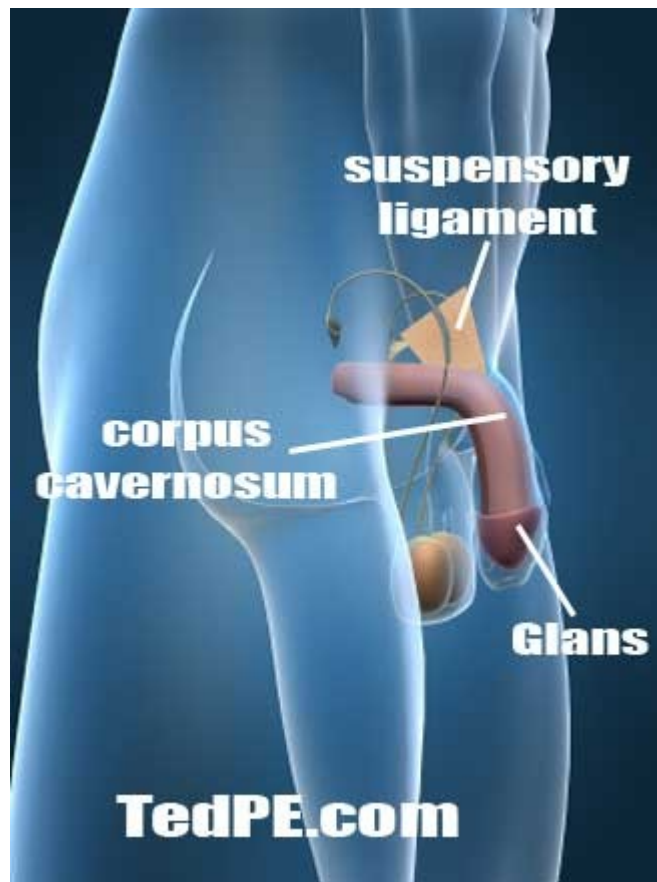
Part 2

How to Get Started

Now!

Anatomy You Need to Know About Your Penis for Effective Enlargement

On the diagram below please familiarize yourself with a few simple terms that are crucial to your penis enlargement knowledge.
(Next Page)



The suspensory ligament is where much of the penis enlargement length gains can come from.

The glans will be referred to frequently as reference point.

The corpus cavernosum is where much of the girth as well as some of the length gains can come from.

O.K. but how?

The Feedback Loop

This, my friends, is the secret to your success. In your quest for penis enlargement don't ever get discouraged or give up, just use the **feedback loop**.

If you are not getting results, apply the feedback loop.

If you are feeling pain, apply the feedback loop.

PE works!

You just need to find the routine that gives you results and if you stop getting results, change the routine until you see results!

The feedback loop is your best friend at a long successful experience with PE.

This is BY FAR the most important of your Penis Enlargement Education!

Don't Jump Ahead and Start Doing Exercises!

Get to know our *Penis Enlargement Feedback Loop* and refer to it throughout your training.

If you master the *Feedback Loop*, your penis will get bigger and BIGGER.

If you don't master it, you will leave your penis enlargement up to chance!

First Learn the Feedback Signs

Here are the signs to be aware of at all times:

Negative Training Signs:

- pain
- numbness
- loss of size
- decreased night and morning wood
- decreased hardness of erections
- discoloration

Neutral Training Signs:

- redness
- soreness
- spotting
- temporary loss or gain in size

Positive Training Signs:

- larger flaccid hang lasting all day
- increased night and morning wood
- increased hardness of erections
- increase of normal size

Once you are getting the above signs from your training, refer to the Feedback Table below.

Training	Negative Signs	Positive Signs	Neutral Signs	Growth
Continue If:	No	Yes	Yes or No	Yes
Increase If:	No	Yes	Yes or No	No
Stop and then Decrease If:	Yes	Yes or No	Yes or No	Yes or No

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One key to the feedback loop is the “growth” column. Proper measurement is essential. If you are not measuring properly, then you won’t be able to use the feedback loop properly.

Consistent measurement is crucial to entering the feedback loop.

There are only two measurements that you need to take on a regular basis to give you feedback on your PE work.

These two measurements are crucial:

Number one is Bone Pressed Erect Length (BPEL). This gives you an easy way to consistently measure your length without variation. Since it involves pressing the ruler against your pubic bone on the top of your penis, rulers with sharp edges are not the best way to go. A simple and cheap method is:

- buy a 12 inch wooden ruler. (they're about \$1)
- with a pair of needle nose pliers (or pliers) remove the metal edge
- round the corners of the ruler with a piece of sand paper

Now just become erect and then press the ruler against your pubic bone and along the top of your penis. Be precise.

Number two measurement is erect girth (EG). Take a seamstress measuring tape (you know, a cloth or plastic tape you might use to measure your waist) and measure your erect penis (all the way around at its thickest point).

Other measurements include:

- Non-Bone pressed erect length

- Flaccid length
- Flaccid girth
- Stretched length

Keep a record of your BPEL and EG and you will be amazed in the months to come.

Now YOU ARE BETTER PREPARED FOR PENIS ENLARGEMENT THAN 99.99% OF ALL MALES ON THE PLANET. So, next is a routine that's easier than any other (also safe and powerful) to keep going.

The (Quick Start) Safe and Pleasurable Penis Enlargement Method that Actually Works!

If you skipped ahead to this section, you must go back and read the preceding three sections on the anatomy, feedback loop and proper measurement IF YOU WANT TO SUCCEED.

- **Safe Fast Beginner Routine (The Shower Routine)**



Warning, this is an extremely powerful method of penis enlargement. Take great care to be gentle and don't overdo it when your starting out

One of the problems with penis enlargement routines is that people don't follow them. Yes, PE done correctly works; but, you have to do it consistently. This routine is special because even if you stop doing PE for awhile you can continue to do this. It can become like brushing your teeth.

This routine is great for many reasons. The number one reason is because some guys have seen as much as an inch gain in length in a very short period of time **from just this simple routine alone.** Other major pluses for this routine include:

- No set up or equipment
- Can be added to a normal daily routine
- No special privacy issues
- Powerfully hits the suspensory ligament
- Quick and easy to **stay with** over a long period of time
- Very often leads to super-quick gains in flaccid size (you'll begin to appear much bigger in a non-aroused state) A GREAT THING!

Here's an overview of The Shower Routine:

- Take a hot shower
- Towel off
- Do standing manual stretches (I'll show you how in a minute) **increasing the force and time over 6 weeks.** At the end of 6 weeks you will have developed enough force and duration to start affecting real gains.

- Start with one day on and one day off, then work up to two days on and one day off. Eventually, you should be doing it every single time you take a shower.

Again, this is a very basic routine yet we've had guys that added more than an inch in just 10 weeks.

And all they did was this short routine after every shower!

If you get this one routine going and keep it going, you will see gains!

Now Let's go into The Shower Routine in More Detail



Warning, this is an extremely powerful method of penis enlargement. Take great care to be gentle and don't over do it when your starting out

A very important part of this shower routine is the hot water.

Warm, moist heat is essential to increasing the stretch of the suspensory ligament.

Below is an important quote from *Orthopedic Massage: Theory and Technique* by Whitney Lowe

"...The more these connective tissues are heated up, the greater is their elasticity...Stretching of the connective tissues of the body

appears to have a more lasting effect if they are stretched while warm as opposed to stretching when they are not.

When the connective tissues are not heated they appear to have a more elastic response to stretching procedure, so they recoil closer to the original length when the stretch stimulus is removed... (Cameron 1999)...

Moisture in these heat packs helps improve the conduction of heat to the body."

So, moisture increases the transfer of warmth to the body and warmth increases elasticity and reduced injury.

Don't even begin to do manual stretches without a warm, moist technique!

Let's sum up this simple, yet powerful, routine again just to get the idea before we go into more detail.

1. It is important because it is easy to maintain, incorporates moist heat, and powerfully stretches the suspensory ligament.
2. It's just shower, dry and manual stretch. Adding time and force slowly until you work your way up to 10 minutes per session.
3. Do one day on and one day off. Then work up to 2 days on and 1 day off.

Your routine will take shape along the following guidelines:

Activity	Manual Stretches	Tunica Stretches	Wet Jelqs
Number	5	10 at end of routine	20
Time	30 seconds	10 seconds	3 Seconds
Increase every other session	5 seconds (work up to 60), amount of force increase, and also number of stretches goes to 10	5 seconds (work up to 30)	Add 5 Jelqs, increase force slowly, and work up to 5-8 second per jelq; also increase to 100s of jelqs per session over time

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Don't forget to apply the feedback loop.

How to perform the most powerful manual stretches for the Shower Routine.



Warning, this is an extremely powerful method of penis enlargement. Take great care to be gentle and don't over do it when your starting out

So you've taken a shower and toweled off. The most powerful manual stretches you can do is reaching around and grabbing the

glands of you penis from behind. Here is a short (no nudity) video to demonstrate.

[***Video* of Manual Stretches for Shower Routine**](#)

Following the manual stretches, we stretch the tunica.

[***Video* of Manual Stretches for Tunica**](#)

And finally we need to work on thickness by performing jelqs.

An important note on girth:

Girth, the thickness of your penis is important to women! A big THICK penis is our goal. NOT a long skinny one. The preceding routine is meant to help you target length gains!

For girth you should incorporate jelqing into your routine.

 The Shower Routine with Jelqing



Warning! Never jelq while erect! You should always maintain a 40-60% erection while jelqing.

To increase the power of the shower routine mightily, add jelqing.

You just begin your jelqing routine once you are done with the manual stretch.

Adding jelqs should be done slowly over time and **before you know it you will master jelqing**. Start by viewing the jelqing routine.

[*Video* Wet Jelqing Demonstration](#)

Jelqing should become your best friend.

In the beginning don't become anxious, frustrated or make any judgments about the jelq.

Just start slow (low repetitions, fairly quickly, and light grip) and let your jelq routine grow and grow along with your penis size.

IMPORTANT POINTS TO REMEMBER

Force:

To begin with use very little force. Over time you will increase until you are making quite an effort with every jelq. Don't worry about the specifics at this point. Just get into a routine. You will become a master of jelqing over time.

Duration:

With Wet Jelqs you will be starting out for 3 seconds. Just count it out as you perform the jelq. “1..., 2..., 3...”

- Watch that you don't speed up. It is not a race. Just the opposite.
- You will eventually work your way up to 5-8 seconds per jelq.
- You need to start out with just 20 jelqs at 3 seconds each.
- You will work your way up by adding five more jelqs to every other routine until you get to 300 jelqs per session.
- After that you can increase the duration of each jelq and the force applied.



Warning! Never jelq while erect! You should always maintain a 40-60% erection while jelqing.

Here are the Shower Routine Guidelines again:

Activity	Manual Stretches	Tunica Stretches	Wet Jelqs
Number	5	10 at end of routine	20
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I know you won't forget to let the feedback loop be your guide.

Here's the guide again:

Training	Negative Signs	Positive Signs	Neutral Signs	Growth
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Stop and then Decrease If:	Yes	Yes or No	Yes or No	Yes or No

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That's the routine. If it is a bit confusing no. DON'T WORRY. That's normal when learning something a little complicated and new. Just practice it and review this ebook and it will become easier and easier until it becomes part of your daily routine.

YOU CAN START RIGHT NOW!