

Penis Enhancement Redefined

PERFORM BETTER THAN YOU EVER EXPECTE

TABLE OF CONTENTS

CHAPTER 1: INTRODUCTION	10
HOW CAN THIS BOOK HELP?	10
MORE ABOUT THIS BOOK ...	10
PATIENCE AND COMMITMENT	11
LEGAL DISCLAIMER	11
CHAPTER 2: HOW BIG ARE YOU?	13
SO HOW DO YOU MEASURE?	13
FLACCID MEASUREMENT	13
ERECT MEASUREMENT	13
THICKNESS MEASUREMENT	13
BEFORE WE START ...	13
LUBRICANTS AND THEIR USE	13
PUBIC HAIR	14
CHAPTER 3: STAYING FIT AND SAFE FOR BETTER RESULTS	15
DRINKING LOTS OF WATER	15
PROPER NUTRIENTS	15
SAFETY AND PRECAUTIONS	15
SOME SIGNS	16
WARMING UP FOR THE EXERCISES	17
HOT WRAPS	17
TAKE A WARM SHOWER	17
CHAPTER 4: PC MUSCLE EXERCISE – PUBOCOCCYGEUS TENSING	18

THE BENEFITS OF PUBOCOCCYGEUS TENSING	18
HOW TO GO FOR IT?	18
THE FIRST PC MUSCLE EXERCISE	18
EXERCISE NO. 1	18
PC TENSING EXERCISES - VARIATIONS	19
BREATHING AND CONTRACTIONS	19
PC TENSING EXERCISES VARIATIONS - II	20
CLIMBING THE MOUNTAIN	20
THE TIDAL WAVE	20
CHAPTER 5: INCREASE YOUR LENGTH WITH STRETCHING	21
THE TWIRL METHOD	21
PULL AND SLAP	21
THE ADVANCED MULTI-MOTION STRETCHING AND SLAPPING	21
CHAPTER 6: JELQING EXERCISES	22
SO WHAT IS JELQING?	22
THE WET JELQING EXERCISE	22
THE WET MILKING PROCEDURE	22
THE DRY JELQING EXERCISE	23
THE DRY MILKING TECHNIQUE	23
CHAPTER 7: CHOOSING A GOOD LUBRICANT	25
WHAT ARE THE MAIN CHARACTERISTICS?	25
CHAPTER 8: WARMING DOWN INFORMATION	26
THE IMPORTANCE OF WARMING DOWN	26
THE PROCEDURE	26
CHAPTER 9: WORKOUT PLANS	27
WORKOUT PLAN – WEEK 1	27
THE BRIEF OVERVIEW	27
WORKOUT DETAILS	27

WORKOUT PLAN – WEEK 2	29
A BRIEF PREVIEW	29
WEEKS 3 TO 6 WORKOUT PLAN	30
THE PLAN	30
YOUR WORKOUT PLAN FOR WEEK 7 – CUSTOMIZE IT FURTHER	31
THE MAIN ELEMENTS	31
CHAPTER 10: SOME MORE ADVANCED WORKOUTS	32
<hr/>	
ROGERS WORKOUT 1	32
THE STEPS	32
ADVANCED WORKOUT TO BUILD YOUR STAMINA AND ENHANCE ERECTION	32
THE MAIN WORKOUT	33
MORE ADVANCED WORKOUTS FOR ERECTIONS	33
THE DAILY TASKS	33
MORE ADVANCED WORKOUT FOR ERECTIONS - II	34
THE ADVANCED WORKOUT PLAN	34
CHAPTER 11: A 14 DAY CURE FOR PREMATURE EJACULATION	36
<hr/>	
DESENSITIZING	36
CONTROLLING THE URGE	36
PC MUSCLE DEVELOPMENT	36
PRE SEX MASTURBATION	36
CHAPTER 12: SOME MODIFIED EXERCISES	37
<hr/>	
HELICOPTER SHAKES	37
MODIFIED STRETCHING EXERCISES	37
COMBINATION OF JELQING AND STRETCHES	38
CHAPTER 13: SOME MORE WORKOUTS	39
<hr/>	
GODMA’S ON DAY WORKOUT	39
GODMA’S ON DAYS	39
GODMA’S OFF DAYS	40
THE WORKOUT	40
WORKOUT BY B-RAN	40

INTRODUCTION TO THE WORKOUT	41
WARMING UP	41
STRETCHING EXERCISES	41
GET MORE TARGETED	41
JELQING	42
WARMING DOWN	42
HOPSICLE’S ADVANCED WORKOUT	43
START UP	43
STRETCHING, HELICOPTER SHAKES, CROOK TUGS AND JELQS	43

CHAPTER 14: MORE EXERCISES TO CHECK OUT **44**

EXERCISE FOR THE GLANS	44
THE STEPS	44
THE CURVATURE EXERCISES	44
FIRST EXERCISE	44
SECOND EXERCISE	45
THE SUPER DRY JELQ	45
THE STEPS	45
THE ADVANCED SUPER WET JELQING EXERCISE	46
THE BASIC STEPS	46
STRENGTHEN YOUR ERECTIONS	46
THE STEPS TO GO THROUGH	47
MORE ADVANCED STRETCHING METHODS	47
SO HOW TO GO FOR IT?	47
HOW TO RESTORE YOUR FORESKIN	48
HOW DO I BENEFIT WITH A FORESKIN?	48
THE STEPS FOR THE BEST RESULTS	49
MORE ADVANCED	49
THE TOWEL HANGING TECHNIQUE – STRENGTHEN YOUR ERECTIONS	50
HOW TO GO FOR IT?	50

CHAPTER 15: ADVANCED PENIS ENHANCEMENT TECHNIQUES **51**

SOME IMPORTANT CONSIDERATIONS	51
THE 180° STRETCHES	52
THE EXERCISE	52
AN IDEAL WORKOUT WITH THE 180° STRETCHES	53
THE CROOK TUGS TECHNIQUE	54

HOW CROOK TUGS IS BENEFICIAL?	54
MORE ON THE CROOK TUGS	54
HOW TO INCORPORATE IT IN THE BEST WAY	55
A LOOK AT SECTION STRETCHING	56
THE MAIN DRILL	56
MORE INFORMATION ON SECTION STRETCHING	56
THE ADVANTAGES	57
SOME CONSIDERATIONS	57
THE GAP JELQS TECHNIQUE	58
THE STEPS OF THE EXERCISE	58
MORE ON GAP JELQS	58
HOW THIS WORKS	59
THE SLAP N SQUEEZE TECHNIQUE	60
THE STEPS TO GO THROUGH	60
MORE INFORMATION ON THE SLAP N SQUEEZE TECHNIQUE	60
SLAP N SQUEEZE INCLUDED IN YOUR NORMAL WORKOUT	60
THE FISH 2 FINGER TECHNIQUE	62
PERFORMING THIS EXERCISE	62
MORE INFORMATION ON THE FISH 2 FINGER TECHNIQUE	62
INCLUDING FISH 2 FINGER IN YOUR WORKOUT	63
THE VULCAN JELQS TECHNIQUE	64
THE INSTRUCTIONS TO FOLLOW	64
MORE INFORMATION OF THE VULCAN JELQS	64
HOW TO INCLUDE VULCAN JELQS IN YOUR WORKOUT?	65
THE MASTUR MILKING TECHNIQUE	66
THE STEPS TO WORK OUT	66
MORE INFORMATION ON MASTUR MILKING	66
THE POGOS TECHNIQUE	68
THE STEPS TO FOLLOW	68
SOME POINTS TO CONSIDER	69
ADD IT TO YOUR WORKOUT	69
THE SHAFT WRINGING TECHNIQUE	71
THE STEPS TO FOLLOW	71
MORE ON SHAFT WRINGING	72
THE PC DRY JELQ COMBO TECHNIQUE	73
THE INSTRUCTIONS TO FOLLOW	73
MORE DETAILS	73
ADDING IT TO YOUR WORKOUT	74
CHAPTER 16: MORE ADVANCED WORKOUTS	75

THE ADVANCED WORKOUT FOR LENGTH ENHANCEMENT	75
SOME IMPORTANT CONSIDERATIONS	75
LET US GO THROUGH THIS ADVANCED LENGTH ENHANCEMENT WORKOUT NOW.	76
THE WORKOUT IN DETAILS	77
AN OVERVIEW OF THE WORKOUT	78
THE ADVANCED GIRTH ROUTINE	80
WARMING UP	81
THE MAIN PART OF THE ADVANCED GIRTH ROUTINE	81
A BRIEF OVERVIEW OF THE WHOLE ROUTINE	82
WARMING DOWN	83
THE 6-MINUTE ADVANCED ROUTINE	84
LOOKING AT THE STEPS...	84
THE MAIN OUTLINE OF THE ROUTINE:	85
CHAPTER 17: THE 62 DAY PLAN TO ENHANCE THE RESULTS	86
<hr/>	
SO DO I HAVE TO WAIT FOR MONTHS TO SEE THE RESULTS?	86
IMPORTANT CONSIDERATIONS	86
SO WHERE DO YOU START?	87
WHY A CHECK UP?	87
A FEW MORE CONSIDERATIONS	87
THE DAILY WORKOUT ROUTINES	90
THE WORKOUTS FOR DAY 1 TO DAY 3	90
THE ROUTINE FOR DAY 4 & DAY 5	91
THE ROUTINE FOR DAY 6 TO DAY 5	91
THE ROUTINE FOR DAY 10 TO DAY 12	92
THE ROUTINE FOR DAY 13 TO DAY 16	92
THE ROUTINE FOR DAY 17 TO DAY 19	92
THE ROUTINE FOR DAY 20 TO DAY 25	92
THE ROUTINE FOR DAY 26 TO DAY 28	93
THE ROUTINE FOR DAY 29 TO DAY 31	93
THE ROUTINE FOR DAY 32 TO DAY 35	94
THE ROUTINE FOR DAY 36 TO DAY 40	94
THE ROUTINE FOR DAY 41 TO DAY 43	95
THE ROUTINE FOR DAY 44 TO DAY 48	95
THE ROUTINE FOR DAY 49 TO DAY 50	96
THE ROUTINE FOR DAY 51 TO DAY 55	96
THE ROUTINE FOR EACH ALTERNATE DAY BETWEEN 56 AND 62	96
CHAPTER 18: CONCLUSION	98
<hr/>	

[TO DOWNLOAD THE FULL VERSION OF THE E-BOOK CLICK HERE](#)

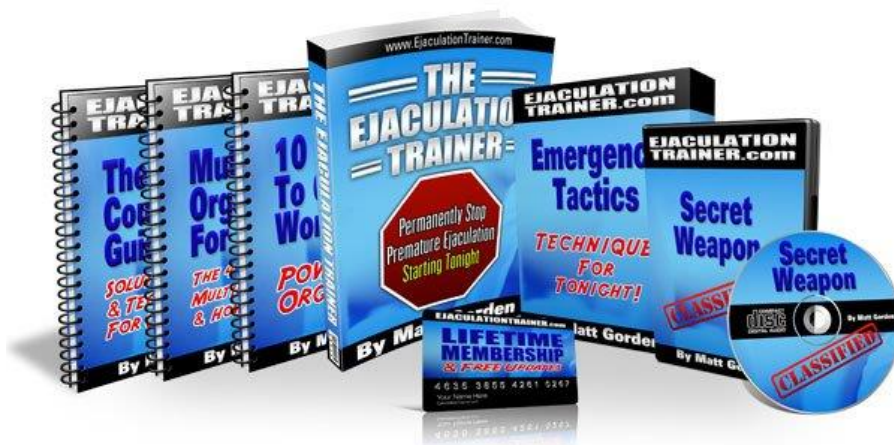




Also You Can Download E-Book “Pearly Penile Papules Removal” if You Have Problems with Pearly Penile Papules (PPP)

Click Here To Download

<http://ilink.website/pppr.htm>



Download “The Ejaculation Trainer” if you want to know how to last longer in bed Click To Download <http://ilink.website/ejtrainer.htm>