

BD'S BIG BOOK OF LENGTH

BD

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This book is to serve those who are insecure about their size. I know what it is like to be crippled with insecurity, and I made it my mission to help as many guys as possible conquer theirs. Just remember, no one else has any say over self-worth. You get to choose what you are worth, despite what you think of yourself now. Everyone is worthy of love. You just need to be open to it.

Change Log

1.0 Initial release

1.01 Minor typo fixes

1.02 Minor typo fixes, added rest between to routines

1.1 Added Images, Fixed a plethora of typos

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Acknowledgments

Like most of my works, this book is based on rampant speculation. I am not a medical professional, nor do I pretend to be one. If one so chooses to follow the methods laid out in this book, **they take full responsibility for unintended consequences.**

The subject matter of this book is from years of community-driven work. I do not claim to be the inventor of many of these exercises. All I did was apply real science to pseudoscience to see what makes sense on a practical level.

The research papers I pulled from have no affiliation with me (and I would probably like to keep that with me.)

I am not affiliated with any particular device manufacturer. However, I do sell devices at PeakMalePhsyque.com. That being said. I think I do a decent job of staying unbiased in my recommendations for equipment.

About the author

I go by BD. I would say I am your typical young man, just with an innate interest in biology and sexuality. I always thought I would end up doing something medical-related until I zagged at 18 and chose to study software engineering due to job security and a mild interest in the field. After college, I worked for a Fortune 250 manufacturing company.

Under the surface, I always struggled with body image issues. Starting at 9, I was made fun of for being chubby. At 14 for being skinny. Add in high expectations from parents and sports coaches, and I slowly began to apply these same high standards for dating and my body. That average was not worthy of love or affection. This is far from the case, but that need to be elite to feel worthy ultimately led me down this path.

It came to a head at 16, When one of passing interest said something along the lines of "You will never be as muscular as him," referring to the

biggest guy at our school. So, I began to really get into bodybuilding. But that was not my only insecurity.

Like many of you, I was very insecure about my penis. I started watching pornography at an exceptionally young age and subconsciously compared myself to these fully developed and not to mention well-endowed. So, my juvenile appendage looked minuscule by comparison.

Since I was so insecure about my size, like many, I went to Google for my issue. I tried a myriad of combinations in the search bar. And found the term "Penis Exercises" was a gold mine. And found many different forums on the practice. Which taught me the basics of PE and ultimately led to this book.

When I started PE, I was above average at 6 inches long with about 5 inches of girth. (Despite what you see on the internet, the average is about 5.6 inches long with 4.5 inches of girth) But average was not good enough for me. I swore off sex until I knew I was big. Over the next year, I would do PE in the shower.

In the first 6-8 months, I grew an inch in length and half an inch in girth. This gave me so much confidence and changed how I interacted with everyone.

By the end of the year, I was 7.5 by 6 Average girth (5.25 midshaft 6.5 base.) Finally, living up to my own expectations, I started to date. And ultimately took a hiatus from PE when I found out I was a bit too big for my girlfriend (now wife) at the time. She got used to my size after about a month.

I played around with PE throughout college. But due to schedule and more important matters, I could not devote enough time to the craft. But I did gain some girth in those 4 years.

I was comfortable with my size. But I fell in love with the idea of getting bigger, which inevitably became a fetish. And is largely the reason I still practice Penis enlargement for myself.

At the end of 2019, I decided to ante up to PE again. Bought about 300 dollars of equipment. I started posting about PE at this time. By 2021 I was about 8.5 by 6. And in 2022, I flirted with 9 inches long but caught covid that November and lost about an inch.

Covid is no joke. There have been thousands of reports of it causing erectile dysfunction. It's a weird disease and impacts almost every cell in the body. I know it's a controversial subject. But it is still a severe disease and has a myriad of long-term effects associated with it.

My loss in size was a blessing in disguise. This gave me a bit of fire to get back to where I was, but this time under my own approach, with everything that I learned in the past 2 years as the head of r/gettingBigger, the largest penis enlargement community ever.

This book is the culmination of my work over the past 3 years and the intensive trial and error I did over the past 6 months to devise the first science-based routine.

With this science-based approach, I gained ½ an inch in length in 5 months, doing ½ of the effort needed to gain previously.

As of July 2023, I sit 8.5 inches long by 6.5 in average girth. With no desire to stop. My wife gets the final say as to when I hang it up. She is a very.... accommodating woman.

Introduction

This is not my first attempt to write a book on penis enlargement.

This is probably my third attempt in two years to tackle the subject. The problem was I did not realize how much I did not know at the time. The book was supposed to be from a scientific perspective. The issue arose when science did not match practice.

For those uninitiated in the back-room dealings of internet penis enlargement, this has been a secret society for decades at this point. With a strong push to keep hush-hush over the holy grail that is penis enlargement. To me, the author, it is a foregone conclusion that the penis can grow after puberty by harnessing biomechanics to manipulate the tissue of the penis to grow through a sort of hypertrophy (similar to muscle building HOWEVER, the inner workings of the penis are nothing like a muscle.) However, scientific proof is hard to come by. This is a taboo subject, after all. Imagine you were a researcher asking to get funding for penis enlargement techniques... you

would be laughed out of the room. That money is supposed to go cure cancer, not solve the mundane issue of male insecurity.

So, it was left to the pioneers of PE to do the duty work themselves. The problem is that they looked at general ideas in science and bodybuilding. Treating this much like bone reformation, like braces treat crooked teeth. Or they treated this like bodybuilding, with progressive overload being the catalyst for changes.

This is where I come in. I spent nearly a decade doing PE their way (and made good gains, to be fair.) When I began to do my research, science did not line up with the practice. So, from January 2023 until the time of writing this, I spent 100's of hours collecting data, forming routines, modifying said routines, and logging progress to develop what I am calling the therapeutic method for penis enlargement.

But to explain what's so great about my version of the practices, we need to go into detail about the original practices for context. To understand why therapeutic PE a more surefire way to illicit gains is, we need to look at

some basic anatomy and physiology of the penis and similar structures in the body. Extrapolate from research papers on how it applies to the penis.

In this book, I am not going into graphic detail about science. For one, it is going to take a lot more work. Secondly, this is a bit beyond the scope. I want this book to be a quick start to gain length. Most guys don't care about science. They just want a bigger dick. While I love to learn science, I know it's not for everyone. Expect a more comprehensive book... eventually.

And if it was not obvious from the title of the book. This will be information primarily about length. Length is what I did my experiments on, and it is easier to quantify. I am very confident in my findings when it comes to elongation. Girth, I know, still needs work, and I am yet to try practical applications. To make sure my advice is 100% concrete, I am only going to talk about what I have experienced, so expect a book for girth in the near future.

A brief history of PE

I am going to keep it real. I am relatively new in the world of penis enlargement. I have been practicing publicly for about 4 years at this point and have only been a leader for a year. But this gives me a few unique advantages. One, I am not tied to old dogma. Two, I understand the plight of young men in this subject better than most of my older contemporaries. Internet porn just became a thing in my early teens. I lived through the same mental issues it gave you. So, I know exactly what kind of insecurities you are dealing with. Thirdly, young minds are much more open to change. I have completely flipped my theory of PE on its head this year because I finally understood the science behind it.

But like many other forms of self-improvement. We learn from the mistakes of others. So, let's go through and talk about the History of PE.

Tribal Penis Enlargement of Myths and Legend

Penis enlargement has probably been practiced in some form since the dawn of men. I can almost guarantee one of my caveman ancestors rubbed a

stinging plant on his package in hopes the swelling would make it permanently bigger.

It is actually hard to find historical evidence of penis enlargement (go figure.) I could not find hard evidence on Many of these reported Tribes, meaning only tabloid articles or other PE "gurus" talk about the tribes at length.

The Karamojong tribe of eastern Uganda was rumored to use stones and hang them off the tip of their penis during puberty to grow to lengths "upwards of 18 inches" This practice became the baseline for length training. Length work needed to be done all the time for extreme results. The only problem is that I could not find evidence of the Karamojong doing said practice. But I did find an author, Yangki Christine Akiteng, who grew up in Karamojong Tribe and refuted these claims in a blog [found here](#).

It is more likely that Uganda being right along the equator made most men showers due to heat, and lack of coverage, making them seem comically large and flaccid compared to European colonizers (this does rule out the possibility that the tribe is genetically gifted in regard to endowment.)

So, one of the first tenants of old school PE. Which is "always be in some form of elongation," was caused by an urban legend.

Moving to the Arabian Peninsula, we will find the apparent birthplace of Jelqing. Apparently, Arabic tribes would practice Jelqs, the most famous PE exercise ever. And their men would grow to great sizes because of this. I have even heard reports of the women of these tribes "jelqing" their infant sons in hopes they grow large members later on in life. Again, Like the stone hanging in Africa... I cannot find any hard evidence to pinpoint the origins of Jelqing.

For those unaware, Jelqing is no longer recommended. It's inefficient, hard to get right, and easy to injure yourself. In general, we limit dynamic movements like Jelqs to mitigate risk. And for those that have no clue what a Jelqs is, imagine you apply the motion to milk a cow on your penis. This pulls in more blood (to the tip.)

Personally, I have mixed opinions on the Jelqs. It could have some use later on in PE. WITH THE RIGHT UNDERSTANDING, but as we continue to talk about the old ways, we will learn more about the shortcomings of the Jelq and how people made it highly dangerous.

Internet PE – ThundersPlace, Matters of Size and PEGYM.

For more context about me, I started PE in 2013. Well, after the golden age of these communities. ThundersPlace, MattersofSize, and PEGYM used to be the meccas of Penis Enlargement, but after some mismanagement over the past few years, all three are shells of their former selves.

Let's start with Thundersplace. Thunders hit their peak around 2003-2005 and slowly fell off to what is today. ThundersPlace made the idea of hanging and clamping quite popular, with large gainers using that as their main method of PE. Bib said he gained 4 inches in two years with his hanging device, which you could buy for just under 160 dollars. Like many other large gainers, Bib posted no pictures of results but with his experience in real estate sales. He could paint a very compelling sales picture.

Girtha popularized clamping. He is solely responsible for the use of organizational tools gone bad, the cable clampTM becoming a main stay in the PE'er's arsenal. Like Bib, he had no pictures of his insane 2 inches of girth gained but wrote very erotic posts about his PE adventures.

Both of these men said their gains came from extremely long sessions. For hanging... upwards of 30lb off his penis for 2-4 hours at a time. Girtha would keep a clamp on and abuse Viagra for up 8 hours in what he called "clampathons" (he did not recommend these, however.)

From an outsider's perspective, this seems crazy. That's because it is no rational being would do this long term. No doctor would prescribe this style of therapy, and science says they gained in spite of their routines. More on that later.

I am not being 100% fair to Thundersplace. There are some good posts that are still relevant such as this one about [positive indicators for PE](#). Which is largely correct up until today. During this time, there were warring philosophies, the hard and heavy method, or the less is more method... ultimately the hard, heavy method won out because insecure guys thought you needed to do whatever it took to gain the more work you do, the faster the gains. That's far from the truth.

Matters of Size was the cult of personality of DoubleLongDaddy, AKA Michael Salvini. And Boy, DLD was quite the character. DLD was a self-proclaimed agoraphobe (he was afraid to leave his house). At that time, he developed a system called Matters of Size. Which then became a popular

forum for PE. He sold a DVD demonstrating his program, making it easy for newbies to follow along. He also began selling PE equipment (like myself) at a markup.

What really sunk his ship was that his greed caused him to push his paid programs and equipment more and more, which led to the downfall of the community.

Overall, the routines were not all that bad. I would consider them overworked now, but compared to ThundersPlace circa 2005, they are much safer. DLD was a proponent of erect stretching. Which pulled out the internal penis (this cannot happen, even with surgery.)

A lot of DLD's stuff, however, was rampant speculation. He tried to cover all potential axis for gains, no matter how pseudoscience they were. So, these routines would end up being upwards of 2 hours daily, depending on the intensity.

PEGym is where I spent most of my time lurking. To be frank, I don't remember most of the things I read there. "Big Al" was the main guy there. Like DLD, his routines were not awful, but like MattersofSize, greed is what led to its downfall with sponsorships from Bathmate and Phallosan Forte. Big

Al is also a well-known PE coach, on which I now train several former clients.

PEgym is no longer its own site. It is now wrapped in the forum "biohacker."

The common themes here are chronic overwork, lack of specificity, non-existent risk prevention, and failure to optimize for the type of tissue. Simply put, if they spent more time focused on healing and less time literally beating their meat, They would have much better outcomes and penis enlargement would be taken much more seriously than it is now.

Bathmate Phallosan and The Rise of Pick-Up Marketers.

After the fall of the forums rose, a new intermediate for PE information. Pick-Up Artist Bloggers. Their primary focus was on the dating of lifestyle. Still, like most men, they worried about their penis size in some capacity, found the old forums, and began to write about it in their own blog.

Since blogs are much easier to follow along with than most forums, this greatly lowered the bar of entry into PE, but there was a catch. Many of these Bloggers were (and still are) affiliated with the biggest brands for penis enlargement Bathmate Hydromax and Phallosan Forte. The bloggers would

get a kickback on every sale they generated, incentivizing them to push the device.

Bathmate got some heat from the old forums as the founder was a member. And "stole" the idea of the Bathmate off a public forum. I don't know if that is considered stealing. Bathmate launched in 2006 but really picked up steam around 2010 as its marketing machine expanded.

Phallosan Forte markets itself under "Scientific Research," which they paid for. I am not saying Phallosan does not work. Its effectiveness is just highly exaggerated. Furthermore, like the Bathmate, the given routines were absolute garbage and led to more harm than good.

Again, the prevailing theory was of progressive overload and forced mitosis through traction. The penis does not work like that. Much like the mid-2000s, the 2010s were dominated by more is more, except with no counterargument against it.

On top of that, the blogger affiliates would give the same bad routines the device companies told. And some of the more prominent combined the mess of the old forums and the new devices to make routines. Increasing the risk factor greatly.

And at this time, social media and internet porn exploded onto the scene. This caused male body insecurity to reach levels never seen before in history. Making these devices quite compelling to the gullible young man (like this author.)

The Rise of PE Reddits

The year is 2018, and a little subreddit called [ajelqforyou](#) was founded. The Creator M9ter wrote the wiki and how he gained 3 inches in length. And over an inch in girth. In his early 20's. Fast forward to his 40's finds out his wife is a size queen and begins his journey to gain more size.

M9 kept his routines quite simple. Time under tension is king. Time under pressure is God. His theory used the medical evidence of chronic priapism caused insane girth gains as the backbone of the theory for girth. And while for length, I would say it's similar to the idea of plastic deformation. An elastic object will not return to the baseline shape if stretched long enough.

His routines and ideas made much more sense than the old forums, albeit they were still brute force. For length, [Ajelqforyou](#) recommends

hanging or extending for 4-5 hours a day at 4-5 pounds, and for girth, clamping for upwards of an hour.

Knowing what I know now, Ajelqforyou's methods do work. Still, they are highly inefficient based on the properties of biomechanics that I will touch on in the next couple of chapters.

I started on Ajelqforyou with my rise as a PE "influencer" (I hate that term.) Still, due to some philosophical differences between M9ter and myself, along with having control over my content, I formed r/gettingbigger at the tail end of 2020.

Since then, I tried literally every type of routine. A Doctor found my subreddit and started posting extremely helpful guides on avoided injuries treatments and Erectile dysfunction. Hinkle_McKringbry covered my weakness in front of said issues (as I only talked about what I experienced).

Hink began testing what I thought I knew in passing. He is a practicing doctor. I better know my shit, so I began looking for proof of all my assumptions after his arrival.

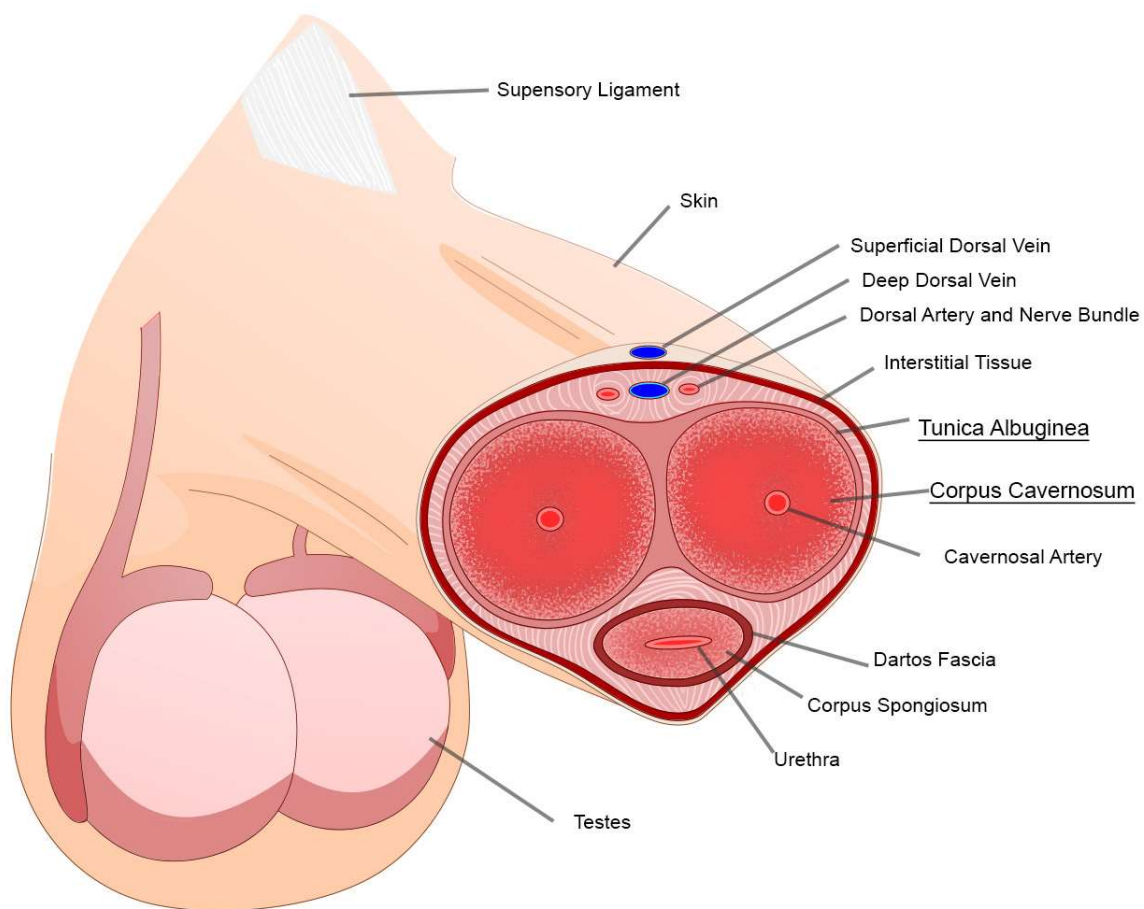
This sent me down the rabbit hole of proving my theories right, but in the process, I had to change my theory many times to match what science

suggests. By doing so, I largely disproved the tenants of old-school PE. Hink is now my business partner. We founded Leviathan Wellness in 2022 with the goal of selling the best bang for your buck health supplements that help you beat your insecurities, not exploit them.

And now, in 2023, my new Colleague, PervMcswerve, AKA Adam of Massive Novelties, began posting about his own PE journey. He and I became fast friends as he continued to challenge my theory on PE.

The Anatomy of The Penis

I know I have been talking down a lot of styles in the last chapter. But before I build my case on why they are inefficient; we need to go over how the penis works.



The penis has 5 main parts the Urethra, the Glans, the Corpus Spongiosum, the Corpus Cavernosum, and Tunica Albuginea.

The urethra is encased in the Corpus Spongiosum. The urethra is what carries fluid out of the penis. The Corpus Spongiosum acts as padding to the urethra so that it does not become blocked during the pressures from sex.

The Corpus Spongiosum runs into the glans of the penis (the head.) It is largely the same system except that the glans has many terminal ends of nerves making it quite sensitive. The glans purpose is mainly sensation. It is softer than the rest of the shaft so that during penetration, it creates a buffer between the very stiff Corpus Cavernosum and whatever orifice said penis has entered.

The main working chamber of the penis is the Corpus Cavernosum. It has two distinct sides and is sheathed in the Tunica Albuginea. This essentially acts like a pressure vessel during an erection. Think of a tire. When it is flat, it's smaller in size and easier to push in.

Meanwhile, when full of air, it is larger and very dense. The same principles apply to the Tunica and corpus cavernous. This relationship is what makes your erections hard. More on that later.

These two parts of the penis are the primary focus of PE. The relationship in size of them determines the overall hardness and max size of the penis.

During an erection, the muscles in your pelvis relax. The Ischiocavernosus Muscle allows blood to fill both the Corpus Cavernosum and the Corpus Spongiosum. As the Corpus Cavernosum swells, it exerts pressure on the Tunica Albuginea, causing it to stretch and inflate. Eventually, the pressure becomes so great that the small veins that allow blood out of the penis begin to occlude, causing stronger pressure to build in the Corpus Cavernosum. Eventually, either the Tunica cannot be stretched farther, or the Cavernosum is at max capacity leading to a full erection.

An erection is lost when the Pelvic floor begins to contract, cutting off blood flow to the penis. While the veins in the shaft slowly dilate and blood rushes out of the penis.

That's the basics of the penis, A tube filled with a blood sponge. But we can take that a step further.

The Specific Tissue for Penis Enlargement

I already mentioned this, but an erections max size is controlled by the amount of Tunica and the amount of Corpus Cavernosum. But what makes up these two parts?

First, the easy one, Corpus Cavernosum is an endothelial smooth muscle. More specifically, sinusoidal endothelial smooth muscle has many perforations and cavities, allowing blood to fill the area. This tissue also lines your sinuses. So, if you are unlucky like me and sensitive to Cialis and Viagra, you can develop a wicked stuffy nose from them.

When people say the penis is smooth muscle, it's a bit of a misnomer. *Technically yes*, it is smooth muscle but a specific kind. This is similar to saying the Jugular vein is smooth muscle, as all blood-holding tissue has smooth muscle to allow for vasoconstriction and dilation. It is nothing like, say, the stomach. Unlike skeletal muscle, smooth muscle is a catch-all term for certain tissues that move involuntarily.

We know that endothelial tissue, the stuff that makes up the Corpus Cavernosum grows pretty easily everywhere in the body. The most common stimulant is hypoxia, The lack of oxygen in tissue. If a tissue goes without

oxygen for too long, it sends signals to the repair mechanisms in your body to build more blood pathways to said tissue so there is ample supply in the future.

There is a method of physiotherapy called Blood Flow Restriction (BFR) therapy used to build up limb strength after immobilization from either surgery or injury. The main idea is to limit blood flow to your legs and enter the hypoxic state in a controlled manner. We can cause the regeneration of the endothelial tissue with many growth factors the fatigued tissue releases. On top of that, increase nerve density and muscle size, strength, and endurance.

Li, S., Li, S., Wang, L., Quan, H., Yu, W., Li, T., & Li, W. (2022). The Effect of Blood Flow Restriction Exercise on Angiogenesis-Related Factors in Skeletal Muscle Among Healthy Adults: A Systematic Review and Meta-Analysis. *Frontiers in physiology*, 13, 814965.

<https://doi.org/10.3389/fphys.2022.814965>

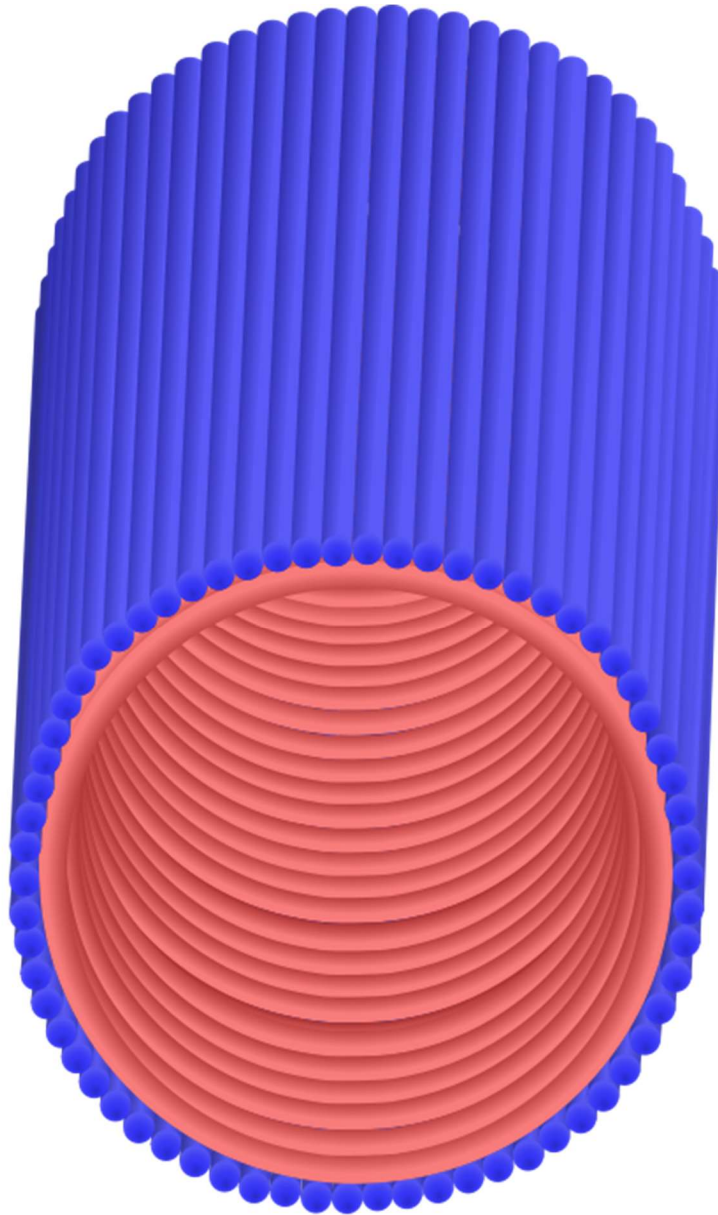
In the body, High-pressure events also cause growth as the endothelial tissue is trying to relieve the pressure. This typically happens when a vein or artery becomes partially blocked. The tissue will actually start stemming out blindly, trying to create a way around the blockage. This is known as arteriogenesis.

Martinez-Quinones, P., McCarthy, C. G., Watts, S. W., Klee, N. S., Komic, A., Calmasini, F. B., Priviero, F., Warner, A., Chenghao, Y., & Wenceslau, C. F. (2018). Hypertension Induced Morphological and Physiological Changes in Cells of the Arterial Wall. *American Journal of Hypertension*, 31(10), 1067–1078. <https://doi.org/10.1093/ajh/hpy083>

Not to mention you can train the inherent flexibility of the tissue to hold more blood. There would be a reasonable limit to how much a capillary can stretch. And since blood literally carries nutrients and hormones, Endothelial tissue heals and grows extremely quickly compared to other tissues in the body.

In general, the growth of blood vessels is pretty easy and fast, so that part of the penis, Corpus Cavernosum, grows exceptionally quick under the right conditions. The tricky part lies in the Tunica Albuginea.

The Tunica Albuginea is an organized collagen structure. Collagen is what makes up all connective tissue in your body. The Tunica also has a small amount of elastin. Which allows the tissue to stretch more than collagen allows alone.



In most cases the Tunica has two distinct layers, An out layer of vertical runs and an inner layer of horizontal rings. These structures are microscopic.

This diagram is not to scale.

The Tunica is organized into longitudinal and latitudinal bands, one layer running up and down a shaft's length and another one acting as rings over these bands. 95% of men will have two layers. 2.5% will only have one layer (forgoing one run), and the remaining 2.5% will have 3 or potentially more Tunica layers.

Brock, G., Hsu, G. L., Nunes, L., von Heyden, B., & Lue, T. F. (1997). The anatomy of the Tunica Albuginea in the normal penis and Peyronie's disease. *The Journal of urology*, 157(1), 276–281.

Organized collagen structures are found throughout the body. Like tendons that connect muscle to bone, the Tunica is exceptionally strong its size. Some kinds of fascia are also ridiculously strong for their size, like Fibrous Pericardium, which keeps your heart from overexpanding.

Much more research has been done on tendons and ligaments compared to fascia. However, the Tunica is more than likely more related to the Fibrous Pericardium than it is to tendons and ligaments. But collagen is a building block protein, so how it behaves to one stimulus in one tissue is how it will respond to the same stimulus elsewhere.

The main hypertrophic factor or tendons and ligaments is strain. Strain is the sense that the tissue is pushed beyond normal bounds of length

without severely damaging the tissue. FATIGUE, not injury. Stretching in simple terms.

Collagenous tissue follows Davis's law of adaptation. No work means a loss in size and performance. Too much work leads to injury and scarification and a sweet spot where positive adaptation in strength, size, and flexibility occurs.

[Davis Law Graph]

Fascia, while it responds to stretching, much prefers sheer stress and pinpoint release for health and flexibility as well as changes in size. Fascia release is becoming a widespread practice in sports therapy and performance as it allows the muscle more room for operation and potentially more growth.

The real kicker about collagenous tissues is that they operate without a direct oxygen supply. Meaning the same growth factors from angiogenesis and arteriogenesis do not apply to collagen. This also means Collagen Fibroblasts heal, grow, and proliferate very slowly compared to endothelial tissue. In my research, it seems to be 3 to 7 days for collagen compared to 22

hours for Endothelial. This leads to an exponential increase in endothelial tissue compared to collagenous tissue.

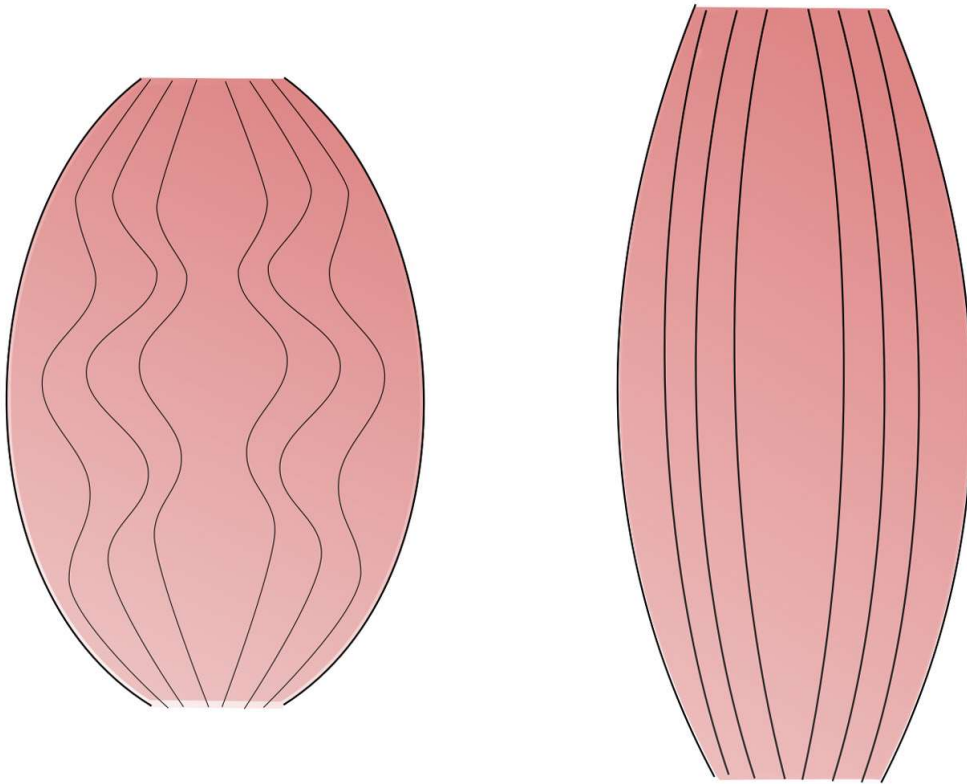
By all accounts, growth will always be limited by the Tunica Albuginea.

The Science Applied

Let's get into the theory with the basics out of the way. This primarily revolves around collagen proliferation, which is the growth bottleneck. As we described above, the Tunica is an organized collagen structure. Like all other collagenous forms, it adapts via Davis's law of adaptation.

Strain is the name of the game. The amount we elongate the penis during a session determines the effectiveness of that session.

A penis stretched to its current max is at 0% strain. Meaning there is no excess tension on the collagen fibrils. As we elongate the penis beyond the baseline, we will start seeing collagen fibrils fail. Meaning they will not return to their baseline crimped-up shape. 2% strain is the expected working range of collagen.

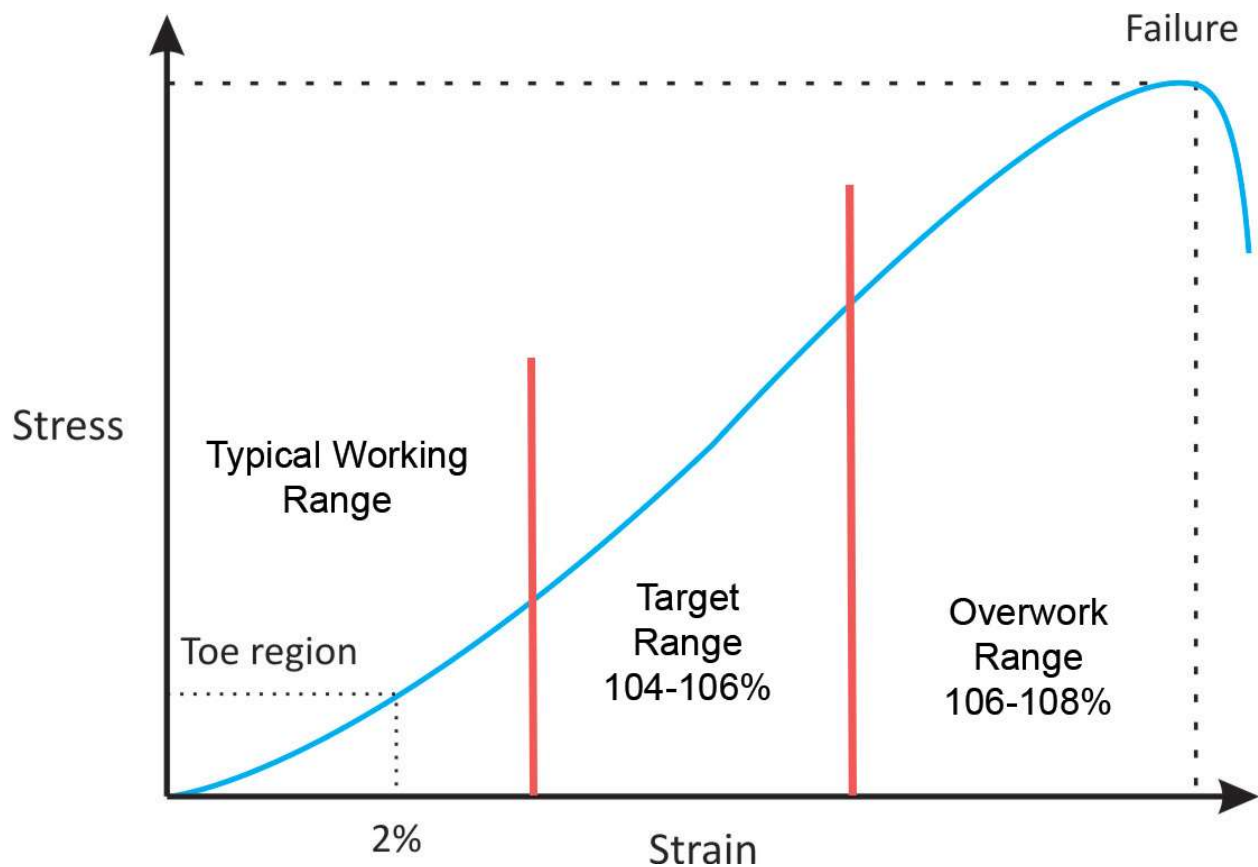


Collagen Fibril at rest (left) compared to under load (right)

Meaning it will return to baseline shape after the stretch. **4% strain is where the tissue degrades enough to not return to its normal shape without damaging the tissue**, just enough to tire it out for an extended period. That fatigue response releases growth factors to cause the collagen fibroblast to heal and overcompensate for the trauma. This over-

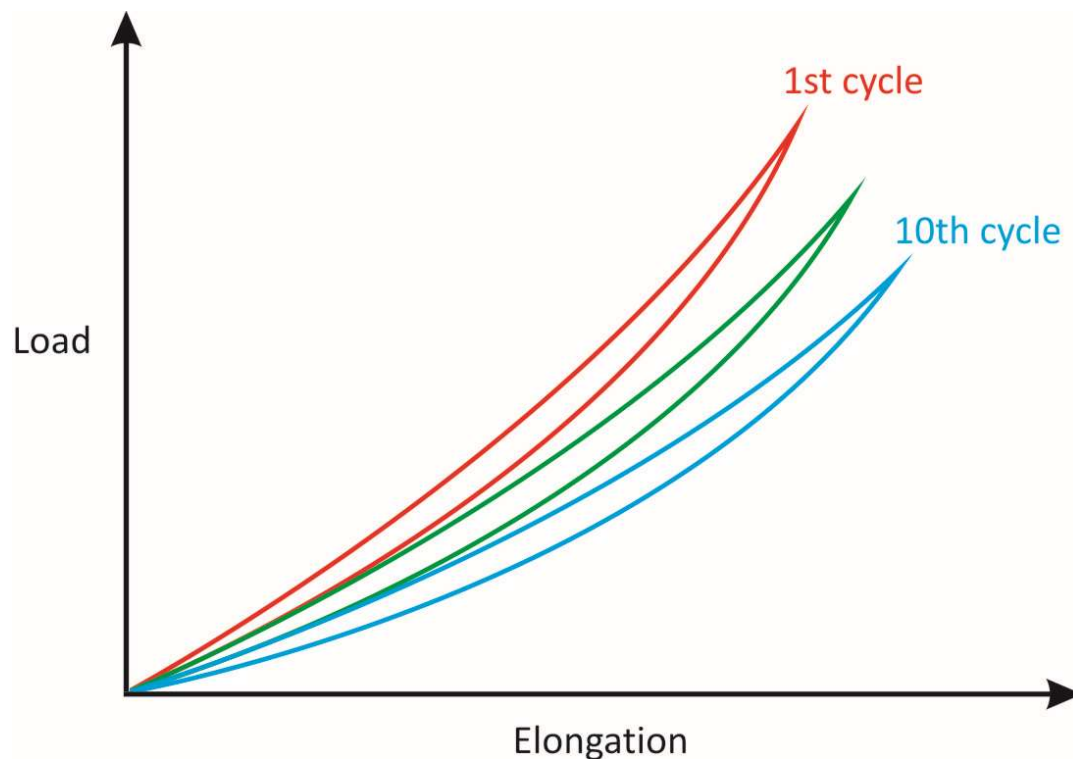
compensation is slight growth of the tissue and increased strength and flexibility (we are largely trying to avoid major strength adaptations.)

At 6% strain, we begin to see partial tears in the collagen, meaning they will need much more time to heal. This also causes a greater stress response. At 8% strain, we see greater tears, and at 10%, we normally see full-on rips of the collagen fibrils, much like a torn tendon.



Source: [Robi, K., Jakob, N., Matevz, K., & Matjaz, V. \(2013\). The Physiology of Sports Injuries and Repair Processes. InTech. doi: 10.5772/54234](#)

From the same paper, a neat little trick happens when you load and unload a tissue consistently. The amount of weight needed to reach that level of strain/ elongation drops, and after about 10-15 cycles, the amount of weight needed to reach a certain level of strain no longer changes.



So, for us, the more reps and sets we do, the less amount of work is needed overall. With this and what I am calling "non-loaded fatigue," we can largely avoid the strength adaptation as we don't apply the stimulus long enough for collagen strengthening (on paper, at least.)

Beyond elongation, which is the most tried and true method for length, if we get handsy with it, we speed up results. With the addition of fascia release

techniques, we can release growth factors without applying much strain to the tissue. However, the tissue will not do anything without fatigued tissue to treat. Using release techniques is a great tool, but it probably won't do anything outside of treating Peyronie's. Elongation is what causes the gains. Release techniques speed up the process by making fatigue much easier to generate.

To understand what we are trying to achieve, let's briefly explain what traditional myofascial release is. First, what is fascia? The fascia was originally thought just to be a lining that surrounds all organs and structures of the body... basically, the glue that keeps things in place. But recently (as in the past 2 decades), research has shown how complex the fascial system is. First and foremost, it is a responsive system riddled with nerves. Meaning it stiffens and relaxes to stimulus. During impact or high strain, the fascia will tighten to have the body be better able to handle that stress. Over time the fascia can actually tighten so much to the point where it limits mobility and obstructs posture. (This is also seen in tendons and ligaments as well but is normally categorized as repetitive strain injury)

Manipulation of the Fascial System Applied During Acute Inflammation of the Connective Tissue of the Thoracolumbar Region Affects Transforming Growth Factor- β 1 and Interleukin-4 Levels: Experimental Study in Mice. *Frontiers in physiology*, 11, 587373. <https://doi.org/10.3389/fphys.2020.587373>

This is where fascial release techniques come in. With the use of pressure point massages and scraping techniques (formerly known as a *gua sha*.), we can reduce the stiffness from trauma, break up fibrosis and get the fascia back to its normal flexible state.

For penis enlargement, if we can make it easier to elongate with fascial release techniques (assuming the Tunica is a form of fascia), we can hit the target strain faster. This leads to less risk of injury and less time pulling on our dicks. With all that of that leading to more progress overall.

Lastly, remember how I mentioned that Collagen structures are avascular, so they are slower to heal? In some cases, they don't heal at all without surgery (think full ACL tear.) If we give this tissue more time to recover afterward, we will have much higher chances of long-term success. Not to mention all the benefits of a slurry of growth factors without continuous degradation of the tissue, which include dramatically higher EQ, increased sensitivity, larger flaccid size, frequent erections, and in some cases, much higher libido.

Based on this paper, collagen Fibroblasts take 2-4 days to proliferate depending on environmental conditions. This is not a 1:1 to protein transcription but it's a good starting point for base recovery periods.

One more thing on rest. Soft tissues reach peak degradation at 6-8 weeks of repetitive strain. Meaning that about weeks to 3-4, the tissue is at its lowest point in health. And we will probably not see fast changes beyond this point. So, it's probably a good idea to take 1 week off every 4 weeks to maximize recovery and, more importantly, avoid strength adaptation.

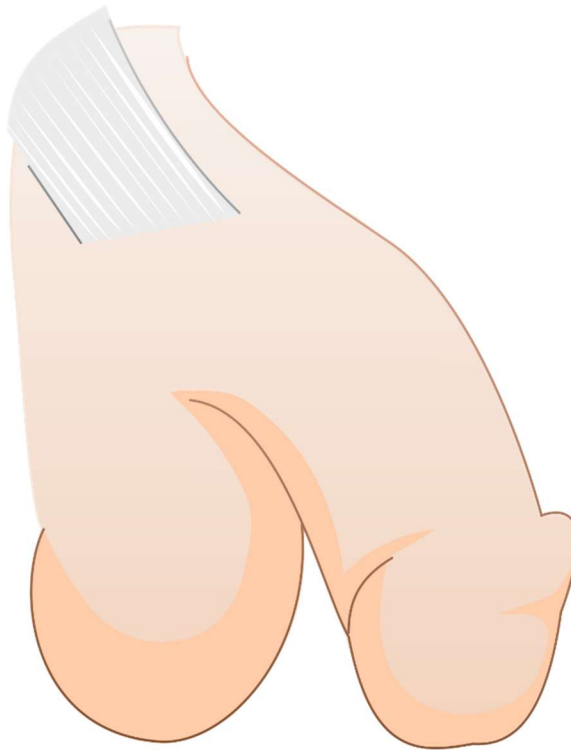
[https://www.jhandsurg.org/article/S0363-5023\(07\)00781-2/fulltext](https://www.jhandsurg.org/article/S0363-5023(07)00781-2/fulltext)

Hadjipanayi, E., Mudera, V., & Brown, R. A. (2009). Close dependence of fibroblast proliferation on collagen scaffold matrix stiffness. *Journal of tissue engineering and regenerative medicine*, 3(2), 77–84. <https://doi.org/10.1002/term.136>

To sum up, shorter but more numerous sets are more efficient than 1 set of the same length. The tissue becomes weaker as you progress in your session meaning less weight is needed overall. The turnaround time for repair is about 2-3 days, so our frequency should match. Hypoxia, while important, is not going to be the main driver for length. If we believe the Tunica is like a fascia, we can cause elongation and strain to set in quickly with some therapeutic primers.

Compared to the old ways, which were about extremely long sessions, with higher weights, as often as possible. This is a much more manageable approach. Who has time to hang weights off their junk 2 hours a day every day? Certainly not me and most men have ambition beyond penis size.

The Ligament Footnote



Long before I came on the scene, the suspensory ligament was a primary target of PE. There are two prevailing schools of thought. One, the ligament is what connects the penis to the body. We have 4-6 inches of penis rooted into the pelvis. If we pull deform that ligament enough, we can pull out the internal penis. Two, the suspensory ligament controlled the erection

angle, so higher erection angles would have more penis closely riding the pubic bone, making it largely unusable for length. The first theory has no scientific merit. We cannot pull any internal shaft. It is so tightly packed and interconnected that if the "root" of the penis moved 1 quarter of an inch, it would lead to all kinds of pelvic floor issues.



Subtle difference at the base but notice the gradual change in skin insertion point. Shaft stays the same length but the penis sits farther out. (This diagram is dramatized)

The second theory is more accurate anatomically speaking.

There is no hard evidence that even cutting the ligament via surgery leads to more length. However, many that have practiced suspensory ligament targeting made gains (relatively quickly as well), but they are finite. Since there is no definitive science on it, treat it as optional when finally discussing routines.

The Devices and Techniques

Consider this the glossary of relevant exercises discussed. It would be a good idea to familiarize yourself with them before we get started.

Foreskin (and Lack Thereof) Recommendations

To my lucky uncut fellows, you have one thing to worry about when training length not stretching your foreskin in place of your penis. A story out of Mexico described a man to have an 18.5-inch penis from hanging weights off [his penis only for 12 inches of to be foreskin](#).

To avoid the same fate, you have two options. One, fully retract the foreskin so that you can comfortably pull from behind the glans. Two, and probably the easier method. Pull the foreskin taut over your glans. Then grip below the glans like normal. Ideally, you focus on gripping the shaft and not the skin. Your hand nor the device should not slide off the glans.



Scrotum rides up obscuring length AKA turkey-neck.

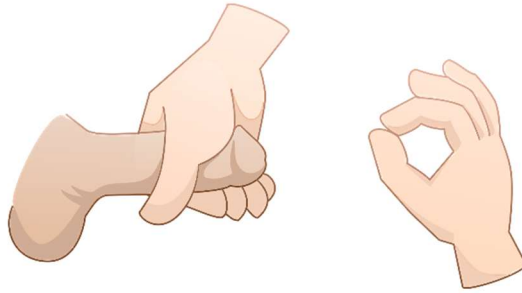
For the cut guys, our issue is the lack of skin. Since we are going to be pulling in one direction (except with the aid of extenders), the skin will pull up from our scrotum and mons pubis to cover the tissue since the shaft skin is not being stretched with the shaft properly. It won't be an issue for your first inch, but if you do end up growing a lot, you will see significant skin migration; it is reversible, but an ounce of prevention is worth a pound of cure.

The easiest way is just to use your offhand while stretching to keep the skin from riding up. This also might isolate the shaft more, making your stretch more effective.

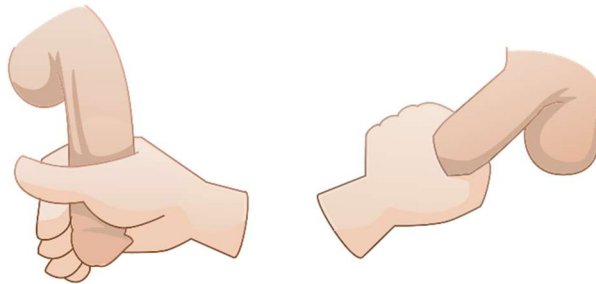
Second, Ball stretchers. These are silicone sleeves you put around your scrotum to keep your balls away from your shaft. Wear them while doing your session. It also helps develop some low hangers.

Third, only use an extender. This was not really a good option until the advent of the Apex. But since it cradles the base, no skin can ride up. I actually saw foreskin growth when I switched to using the Apex for length work.

Static manual stretches



Remember to grab at the base to prevent skin migration

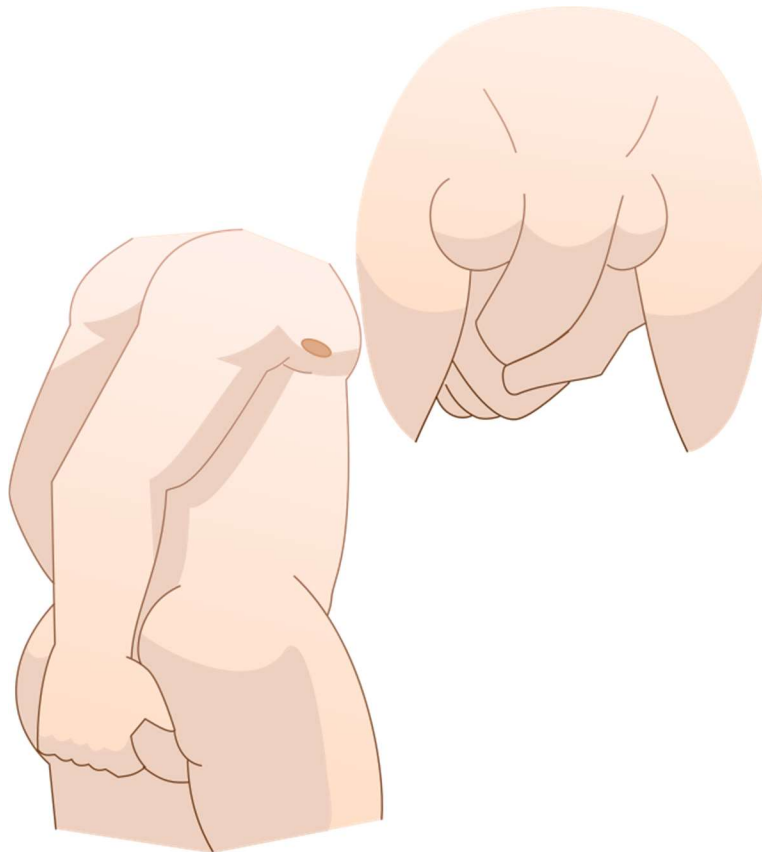


1. While flaccid, grip your penis about $\frac{1}{4}$ of an inch/ 1 cm below the glans.
2. Place your offhand at the base grip so that no skin can slide under your fingers.
3. Pull on your penis. Your hand should not slide.
4. Angle is either straight down or straight out.
5. Hold for the allotted time.

For grip help, a silicone sleeve functions as a grip where you would place your main pulling hand. Baby powder to absorb skin oils. Or simply flip your hand in the other direction. Rubber Medical gloves will also help with grip.

You can also use a vacuum hanging kit and just use your hands to generate the tension without worrying about grip strength.

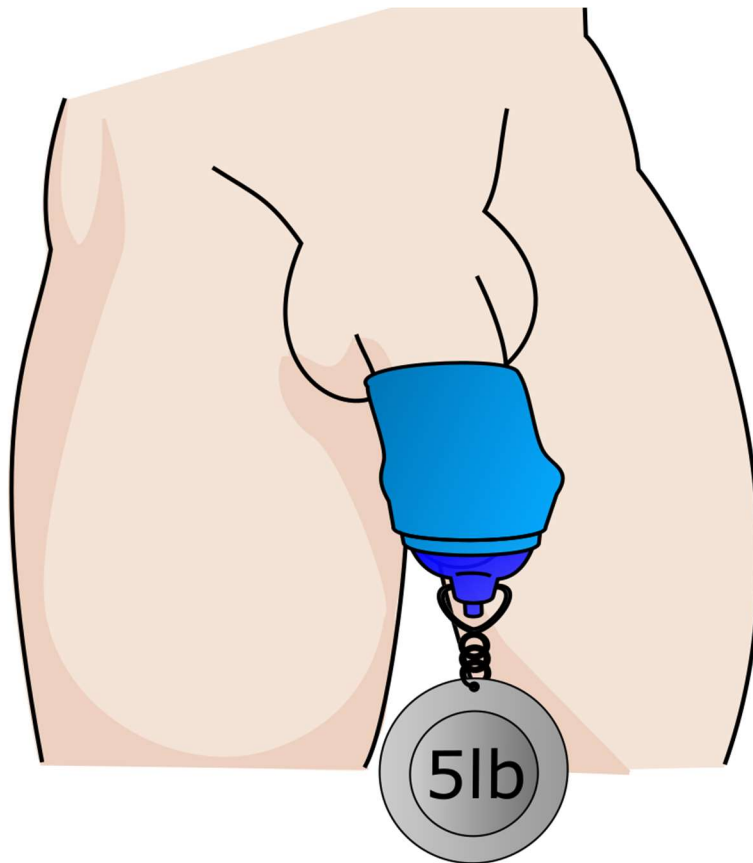
Between The Cheeks Stretch (BTC).

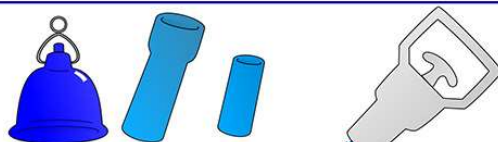


BTC is an optional stretch that will be outlined in the program when to do it. It's the same grip listed above, except you pull your penis behind you through your legs and, ergo, between the cheeks. It solely works the ligaments, which has dubious claims of effectiveness but has benefits for opening more sex positions. They are worth doing in many cases.

Guys who cannot do a BTC stretch, do the base pull variant. Grip just before the base of the shaft straight down. Twist your wrist slightly to announce the stretch.

Vacuum Hanging

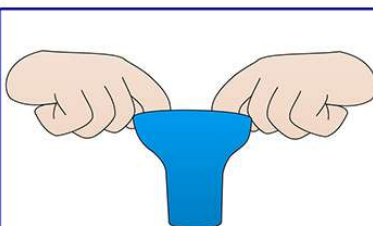




Make sure you have the tools you need, Glans cap, sleeves, and a pump. (May not be necessary for water method)



Lotion or lube will be needed. Ball stretcher can be beneficial for preventing Turkey neck (Penescrotal webbing)



Make sure your sleeves are taken care of. Baby powder can help them maintain their texture

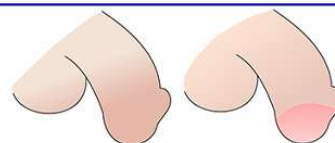


To put the first sleeve you can add it on by applying thumb on one end and connecting it with half the cap being covered.

The secondary method can be done seated. This time using both fingers to apply the sleeve. This method can be used if already seated or just feeling lazy!



Now fold the sleeve and fill with water at about half the cap. You will adjust the amount as your glans grow. Yes the glans can grow with just the cap!

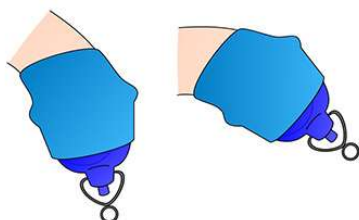


Now comes the bulk of the work! You will of course need your penis for this. If uncut, you will need to push back foreskin. Glans caps are extra precaution for sensitive skin!

Now get ready to put your glans in the cap. Be sure you get all of the glans in.



Have a second sleeve folded. wrap it over until it folds over the first.



After you finish previous step, fold the sleeve over. Have rag or tissue; push the water out of the cap by pushing glans into the cap. This should create a stream of water at the top.

Now that you completed these steps it's time to put all that effort to work! Get your extender, hanger, or hand ready and start tugging to get those gains!



1. Fold the sleeve over the bell.
2. Apply a generous amount of lotion OR fill the vacuum bell with a small amount of lukewarm water OR tape your erect penis.
3. Insert your penis into the bell.
4. Unfold the sleeve over your shaft, and be mindful of any skin bunched up under.
5. (Optional) Fold the sleeve back over itself for a better grip.
6. Pull up on the bell and suck out any air in the bell, leaving a small gap between your tip and the bell's actuator.
7. Apply the tension or weight.

The main thing you need to worry about is blisters. There are two types, abrasion, and blood blisters. Abrasions are caused by skin being damaged while rubbing against the sides of the bell. The skin pulls up due to pressure, and plasma fills the space. They are relatively benign, but they take 10-14 days to heal and leave a pockmark for an additional 10-14 days.

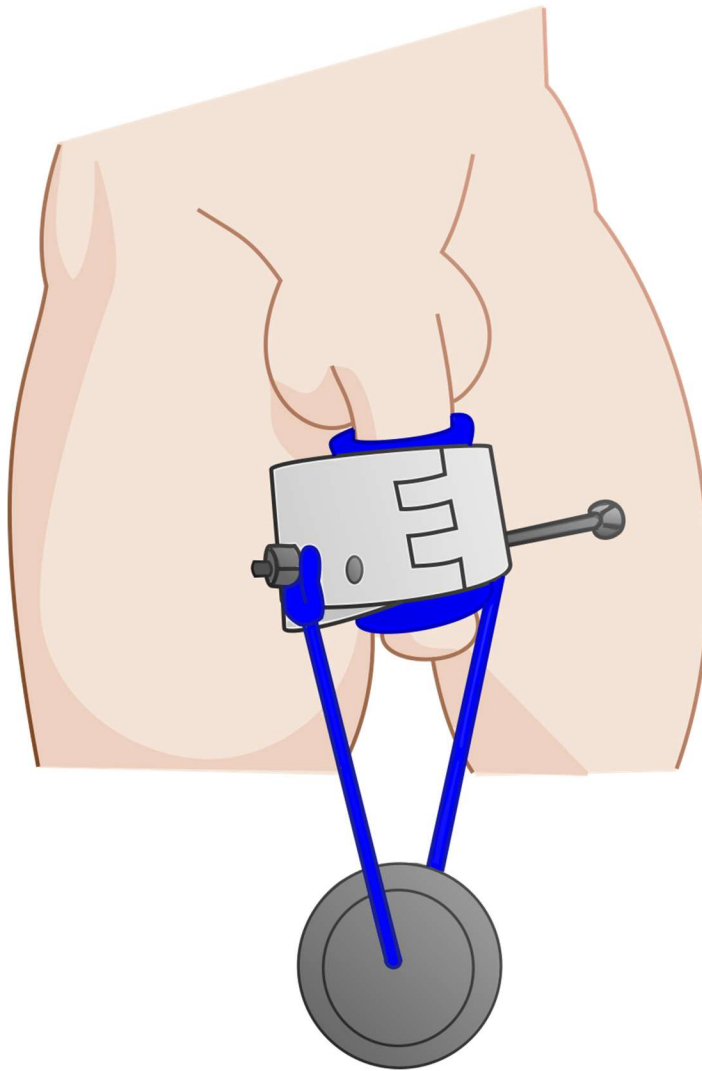
Taping, the Water Method, or the use of lotion create a barrier to protect your glans from abrasion. However, it is not 100% foolproof.

- Taping – Get erect and make an X or * shape out of the tape over your glans. This creates a flush fit.
- Water method- with your vacuum bell, pour a small amount of lukewarm water into it. Then, when you insert your glans into the bell, it will create a barrier between your skin and the bell. Don't let water on your sleeve, as this will mess up the vacuum seal.
- Lotion method- My preferred method. Coat your glans in an ample amount of lotion. Like the water method, this creates a barrier from the bell. This also keeps your skin moisturized. When you insert your glans be sure to wipe up any lotion on the sleeve.

The dangerous ones are blood blisters. This is when the pressure is too great for the glans to handle. Causing the blood vessels to rupture and blood fills in the vacuum. This is caused by too large of equipment or way too much strain (strain creates stronger vacuum pressure)

We all also need to build up to handle longer sessions, which will be handled in the routine portion.

Compression Hanging



Setting up is much easier than vacuum hanging. However, there are a few drawbacks. One, you can only wear this device for 20 minutes at a time, so for the longer session, you must take it off for 5 minutes every 20.

Additionally, it needs 3-4 more lbs. of load to see adequate strain compared to the vacuum. Finally, there is some evidence that the area under the device is not properly stretched, BUT there is some novel stimulus from the compression itself, so it's probably a wash in effectiveness.

1. Prepare the wrap. Since this stays on because of friction and compression, you need to protect the skin from abrasion. You can wrap your skin in an ace wrap or self-adhesive wrap as a base layer, then apply some kind of fabric over the wrap to function as padding. A simpler form of protection is a silicone sleeve, much like the ones used with vacuum hanging.
2. Squeeze all the blood out of your penis. Trapped blood is what will cause discomfort later on in the session.
3. Apply the device – most devices say about ½ of an inch away or 1.5 cm from the glans should be where the device sits.
4. Tighten the device – SQUEEZE the glans while you do this to make any blood exit towards the body and not pool in the tip. Slowly tighten the device (depending on the make) until you feel it is tight enough. This will take trial and error.
5. Apply load.

6. I CAN NOT STRESS THIS ENOUGH TAKE OFF EVERY 20 MINUTES

All-day Stretchers and Why I do not Recommend Them

All-day stretchers have a great premise. Grow while at work. But it is not all sunshine and rainbows. For it to be discrete, you will need the tension to be low enough to walk without a hitch. Which is at most 2-3 lb. Also, when you sit, it changes the tension profile. Making it not particularly good for the office.

You are better off wearing this around the hip. But I find this kind of wear much more obvious, especially in normal street and leisure clothes.

I really don't recommend these. If I did, I would sell them. My colleague is making a high-powered ADS which looks to be a significant improvement. But for the time being, the only ADS I recommend when discrete use is a must is Phallosan Forte, as you can easily gauge tension. But for the love of God, do not wear it while you sleep like they say you can.

The same rules apply. Tension is tension, but that is a formula of weight and time. Low weight means you need more time and vice versa. You should

expect to wear an all-day stretcher for 3 times as long as traditional length work.

Rod Extenders and Why They Are a Hit or Miss

Some of you may be familiar with this design already. Extenders traditionally use springs to generate tension. The entire mechanism is applied to two rods that push up on the shaft and down on the base. This was the first kind of penis enlargement device I saw.

They are okay but criminally overpriced for their function. Many name-brand extenders cost 5 dollars to produce but are often sold at 20 to 40x that price. If you avoid any device, avoid the noose extender. This device places all the loading force onto a small point just above the nerve bundle, which makes it very high risk. I recommend vacuum-style attachments or larger compression-style "clamshell" attachment mechanisms over them.



Another thing to be wary of is these devices live and die by their springs. Weak springs mean a weak stretch; therefore, you need a lot of time wearing the device to see gains. Most Chinese knockoffs don't use high-tension springs, so I don't sell any traditional extenders.

If these extenders are the only thing you can use, fine. But consider upgrading the springs in the future. I would recommend 2000-gram springs at the minimum. Some name-brand devices start at that range.

Lastly, like all-day stretchers, since they are weaker, they will need 3 to 4 x more time to see results. It's part of the trade-off for discrete wear.

High Tension Extenders

The concept of high-tension extenders is great. The force of hanging but on the go. It is awesome. I had one of these for a while but actually outgrew it. I then, tempted to make my own, learned 3d printing in the process. I am not very manufacturally gifted. So, while the prototype was promising, there was no way I could make a viable product.

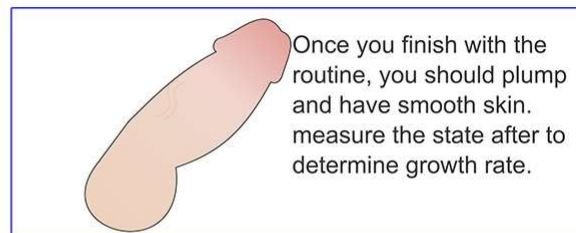
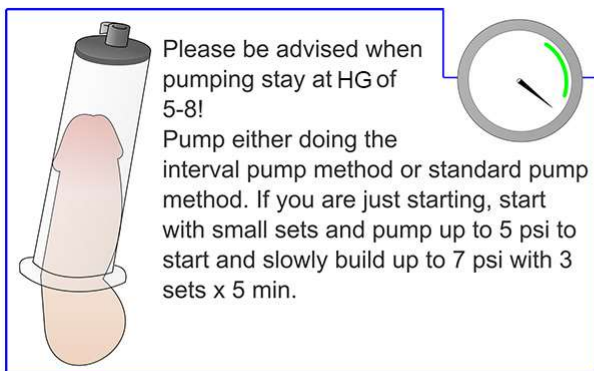
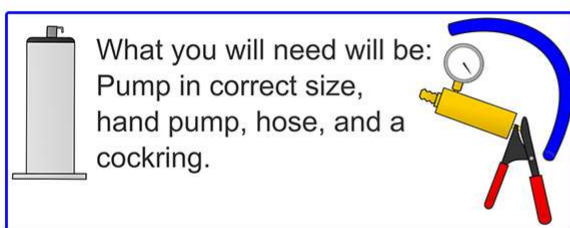
Fast forward a year, and Massive Novelties makes the extender I never could. The apex extender comes out and sells like hotcakes. Talk about the community for months at this point.

What makes it so great is that it is essentially industrial-grade. It can easily produce 40 lb. of Tension (Not that I nor Adam, the inventor, recommend it.) It also has the added benefit of applying force in two directions. Pushing into the pelvis and upon the glans completely isolates the shaft, which could mean double the tension compared to hanging.

Apex is not meant to be discrete. It is meant to replace hanging. Same with the original one. pl used the Turbo Light Extender, AKA magivac pro.

I know I just gave Apex a glowing recommendation. I am not affiliated with them. I don't get any kickbacks or anything. It is just that kick-ass of a device, in my opinion. It is not needed, but it makes PE so much easier.

Interval Pumping



While this book is all about length, we need to work on the endothelial capacity to fill out the new tissue in the endothelial. Unlike traditional pumping, we focus on pulling in as much blood as possible as often as possible. This does two things. One, it generates more collagen failure

opportunities. Two limits edema as the working tissue expands to fill in the vacuum and not water under the skin.

1. Get erect.
2. Apply generous lube to the mons pubis and penis while avoiding the testes.
3. Insert your penis into the cylinder.
4. Apply the vacuum target pressure is 5-10 hg. Start lower as a beginner.
5. Hold the vacuum for 2 minutes.
6. Release pressure to 1 hg.
7. Immediately pump back up.
8. Continue with the allotted number of sets.
9. The best practice is to take a break every 10 minutes.

Mod(ified) Jelqs



NOTE: Sleeve is not required

This exercise is from Ajelqforyou. It is serviceable for manuals as a replacement for expansive work. I Still highly recommend getting a normal air pump. It is just much more efficient (and safer.)

1. Get 90 to 100% erect.
2. Firmly grasps at the bottom of the shaft with an okay grip.
3. Move up the shaft 5-10 percent of your length (IE if 5 inches, move up $\frac{1}{4}$ to $\frac{1}{2}$ of an inch)
4. Hold for 30 seconds.

5. Release grip.
6. Options:
 - a. Manually achieve a full erection.
 - b. Kegel a handful of time to fill the chambers.
7. Repeat movement for the allotted time.

Tunica Release and Tunica Malleability

As we described before, The Tunica is made up of 2 layers of collagen fibrils. One-layer acts as a set of rings running the length of the shaft. The other layer runs vertically. Think like uncooked noodles in a bundle. This Organization creates a structure that is very adept at holding high pressures while still allowing for expansion during an erection event.

Tunica Malleability was the first idea I came up with to make work more efficient. If we expose the fibrils to strain, they are not designed to handle like a bend. It will fatigue more quickly. This also acts as a form of injury

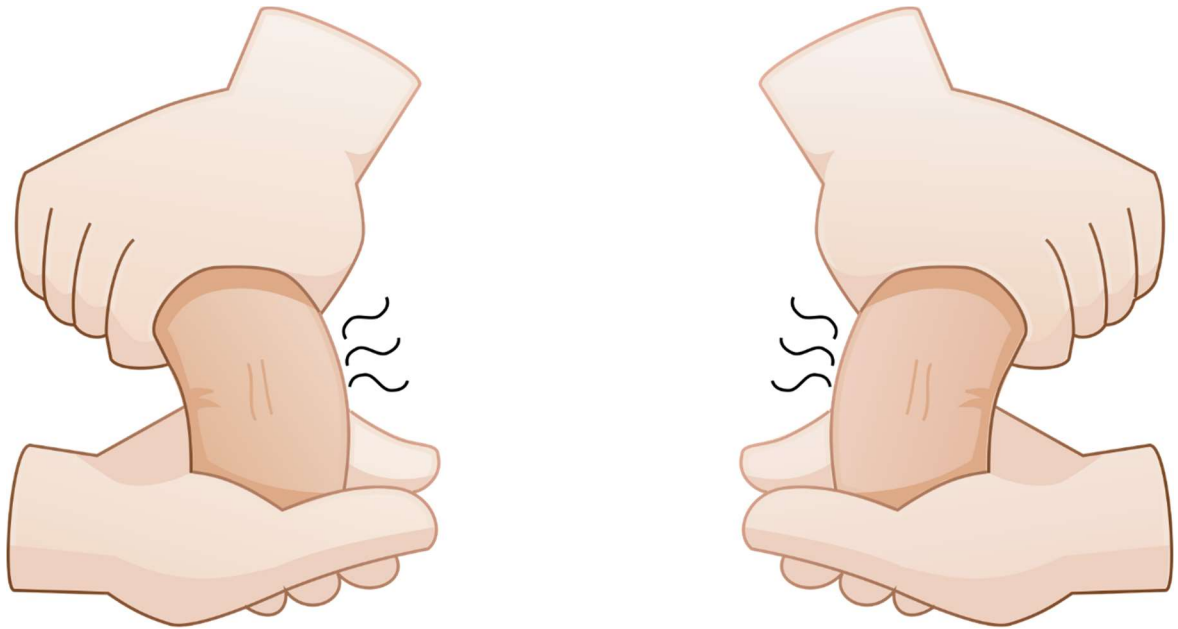
prevention during sex, as the tissue is more flexible and less likely to fracture.

In general, these are bends and twists.

Tunica Release is an evolution of this idea. Still, with the added assumption, the Tunica is a form of fibrous fascia. Therefore, if we apply fascial release techniques, we can secrete many growth factors without overly fatiguing. The credit for this idea goes to Adam over at Massive Novelties. He has been a huge help to me with theory crafting. Tunica Release relies on shear stress and pressure point massage.

A lot of these techniques are hands-on. And my business partner Hink is a bit concerned about how these techniques applied can potentially lead to injury. I will point out concerns as we go.

Semi Erect Bends



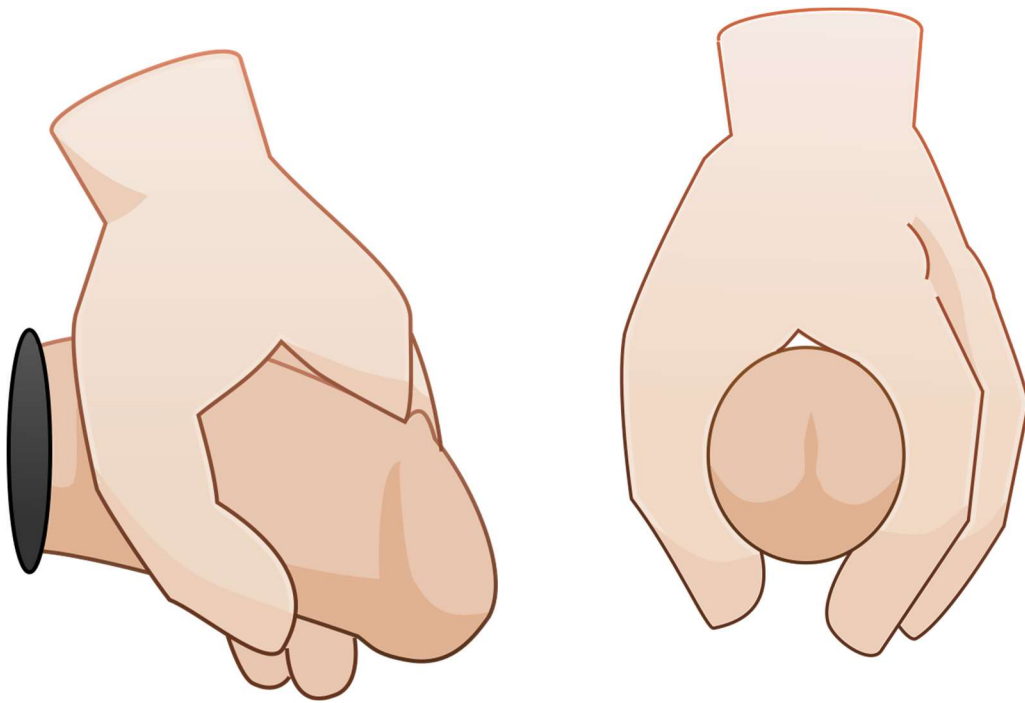
This is the simplest form of Malleability Training and will be the beginner's routine.

1. Achieve 40-60 erection. The tissue is full but not anywhere near stiff.
2. Place your offhand or a cockring at the base of the penis. This will keep the tissue taut while doing said exercises.
3. With your working hand grip at the bottom of the shaft. Above your other hand/ cockring.
4. Slowly turn the penis to the left or right for about 15 degrees worth of turn.
5. Hold for two seconds.

6. Repeat the opposite direction and hold for 2 seconds.
7. Move your hand slightly up the shaft.
8. Repeat steps 4-7 until you reach your glans.
9. Work your way back down the shaft.
10. Repeat for the allotted time.

There should be no pain, maybe a mild sensation of tension. In general, it will feel somewhat pleasant, if anything.

Manual Tunica Shearing



Formerly known as Diamond Jelqs, I came up with an exercise to remove the safety concerns of Traditional Jelqing. There is no pulling involved nor pressure on the nerve bundle. The only cause of concern is overwork, which means sticking to the routine parameter and listening to your body to avoid any issues. It will be in the Intermediate routines.

1. Get semi-erect at 40-60% Levels. Full but not hard.
2. Apply a generous amount of lube.
3. Stop blood flow from the penis by placing you offhand or a cocking at the base.

4. Start at the bottom of your shaft with a diamond-shaped grip on your working hand.

Your hand should not be touching the top or bottom part of your penis. Only the side. This avoids the nerves and allows blood to move freely in the Corpus Cavernosum.

5. With mild pressure, enough to slightly compress the sides, slide your hand up the shaft. The movement should take 1-3 seconds, depending on your length.

6. Place your hand at the bottom and repeat for the allotted time.

This exercise was designed to mitigate risk. So, the most important thing is not to compress the top of your shaft (the part you see when looking down). The dorsal vein runs along the top along with the nerve bundle. We are actively avoiding those parts.

Blow Flow Restricted (BFR) Massage.

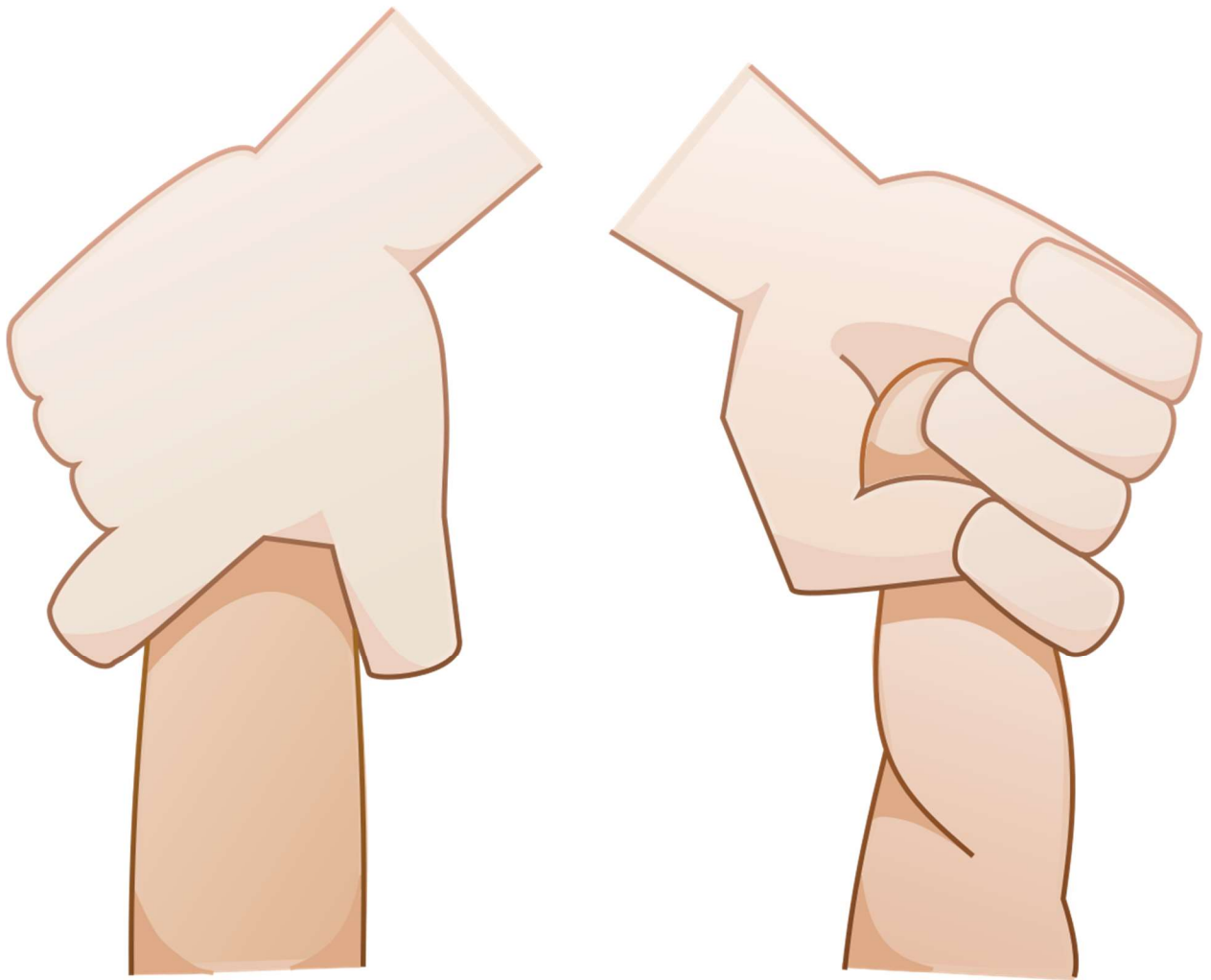
This is a pressure point message I recommend beginners start out with. The point of this is to make the Tunica relax before strain. Similar to how individuals foam rolls their legs and hip complex before a workout. While this

does impinge blood flow, there is no risk of hypoxia as the max you need to perform is 5 minutes.

1. Get Semi Erect, 40-60% aroused. Full but not hard
2. Lube is not required but may help.
3. Place your offhand at the base or use a cockring to impede blood flow.
4. Using your index finger and thumb to form a pincer grip.
5. Start at the bottom of the shaft and knead the sides.
6. Slowly work your way up and down the shaft. Each "pinch" should take one to three seconds. (There is debate on how long it needs to be held.)

We are going for a taffy-like consistency instead of a rubber consistency in the Tunica baseline state. No real injury risk as long as you stay on the sides of the shaft. But since you are tenderizing your meat, overwork must be avoided. In my experience, I need less than 5 minutes to reach the taffy-like state, and over 8 minutes, I start getting a stress response, which is shriveling.

Bundled Stretches



I went back and forth on these for a while. Bundled Stretches look a bit dangerous and require decent body awareness to pull off safely. Think of these as the next step in semi-erect bends. You will start using these in the beginner's routines.

1. While Flaccid, Grip your penis with an "OK" grip $\frac{1}{4}$ of an inch or 1 cm below the glans.

2. Twist your penis so that the head turns upside down.
3. Pull out slightly and hold for the allotted time.
4. Repeat the opposite turn (so if you did a clockwise turn, do a counterclockwise turn)
5. If you have a long enough penis (over 6.5 inches) and have been doing PE for over 6 months, add a second bundle so that your glans does a full 360.

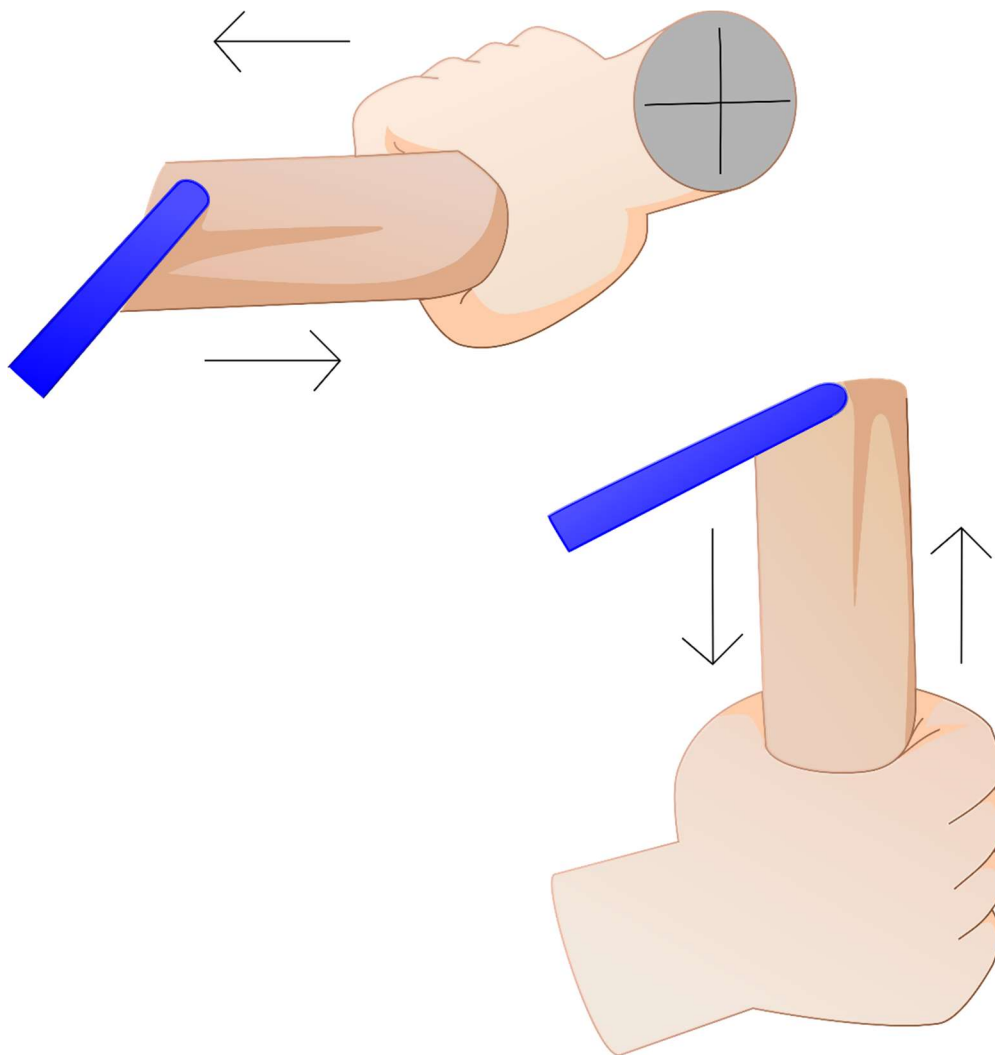
I cannot stress this enough. This is meant to be done at low tensions.

We are not trying to elongate but stimulate the separation of collagen fibrils. It will feel a bit weird, but it should not be painful.

Bundle Stretches in Device

This is definitely more advanced than typical bundles. I would wait 9 months before trying this. I also have issues holding the bundles in my vacuum hanger, so your results may vary. Just like bundled stretches, except it's in your chosen device. Keep the load low as you are not trying to elongate but stimulate.

Gua Sha Scraping/ Tunica Scraping



This is the progression of Tunica shearing. This is for intermediates and beyond. The idea comes from fascial scraping, where shear stress to the fascia (and tendons, for this matter) release growth factors causing an accelerated recovery response. This also has the added benefit of smoothing out the connective tissue, so it removes calcium buildup and

fibrosis, making this a potential treatment for Peyronie's. Finally, it smooths out collagen into a singular layer. So, if you have been doing PE for a while, this will make your Tunica smoother, letting it stretch farther since there is more "inline" collagen to work with.

1. Apply a generous amount of lube.
2. Grip the glans and pull straight out. We are not trying to elongate but just be easily worked in the next step.
3. With your gau sha blade, start on one side of the penis and work up (and or down) the shaft.
4. This is a slight pressure. We are not trying to fold your penis over the blade but supply a slight bend.
5. Repeat for the allotted reps, typically fifty.
6. Do the other side for the same number of reps.
7. Each stroke should take 1 to 2 seconds.
8. There is no need to do the top or bottle, and for injury prevention, it's probably a good idea to avoid them.

I find this one very interesting, as I have also seen some skin growth since I added it to my routine, which made me more sensitive and

appear bigger in the process. Also, I noticed more stimulation when doing this semi-erect. But more trial and error is needed.

Massage Under Tension

This is the progression of BFR Massage. The idea is to elongate while doing the pressure point massage to get some added fatigue and shear stress. You can easily overdo such intermediates with 6 months of experience and beyond.

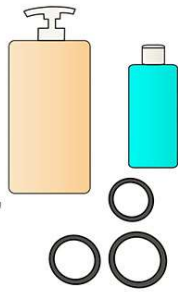
I primarily did this in my apex extender, which will work in any extender or hanging setup. This, Again, is one of the ideas from Adam at Massive Novelties.

1. While in the device and under load. Use the pincer grip I mentioned in the BFR Massage and slowly work up and down the shaft.
2. Tension should be light, with no more than 7 lb. of load in 99% of cases.
3. Extenders will have to slowly adjust the rod's length or sled position to keep the tension constant.
4. Massage for the allotted time.

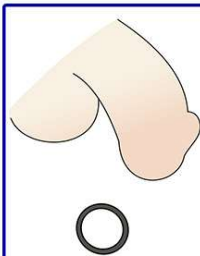
You will most likely not need more than 5 minutes of work.

BFR Clamping

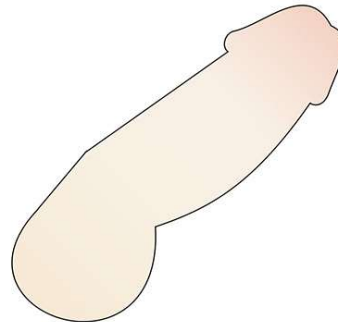
You will need just a small amount of items for this session. Lube, lotion, and rings.



This will be one of the simplest methods, but also the most intense out of the methods. So you will need to be mindful of what to do.



Make sure you have used a cock ring before. If its your first time, apply one and leave for 5 mins



Be careful! Make sure you see no discoloration or have numbness. Any sign of pain should end the session. Do not kegal when clamping.

Once finished with sets you should be full and its time to leave one ring on.



Once you have tested out the cockring its time to get to the main routine. You should be in a fully erect state. Apply the 3 rings and stay erect the entire session to ensure expansion.



To differentiate between the traditional style of clamping and mine. I call this technique BFR Clamping. The idea is to only induce hypoxia and not any over-expansion. Save that for pumping, as it is much better at that.

This limits stress on the tissue and maximizes Vaso-endothelial Growth Factor Release.

1. Get erect.
2. Apply cockrings or silicone sleeves (between 3 to 5) to the base.
3. Leave the stint on for 10 minutes.
4. Remove the stint and massage the penis to restore the oxygen supply.

That's it. We are not trying to stay erect the whole time. No need for arousing stimulus (porn). You will not be hard by the end of it, but you should be around the same size you are when erect, just spongy and slightly purple.)

The Game Plan

Finally, we can start talking shop. Now that we have a general theory let us talk about application. I am going to have 2-3 options: manuals only, low-tension device, and high-tension device routines. This is to accommodate your preferences. But I recommend that everyone uses manuals during the first three months to get accustomed to their body.

I gained 1 inch by just stretching in the shower for 20 minutes while in my teens. My business partner, Hink, only did stretches and pumped. It will still be highly effective. Devices make the whole thing less tedious, not necessarily more effective.

Every routine will have specific malleability work to prime the tissue. Followed by a fatigue phase that maximizes collagen failure. Followed by strain to elongate the tissue to the target zone. Finally, we will finish with light expansion work.

The Tunica work will be hands-on. This will be comprised of bends and massages to get the growth factors from sheer stress. The Fatigue Phase will

be many short sets to get the tissue to give into the stimulus and out of the expected working range. The strain phase is what brings the tissue beyond normal, actually causing the elongation. And the expansion phase is to add angiogenic stimulus to help pack in the new space we created with working erectile tissue.

Unlike typical PE, our focus is always maximizing recovery. This routine will be every other day. You will be tempted to do more but trust me, as someone who chronically overworked their junk. Once we get in range, we want to let the body do its thing.

Additionally, since soft tissue strength adaptation takes 6-8 weeks, we can assume that the tissue will be at its most fatigued state 3-4 weeks into our training block. It is a good idea to recover. Reset the strength adaptation window, but more importantly, let the collagen fibroblast heal and grow in this downtime. I had some of my most insane nocturnal erections during this time.

What to Look For

Positive indications of growth are pretty simple. We want a highly active penis. We get erect easily; sometimes randomly. Arousal response tends to

be faster. But your nocturnal erections will be a primary indicator, aside from changes in the ruler. Hink has pointed out to me that men on medication that affects libido will not have as strong of indicators as a man not on medication. Certain anti-depressants and Finasteride will be the main culprits.

To track session effectiveness, we need to follow two metrics. First, the strain rate formula is:

$$\left(\frac{\textit{DuringSessionLength}}{\textit{PreSessionLength}} \right) - 100$$

I measure the pre-session length on the first set of the fatigue phase. I then check it intermittently throughout my session. On paper, once you hit a 4-6 percent strain range hold the strain for 10 minutes and you are done for the day.

The fatigue rate formula is your:

$$\left(\frac{PostSessionLength}{PreSessionLength} \right) - 100$$

We need this number beyond 2% as the working range of collagen is about 2% strain, so going beyond that after a session shows we achieve high levels of fatigue.

You do not need to measure every session. Once you get the hang of it. Measure 1-2 times a week to make sure you have a stimulus.

If you are beyond 6% strain, you are either measuring wrong or not accounting for equipment slippage. If neither is the case, lighten up your workload.

If you drop below 2% fatigue post-session, you need rest as you generate a lot of cumulative fatigue, which means it's easier for you to stretch your existing tissue. Still, we are getting to the point where this tissue needs to be recovered. I noticed a drop-in fatigue rate about days 17-19 in my tracking. You will be different than me, but it aligns nicely with the idea of taking a week off every four weeks.

Negative signs all revolve around stress and overwork. First, tight and shrivel flaccid. This is a stress response. There is some debate in the first 3-4 weeks if it should be expected as PE is generally stressful. But if it persists beyond week 6, you are likely overworking.

"Turtling" after a session is a dead giveaway from overwork. Cut back next time. We are not expecting a huge flaccid every time, but your flaccid should progressively improve month after month, barring any pelvic floor issues.

Weaker Erection Quality for days after a session. It should be expected a slight drop in erection quality should occur right after a session. However, it should resolve within 4-6 hours, and with the added temporary flexibility, you should see a 1-2% increase in usable length on training days when very aroused. However, if you have persistent erection issues. This is a clear sign of overwork.

Soreness, anything slightly tender because the skin is stretched, is a sign of overwork. You should seldom be sore after PE, and during, for that matter. Like with an Intense session where you can feel the pressure more than before, especially if you orgasmed recently, but aside from the

aforementioned skin soreness, we should not be sore in the core of our penis.

On the other side of the same coin is a loss in sensation. When your body is chronically fatigued, it dulls nerves because your central nervous system interprets it as static. I noticed this during my initial trial and error for this routine. 3 weeks in, I noticed a dulling sensation in my glans. It was minor. But it is also a sign you need a week off.

Temporary numbness is normal after vacuum hanging, but the sensation should return within 40 mins of the end of your session.

Routines for Months 0-3

The entire point of the beginner's routine is to build you up to the point where you can work the tissue enough to hit strain metrics. While it is still possible to hit these metrics. More likely than not, you will not hit them until month 3. In the months following, however. They will be the determining factor for progressive overload.

You will still see changes in size in this period. Primarily through increased tissue flexibility and EQ (Erection Quality), making the gains pretty quick. It is pretty typical to gain .25 in your first 3 months. I gained .5 in my first 12 weeks, and I have seen some cases even higher with photo evidence, but they are outliers.

Everything below is 4 days a week, AKA every other day. After 4 weeks, take 1 week off to fully recover. Consistency is key. Pay attention to your flaccid the following days and nocturnal erections and morning wood.

Manuals Only

- Semi-Erect Bends 3 sets 1 min 30 seconds rest
- Tunica Shears 3 sets 1 min 30 seconds rest
- BFR Massage 5 mins total 30 seconds rest
- CLEAN OFF LUBE
- 10, 1-minute fatigue sets straight out manual stretches
- 2, 5 min strain sets Straight out manual stretches
 - Rest for all stretches is 15 seconds
- Mod Jelqs For 5 mins total 10, 30-second Reps
- OPTIONAL: BTC Stretch 10 sets 30 seconds each

Progression: Every 3 weeks, add one strain set (the 5-minute set) until you reach 6. (Every Month, Add 1 minute of Mod Jelqs, an additional 2 reps)

High Tension Device and Pump

Please be careful with your chosen method. There is no need to go beyond 4lb of tension in your first month. With your pump, do not exceed 6hg in the first month.

Angle does not really matter if you can only do straight down while hanging. It will be 99% as effective as straight out. At your current level but devise a way to hang straight out and move to a high-tension extender as time progresses.

- Semi-Erect Bends 3 sets 1 min 30 seconds rest
- Tunica Shears 3 sets 1 min 30 seconds rest
- BFR Massage 5 mins total
- CLEAN OFF LUBE
- OPTIONAL: BTC Angle 10 sets 30 seconds each
- 10, 1-minute fatigue sets (straight-out angle preferred)
- 2, 5 min strain sets (Straight out angle preferred)
 - Rest for all sets is 15 seconds
- Interval Pumping 2 min reps, 5 reps total.

Progression: Add one Strain set (5-minute set) every 3 weeks. Increase weight every 2 weeks until the load is at 5 lb of tension.

Low Tension Device and Pump

To lessen your time needed in the device, we will frontload fatigue. This will be a common theme with low-tension devices in my routine. I am sure many of you would prefer not to wear the device for an additional 2 hours.

Additionally, I will have you reset the tension multiple times throughout the day. I will give you a general guideline to shoot for, but I know wearing these discretely will make it hard for you to hit that exact time frame. Don't sweat it too much; focus on the number of resets in general.

- OPTIONAL: BTC Stretch 10 sets 30 seconds each
- Semi-Erect Bends 3 sets 1 min 30 seconds rest
- Tunica Shears 3 sets 1 min 30 seconds rest
- BFR Massage 5 mins total
- CLEAN OFF LUBE
- 10, 1-minute fatigue sets straight out manual stretches
 - Rest for 15 seconds
- DEVICE ON
- 3 20 min sets (3 tension resets total)
 - 1 min rest

- DEVICE OFF
- Interval Pumping 2 min reps, 5 reps total.

Progression: Every 3 weeks, add 20 mins of tension with one tension reset until the device is worn for 2 hours total.

Months 4-6

At this point, it is important we start tracking strain rate and fatigue rate at least once a week. As those studies laid out, we need to be between 4-6 percent strain. That means during a session, we want to be 4-6 percent longer than what we started the session at. Another metric we track is the Fatigue rate after the workout. This needs beyond 2% to show the tissue was stretched beyond the typical working zone. As this number gets closer and closer, 2% after a session. It is a good sign you need to take a week off. As you generated cumulative fatigue.

Like last time, **4 weeks on 1 week off. This is to be done every other day, but you will have a better idea of what your body needs. Some of you will need 5 days a week while others will only need 3 days a week. Pay attention to positive indicators and determine what is best for you, BUT REMEMBER, MORE IS NOT MORE.**

Manuals Only

At this point, I highly recommend devices. It gets taxing and tedious as we continue. That said, I only used manuals for the first year and a half of my PE career. They work fine. The beginner's routine is going to be very similar to what this is, with just more work.

- Bundled Stretches 3 sets (each side) 1 min (30 seconds each side) 30 seconds rest
- Tunica Shears 3 sets 90 seconds 30 seconds rest
- Massage Under Tension OR BFR Massage 5 mins total
- CLEAN OFF LUBE
- 10, 1-minute fatigue sets straight out manual stretches
 - Rest for all sets is 15 seconds
- 6, 5 min strain sets Straight out manual stretches
- Mod Jelqs For 10 mins total 10, 60-second reps

Progression: This is when math gets involved. The target strain rate is 4-6%. If you fail to hit 4%, strain an entire week. Add an additional 5 min strain set.

High Tension Device and Pump

At this point, you should be above 5 pounds of tension. Remember, we are trying to fatigue the tissue, not strengthen the tissue. Do not add it blindly if you feel like you can manage more weight. This is why we track strain rate and fatigue rate. The numbers will tell you how to progress, not the arbitrary association with feeling.

- Bundled Stretches 3 sets (each side) 1 min (30 seconds each side) 30 seconds rest
- Tunica Shears 3 sets 2 min 30 seconds rest
- Massage Under Tension OR BFR Massage 5 mins total
- CLEAN OFF LUBE
- 10, 1-minute fatigue sets (straight-out angle preferred)
- 6, 5 min strain sets (Straight out angle preferred)
 - Rest for all sets is 15 seconds
- Interval Pumping 2 min reps, 5 reps total.

Progression: The target strain rate is 4-6%. If you fail to hit 4%, strain an entire week. Add an additional 5 min strain set.

Low Tension Device and Pump

Like last time, we are still frontloading fatigue. 3-5 lb. of tension is the target strain. Do not over-exert beyond the trackable range (IE: Maxing out the red on the Phallosan Forte)

- OPTIONAL: BTC Stretch 10 sets 30 seconds each
- Bundled Stretches 3 sets (each side) 1 min (30 seconds each side) 30 seconds rest
- Tunica Shears 3 sets 2 min 30 seconds rest
- Massage Under Tension OR BFR Massage 5 mins total
- CLEAN OFF LUBE
- 10, 1-minute fatigue sets straight out manual stretches
 - 15 seconds rest
- DEVICE ON
- 4 30 min sets (4 tension resets total)
 - 1 min rest
- DEVICE OFF
- Interval Pumping 2 min reps, 5 reps total.

Progression: Target Length is 4-6% longer during the session. 2-4% after.

Most of you will not be able to measure during easily. So, track with the after,

the fatigue rate. **If you do not hit the target metric for one week in a row,**

Add 1 30-minute set.

Months 6-12

This is where most guys will begin to see a slowdown in gains. At this point, you should be about $\frac{1}{2}$ to $\frac{3}{4}$ of an inch longer than you started (if not more.) The initial flexibility and erection quality improvements would have reached "optimal levels," so true tissue hyperplasia is the only avenue for growth left. While slower, research suggests that hyperplasia is indefinite. No genes regulate this kind of growth, but there is a loss in tissue sensitivity to growth factors with chronic exposure, which is a big reason we should take long breaks every 1 to 2 years of about 4 to 6 weeks. We will also add in some BFR at this level.

Manuals Only

- Bundled Stretches 4 sets (each side) 1 min (30 seconds each side)
- Tunica Shears 3 sets 120 seconds 30 seconds rest
- Massage Under tension for 5 mins total
- CLEAN OFF LUBE
- 13, 1-minute fatigue sets straight out manual stretches
- 8, 5 min strain sets Straight out manual stretches
 - Rest for all sets is 15 seconds
- Mod Jelqs For 10 mins total 10, 60-second Reps

BFR CLAMPING or Manual Clamping is to be done 2 times a week for 10 minutes.

Progression: Like Last time, we are aiming for 4-6% elongation during the session and above 2% after a session. If you fail to reach elongation metrics. For a week. Either add 5 minutes of strain set or apply one of the troubleshooting techniques. Do not exceed 12 Strain sets in total.

High Tension Device and Pump

- Tunica Shears 3 sets 2 min or Gua Sha Scrapes 50 reps
each side
- Bundled Stretches 3 sets (each side) 1 min (30 seconds
each side, can be done in device) 30 seconds rest
- Massage Under Tension 5 Mins
- CLEAN OFF LUBE
- 6, 1-minute fatigue sets (straight-out angle preferred)
- 8, 5 min strain sets (Straight out angle preferred)
 - Rest for all sets is 15 seconds
- Interval Pumping 2 min reps, 5 reps total.

BFR CLAMPING is to be done 2 times a week for 10 minutes.

Progression: The target strain rate is 4-6%. If you fail to hit 4%, strain an entire week. Add an additional 5 min strain set. Do not exceed 12 lb. with a vacuum hanger and 18 with a compression hanger. Do not exceed 12 5-minute strain sets. See the troubleshooting section to get back on target.

Low tension Device and Pump

- Bundled Stretches 4 sets (each side) 1 min (30 seconds each side) 30 seconds rest
- Tunica Shears 3 sets 2 min 30 seconds rest
- Massage Under Tension OR BFR Massage 5 mins total
- CLEAN OFF LUBE
- 15, 1-minute fatigue sets straight out manual stretches
 - 15 seconds rest
- DEVICE ON
- 5 40 min sets (5 tension resets total)
 - 2-3 min rest
-
- DEVICE OFF
- Interval Pumping 2 min reps, 5 reps total.

BFR Clamping 2 times a week.

Progression: The goal is 2-4% elongation after. Your session **If you do not hit the target metric for one week in a row, Add 1 40-minute set.** Do not exceed 6 hours of total device time.

Month 12 and Beyond

At this point, the routine largely stays the same. I recommend switching to a girth focus (or taking a month off). This will make the length of work easier in the future. As we lose strength adaptation and also re-sensitize to the growth factors involved.

If you do choose to continue. It will be an uphill battle. I do not recommend going beyond 15 lbs. of weight. And I do not see the point of continuously adding sets. Going beyond 2 hours of high tension and 6 hours of low tension will be more work than it's worth.

What I am really saying is it will be an uphill battle to fight your adaptation accumulation. Breaks are part of the process for linear gains.

Troubleshooting

Heat

Heat literally makes it easier to stretch. Heat also releases growth factors. It is neat, but I do not recommend using it until you get stuck. Collagen begins to deform at 105 f / 40.5 c degrees. It becomes more like warm taffy; there is a reason many physical therapists apply heat for 5-15 minutes before treatment.

You do not need an expensive infrared heating pad or ultrasound machine. A copper coil heating pad works fine. We only need the heat to penetrate 3mm deep to degrade the Tunica. We do not need industrial equipment to do so. (Steel cord treatment might benefit from a stronger heating pad, however.)

I noticed faster elongation when I used my heating pad the entire time while under load (while hanging/ extending). It definitely works, but there is room for debate on how long you need to use the heating pad. Whether it be 15 mins before the session. Or the entirety of the session, or even only the

first half through so that the tissue can stiffen in an elongated. (I don't believe that much in that idea as they are applying inorganic principles to biology)

Change equipment

Manual users who do stagnate, Get a device. I know it can be hard, depending on your living situation. But it will make life much easier. I would just use my device while everyone was asleep when I was still living with my parents.

Hangers might benefit from switching to the opposite style. Compression hangers can handle more weight but at the cost of not stretching the tissue under the device. While vacuum hangers are limited by how much weight they can hold, the entire shaft can elongate.

Both will see benefit from adding in a device such as the Apex extender as it pulls from two directions instead of one and isolates the shaft.

Low-tension extenders will benefit from switching to hanging. You will have much greater control over the load and can get your routine done faster. That being said, the Apex extender is a good upgrade from low tension to high tension if privacy is not a concern.

Extended Break

This is the simplest to do, but a lot of you have been mentally conditioned that improvements need to be constant or that you will lose progress if you stop. The thing is, if you lose gains, you never gained in the first place.

If your body did produce new tissue. It will stick around if you are in good health. Otherwise, you either became very flexible and lost tissue adaptation which comes back exceedingly fast when your return.

An Achilles tendon loses over 50% of its strength with lack of use in 3 months. Let's assume all soft tissues are the same. If you take 6 weeks off, you will lose at least 25% of strength adaption accumulated.

Reeves, N. D., Maganaris, C. N., Ferretti, G., & Narici, M. V. (2005). Influence of 90-day simulated microgravity on human tendon mechanical properties and the effect of resistive countermeasures. *Journal of applied physiology (Bethesda, Md.: 1985)*, 98(6), 2278–2286.
<https://doi.org/10.1152/jappphysiol.01266.2004>

Additionally, part of your body's self-regulation is dictated by desensitizing to chronic hormone exposure. Since we are chronically excreting growth factors. There will be a point where the tissue can produce enough growth factors to overcome desensitization and lead to stagnation.

Therefore, time off is simplest fix is to stop pumping outgrowth factors to let your penis become sensitive to them again. I am speculating, but 3 months would probably completely re-sensitize the penis to growth factors. 6-12 months would cause an 80% percent loss in strength adaptation. This means after about 6 months of no work. One should start with the intermediate routine and work their way back up.

Steel Cord Treatment

Steel Cord is a bit of a boogie man term in Penis Enlargement. Some individuals (about 2 to 5 percent) will develop an exceptionally strong "core" of the Tunica Albuginea, making it difficult to elongate. It will be only noticeable under tension. What typically happens is the individual stress that hardens that soft tissue via overwork into a very stiff, cord-like structure.

Luckily enough, it is fixable. But it is tedious compared to normal length work. We need to get this tissue to relax. This involves a lot of bends and massage mechanics, and heat during a session.

- Fulcrum Stretches 10 mins total.
- Massage under tension for 5 mins total
- Heated elongation (preferably straight out) 5, 8 min sets

To avoid the steel cord. Do not overwork the tissue. Keep weight moderately low (below 15 lb., ideally below 10) and prioritize rest.

Switch to Girth Training

This might seem counterintuitive. If we want more length, we should just do more length, right? It's more complicated than that. Remember that an erection is controlled by its ratio of collagen and endothelial, blood-holding tissue? The Tunica's collagen count controls the max size an erection can be. But the space needs to be filled with blood to fully stretch out that connective tissue. So even if we are making gains in our stretched flaccid size. It might now exactly correlate with erect size.

This is part of the reason we pump after every routine, to get some minor angiogenic stimulus, along with a novel growth stimulus. The prescribed amount may not be enough for your current endothelial deficit.

Right now (As of July 9th, 2023), I shifted my focus to girth training. And will have conclusive findings by the end of the year. But for now, the gist is:

- Remove the strain sets from the routine.
- Double the interval pumping to ten sets.

- We still need to stimulate collagen, but we also need more focus on growing out the endothelial tissue.
- Clamping is still up in the air with frequency, but in the past month, I stuck to the recommendations applied in the 6–12-month portion, so 2 days a week for 10 mins each session.
- Shoot for 6-8% expansion after your session.

Reasonable Expectations

Much like muscle building, Penis Enlargement gains are logarithmic. Meaning the longer you train for a longer penis, the slower the results come in. However, there are no genes that regulate this kind of growth, just hormone sensitivity and regulation of said growth factors. On paper, we can all get as big as we want with proper planning.

That being said, do not expect 1-inch year over year. Progress in life is seldom linear, and Penis enlargement is no exception.

The margin for growth is 50%, so if we can grow 1 inch in the first year, on average, very weak responders will see about $\frac{1}{2}$ of an inch while extraordinarily strong responders will gain 1 and $\frac{1}{2}$.

Roughly 70% of you will be typical responders meaning you will see 1 inch of length gain in the first month IF you stay consistent. While in the second year, $\frac{1}{2}$ of an inch, and in the 3rd year, $\frac{1}{4}$.

After the second year... I recommend a 6-8 week break to lose all strength adaptation accumulated. Expect to lose 2 to 5% of your total size as you will see some loss in tunica flexibility.

I also fully expect most of you to stop after 1.5 inches of length gain. It literally takes an average penis to a big cock range, but for the size fetishists like me, plan on your breaks long term.

Device Recommendations

Full Disclaimer, I sell penis enlargement equipment on my website PeakMalePhysique.com. I did not like how overpriced everything was, so I and my business partner started selling cost-effective equipment. It all works. I used all these tools on my journey. If you want to support me further. It would be a good place to look for devices.

Vacuum Hanging Kits

- **Size Master Pro** This is a generic vacuum kit. They all come from the same factory in China, the same one I source from. You should not pay more than 55 Dollars for all three sizes. I am selling this under the **big box vacuum hanger kit**.
- **Totalman Vacuum hanging kit** is decent for the money, but there are some issues with the sleeves as of July 9th, 2023. They carry a larger variety of sizes and will cover the individuals the size master pro can.
- Compression Hangers

- **MaleHanger**, Simple good for the price, and robust. Ben, the Owner, is highly active in the community. The only issue is the **Malehanger** routine is based on progressive overload. Which is not a deal breaker as you have this book.
 - You will need to be slightly above average to wear this comfortably.
- **Totalman compression hanger** is okay. The design is constantly in flux (as of 2023), but it works. It's adequate. It is smaller than the Malehanger, so it can fit more men, but it won't be able to support as much weight.

Extenders and All-Day Stretchers

- **Turbolite Extender**- High Tension, so it can be used like a hanger (to a point) but also can be used discretely. The main issue is quality control. I had 5 clients order this, and 2 of them had missing parts. It can go up to 15 lb in tension. The Vacuum bell is quite bad, however.
- **Phallosan Forte** – Since they are the only competitor in the all-day stretcher category, they win by default. I do not have much to

say except it has particularly good build quality. They do sell an extender frame add-on to make it more like a traditional extender. It's a solid pick for when privacy is of major concern and in low supply.

- **APEX Extender**- This is by far my favorite device, other than my penis pump. It's a true hanger replacement. Nothing else is like it on the market. If you have the cash and are serious about PE. Get one.

Girth Equipment

- **Air pumps** with a gauge are a must-have for penile health long term. I sell this on peak male physique, with limited sizing options. My competitors, such as Leluv and LAPump, have more sizes, albeit at a higher price.
- **Cockrings** – to be used for clamping. It really depends on your girth on that to get. It took me months to find the exact cockring I wanted for this and sell them on my site. If you buy anything from my store, get 5 packs of the BFR rings.