

BD'S GIRTH EXPANSION PACK

BD

G SCOTT PMP LLC

BD is not great with grammar, but he chose writing for a living any way

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Change Log

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Acknowledgments

This book is not meant to treat any disease or illness. I am not a health care practitioner. The reader understands that any potential injury from the methods described herein is not the fault of the author of the book. Should the reader implement these practices, they take full responsibility for the consequences, both good and bad.

I would also like to acknowledge that the practices laid out in this book have been practiced for at least 30 years. I do not take claim to the invention of sad practices. All I did was apply science to make them safer and more effective.

About The Author

I hate talking about myself. I go by BD. I have been practicing PE for a decade, off and on. At that time, I tried almost everything that was popular. With about 5 years of work, I managed to gain 2.5 inches of length and 1.5 inches of girth, going from 6 by 5 to 8.5 by 6.5 average girth.

In that process, I learned a lot about how PE was thought to work, but my curiosity got the better of me, and I began to research the actual biomechanics at play. Which showed there was room for major improvement to be had in the safety and effectiveness of PE. Since I switched to my physiotherapy-based routines, I have spent the least amount of time doing PE while gaining size faster than I ever had before.

Most of you know of me from Reddit. I found r/gettingbigger in early 2021 and when writing this book. The subreddit has grown to just under 90,000 subscribers with articles in the Daily Beast and Vice Magazine. I also have an ever-growing YouTube channel, which is slowly picking up more steam.

Introduction

Long before I came onto the Penis Enlargement scene, The secret to girth gains was a highly sought-after commodity. To this day, it is still a largely misunderstood process outside of my community and the subreddit r/gettingbigger. Since girth gains are so elusive for so many, I took it upon myself to figure out how we can increase the success rate of girth training.

In this book, we are going to first look at where the older generation of penis enlargement enthusiasts went wrong. We will then look at the physical structure of the penis. After that, we look at what physiotherapy research suggests and extrapolate those findings onto the phallus. Finally, we will go over the exercises needed and give you routines with high chances of success.

I am going to assume you believe penis enlargement works. Although my theories are quite convincing, this book is not meant to convince you. This book outlines a clear-cut method for increasing penile girth by applying chronic fatigue to the penis. The fatigue, in turn, builds more penile tissue over time. Contrary to popular belief, my contemporaries' girth is quite easy to gain once you know how properly apply said fatigue to the penis.

Fetish Pumping and the Tenuous Gains

Penis Pumps have been around for a long time. The first one on record appeared in the late 1800's, surmised by Dr. John King. King's pump design was improved over the next few decades and by the 1910s, but the use of penis pumps did not take off until the 1960s with the work of Dr. Geddings David Osbon.

Penis Pumps were used to treat erectile dysfunction, and they fell out of popularity with the creation of Viagra in the 1980s. Still, to this day, the US Government spends millions of dollars a year on Medicare for penis pumps.¹ These are probably the most well-known tool for penis health and potential enlargement.

Eventually, men would start playing around with penis pumps and learn they can be quite pleasurable. With some experimentation, men noticed that they could develop massive swelling making their penis immediately bigger for the next few hours. And thus, Fetish pumping was born.

¹ <https://www.cbsnews.com/news/medicare-paid-excessive-172m-for-penis-pumps-over-five-year-span-report/>

I define fetish pumping as the prolonged use of a penis pump to develop excessive swelling that the pumper finds very pleasurable, whether it be the sheer size, appearance, or feeling of being under pressure. Some individuals will take it a step further and inject saline into their phallus for even larger pumps, and some go to the extremes of silicone injections to change to this bloated state permanently.

These fetish pumpers would do this routinely. And some of them noticed that their normal size slowly grew over time. And this became a staple of old-school penis enlargement. I will explain more when we get to the anatomy unit, but in summary, they were training their penis to swell massively, not to hold more blood in most cases.

The Overwork Fallacy

With the rise of the internet came the rise of penis enlargement forums. There were quite a few, but the big 3 I know of were ThundersPlace, MattersOfSize, and PEGym. I wrote about the history of PE in my last book, so I won't go into crazy detail here.

All three of these communities had a few major personalities (as that's common with self-improvement groups.) The issue arose with how much

workload they prescribed to achieve their results. My colleague Adam Romero and I both firmly believe that their gains were achieved despite their routines, not because of them. More on that later.

One of the common misconceptions about old-school penis enlargement is the need to apply material science to the penis. It's not an awful starting point, but if we do not take the fact that we are dealing with living tissues into account, we will end up with long-term degradation of the tissue in question.

In material science, there is the phenomenon of plastic deformation. Simply put, the more a material is stretched, the less likely it is to return to its original shape. All materials have their own stress-strain curve for when this change happens. However, living tissues heal stronger, longer, and thicker than before. But to achieve this growth, we cannot overwork the tissue. These brute force methods almost always lead to some amount of work. Chronic overwork is most likely the leading cause of stagnation and what makes girth gains so difficult for many.

Brute Force Is Not The Answer.

The penis is a pressure vessel designed to hold immense pressure. Tunica Albuginea (the main part of the penis we care about) can withstand 29 PSI

before rupture². Considering a car tire's recommended pressure is 30-35 PSI, our penis can withstand some crazy pressure levels, all things considered. So, if we use brute force, we are in for an uphill battle. This is where single exercise routines fall short.

If we apply novel stimulation to the shaft before we try to make it overexpand, we will have much more tissue simply loosening it up beforehand. This is one of my main tenets of girth training.

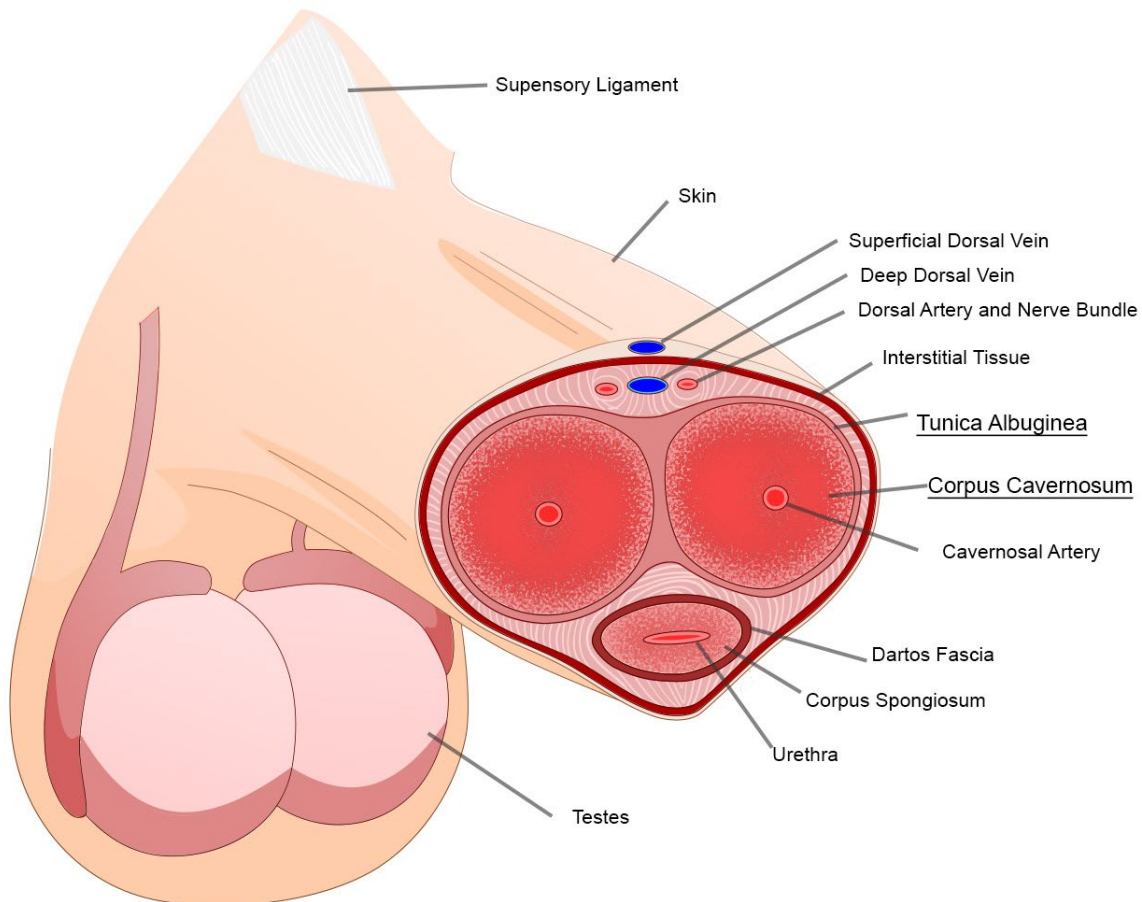
The Anatomy of the Penis

The penis is relatively sophisticated. It comprises five main bodies: the Corpus Spongiosum, the Corpus Cavernosum, The Urethra, The Tunica Albuginea, and the Glans. Some minor bodies make up the penis, but we only care about the 2 of the 5 above for our purposes. The Corpus Cavernosum

2

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9158049/#:~:text=The%20tunica%20albuginea%20is%20a, due%20to%20its%20tensile%20strength.>

and the Tunica Albuginea.



The Corpus Cavernosum is a dense network of sinusoidal endothelial tissue. Sinusoidal is synonymous with cavernous or filled with holes like a sponge. The cavities are lined with endothelial tissue, blood-holding tissue, and this is what provides the blood supply for 70 to 80% of the erection. Controlling how much blood this Corpus Cavernosum has the biggest impact

on the overall size. The glans and Corpus Spongiosum make up the other 20 to 30% of the blood capacity.

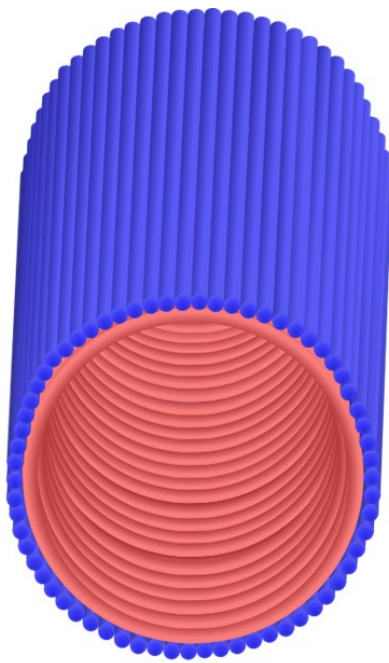
The Corpus Cavernous is lined by a dense collagen and elastin structure, the Tunica Albuginea. This connective tissue is about 1 to 2 millimeters thick and organized into normally two layers. The horizontal bands run as rings as the inner layer. And then long strands that line the outside of the penis, running the length of the shaft.

Most men will have two layers of tunica, but there are mutations that allow for one layer or potentially three or more layers. Multiple-layered individuals are suspected to need more work to see gains, while single-layer individuals are likely fast responders.

This does not consider denser collagen fibrils, which would also impact needed work for changes in size.

It is important to note that I primarily pull from tendons and ligament research papers for my research and theories. While the Tunica Albuginea is not a direct comparison to tendons and ligaments, the fact that it is an organized collagen-based structure means similar stimuli will have similar effects on the Tunica as it does on tendons.

A more likely similarity is fascia, which is found around the heart. Fascia is the catch-all term for connective tissue that lines everything in your body. It is your body's scaffolding, and research shows we still don't know much about fascia. Fascia has different densities to serve as a more protective element. It



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.

is also shown to be very responsive to touch, as it should be since it is lined with nerve endings.

My colleague, Adam, is a soft tissue expert by day. He works with fascia all the time. One of his theories is that tunica albuginea is like what we find lines the heart: fibrous pericardium, a wall-like structure that keeps your heart from

exploding. I agree with Adam that, at the very least, the Tunica Albuginea is very similar to other dense facias in the body.

This will be more important later.

The Lymphatic System

I am by no means a lymphatic system expert. So, this will be a very general approach to the subject. The lymphatic system is the garbage collection system of your body. It routinely pulls plasma into itself and filters the blood for potential contaminants, so you can develop swollen lymph nodes when you are sick with certain diseases.

The lymphatic channels are intertwined with your cardiovascular system. The cardiovascular leaves some fluid behind for nutrient transfer, and the lymphatic channels soak up the left behind fluid. This fluid then goes to lymph nodes, where the “junk” stays behind, and the fluid is returned to the blood supply.

The lymphatic system has very low pressure compared to the cardiovascular system. From what my colleague Doc Hink, A medical doctor, by day, the lymphatic system's max pressure is 120mm, which is about as strong as a typical erection. If we apply a vacuum stronger than 120mm to an area, we will slowly pull lymph into the area.

Additionally, interstitial fluid coats your cells to allow the ease of transfer of nutrients. With excessive vacuum pressure, this fluid can travel and fill the void left by the vacuum.

What This Means for Penis enlargement:

Since the Lymphatic System is easily overpowered by a minor vacuum. We must be mindful of how much lymphatic fluid we are pulling into the penis as it will obstruct the fatigue applied to the blood-holding tissue. With subcutaneous swell (swelling under the skin), we can limit the expansion of the Tunica Albuginea, ergo failing to reshape the penis over time.

In simplest terms, we need to limit bad swelling and maximize the swelling of the correct tissues. This will be a large portion of crafting the routine around these metrics.

The Science of an Erection

The end goal is a bigger erection, so let's discuss how an erection works. The first step is an arousal stimulus. This can be anything that elicits neurons to fire a signal to the Ischiocavernosus Muscle of the pelvic floor. This is literally the erection muscle. The signal tells the Ischiocavernosus Muscle to contract around the base of the penis. Occluding blood flow out of the penis. While this is happening, the smooth muscle in the corpus cavernosum receives the signal to relax, allowing more and more blood in. Eventually, the pressure begins to build against the walls of the tunica. In the tunica, tiny veins allow blood to pass normally, but as the tunica stretches due to the newfound pressure, the veins are occluded, increasing the pressure at a faster rate.

Equilibrium will eventually be achieved when the Tunica applies equal pressure to the Corpus Cavernosum that it exerts on the Tunica—leading to the end size of the erection. This pressure is normally between 4-7hg, depending on the individual. That will be important later.

What This Tells Us

Since we know how pressure is created for an erection, we can use that to our advantage with our end goal. The Ischiocavernosus muscle applies

pressure to the dorsal vein. If we apply additional pressure to this vein, we can create a larger pressure imbalance than naturally possible. This is the basis of clamping, a touchy subject of an exercise that will get its whole section later.

The tunica ultimately controls the size and hardness of an erection. The amount of blood-holding tissue in the tunica determines both the max size and max hardness. Without the tunica, our shafts would look and feel like sponges.

We need to go beyond the natural erection pressure to cause overexpansion. This varies between individuals and will more than likely be from 5 to 12hg, depending on various factors. But we need to remember the lymphatic system's weak pressure capacity.

Causes of Growth

Going down the rabbit hole, let's explain the different tissues in the Penis to explain how positive adaptations happen. This is the root of my theory. Even though the penis itself has not been properly studied, the building blocks of the penis have been researched quite extensively. These tissues are the same elsewhere in the body. Ergo, the stimulus that causes the growth of these specific tissues will ultimately cause the growth of the penis.

Blood-Holding Tissue, Endothelial Tissue

Endothelial tissue is found in every inch of your body. It's everywhere, and we have a pretty good idea of what causes angiogenesis, the growth of new blood vessels—lack of Oxygen, high-pressure events, and, in some cases, mild but systemic compression.

The lack of oxygen, hypoxia, is a potent way to quickly increase endothelial density. If a tissue goes oxygen deprived for a period (this depends on the tissue, but in our case, between 5 and 10 minutes), it begins to release Vaso-Endothelial Growth Factor (VEGF-1). This signals to the cells that they need to branch out more to have more blood oxygen available in

case the hypoxic event returns. Naturally, this would happen with common aerobic exercises. As we exert our muscles, they use more and more oxygen, which is why we breathe so heavily when doing cardio exercise to increase blood oxygen supply. Eventually, our elevated breathing rate cannot meet the demand, and our muscles enter a slightly hypoxic state. During recovery, your body will build more endothelial tissue to supply the muscles better. This reaches the point where the muscles enter a different energy production system, which by-product is lactic acid... which is what we associate “the burn” with. Lactic acid also upregulates VEGF-1 release.³ But for our purposes, lactic acid production is not present in hypoxic events in the penis (as we know currently).

Building off this natural process, physiotherapists developed a technique called Blood Flow Restriction Therapy (BFR).⁴ If we can cause a larger hypoxic response, we can see faster results in rehabilitating patients with less work overall.

³ <https://pubmed.ncbi.nlm.nih.gov/30046816/>

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8892188/>

Therapists will apply a stint to a limb, impeding blood flow. Which then causes a more extreme hypoxic event to sit in. The time it takes to fatigue a muscle is greatly reduced since lactic acid production is almost immediate, and the hypoxic stimulant for angiogenesis is amplified and sets in faster. This comes with the added benefit of protecting the connective tissues due to extreme wear and tear because they are largely anaerobic and do not use oxygen for daily functions. So, to sum up, faster muscle fatigue leads to less wear and tear on the joints with the added benefits of increasing blood supply to a weakened extremity. This is a welcome tool in the physiotherapist's toolbox.

Now applying this to the penis, if we apply an occlusion to the penis, we can see similar benefits IF we do not over-train, increasing vascular density and rejuvenating nerves of the penis.⁵

High-pressure events are more studied in unhealthy populations of high-blood pressure sufferers. Since it is a chronic condition, the chronic stress to the walls of the cardiovascular system goes through stress

⁵ <https://www.frontiersin.org/articles/10.3389/fsurg.2022.862478/full>

hardening and inner wards proliferation of cells. It is causing the inner diameter to close.⁶

Think of it this way: thicker pipes can handle more pressure. We need to figure out how to increase the branching of the endothelial tissue rather than the hardening.

It is not all doom and gloom. Research from 2015 shows that short bursts of high pressure cause angiogenesis.⁷ What happens is due to the dilation from the pressure. A weak point develops. That weak point eventually begins to form a microscopic blister called a bleb on the tip of the capillary. Depending on the size of the bleb and the robustness of the tissue, the capillary will either cleave the wound off, losing the potentiator for growth, or bring the stretched-out lining back in form. Slightly changing shape in the process.

<https://www.ncbi.nlm.nih.gov/books/NBK53240/>

⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6132119/>

⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6485462/>

Collagenous Tissue

The Cell Misnomer

There are not many cells in the tissue compared to endothelial tissue in connective tissues. Instead, there are cells responsible for producing collagen proteins. These collagen proteins make up the bulk of the tissue, while those cells create more tissue when needed, either injury or normal wear and tear of the tissue. ⁸

Many companies that sell PE equipment say mitosis is responsible for growth, but very little mitosis is happening. The correct terms here are hyperplasia and hypertrophy.

Collagenous Tissue Overview

Blood-holding tissue is relatively adaptive, and the body makes it easy to spur growth. On the other hand, connective Tissue/ Collagenous Tissue is not so easy to coax into adapting. Connective tissue, as the name implies, holds the body together like blood-holding tissue; it is everywhere in some

⁸ Costa-Almeida R, Calejo I, Gomes ME. Mesenchymal Stem Cells Empowering Tendon Regenerative Therapies. *International Journal of Molecular Sciences*. 2019; 20(12):3002. <https://doi.org/10.3390/ijms20123002>

fashion. You are probably most familiar with it in tendons and ligaments, which hold your bones and muscles together.

In the penis, we have a connective sheath of collagen called the Tunica Albuginea. [This sheath is about 1mm to 2mm thick and is organized mostly of collagen and a bit of elastin structure.](#) Collagen is a protein responsible for the strength of the structure, while elastin allows the tissue to stretch further than if it were purely collagen. Collagen does stretch quite well. In fact, Elastin actually helps with contraction while flaccid, so it is likely the growers have more elastin in their Tunica albuginea than their shower counterparts. For enlargement, since the tunica makes up 95% of the Tunica, we will focus on that mainly.

As described already, the tunica comprises two layers the “rings” that go around the Corpus Cavernosum and the lines that run up and down the length of the penis. If we are trying to change the shape of our erection, we need to change the size and shapes of these bands. For length that’s simple, we stretch the penis as covered in my other book on length. For girth, we need to increase the size of the rings surrounding the penis to accommodate

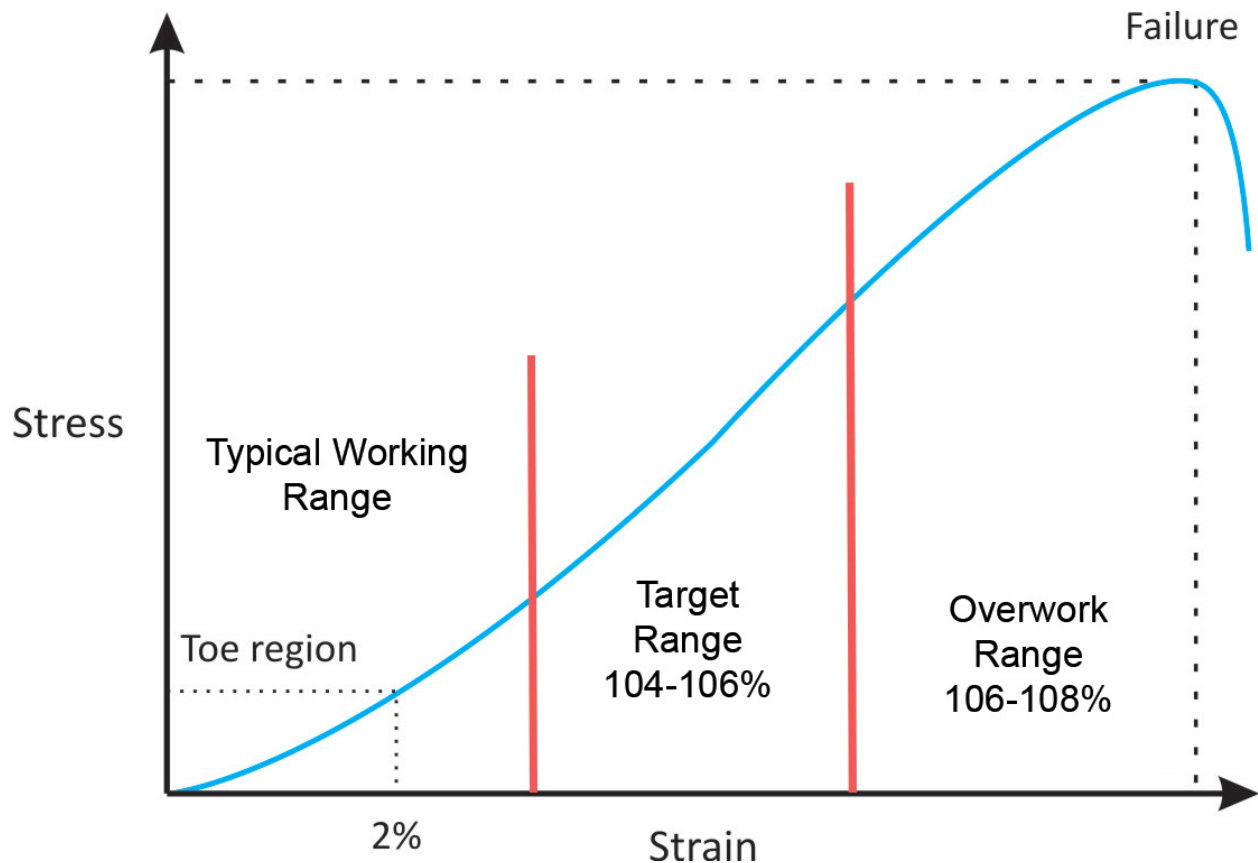
more endothelial tissue in the core. We also need to consider that the tunica is a uniform structure with the bands and rings fused into a weave.

The Growth Cause of Collagen Tissue - Elongation

Connective tissue responds to elongation beyond its normal working length.⁹ This research study shows that fatigue on the tissue has an illicit growth response. Too little work will cause no change in shape or strength,

⁹ Robi, K., Jakob, N., Matevz, K., & Matjaz, V. (2013). The Physiology of Sports Injuries and Repair Processes. InTech. doi: 10.5772/54234 <https://www.intechopen.com/chapters/44614>

while too much work will cause microinjury and should be avoided as that can eventually cause macro injuries and degradation of tissue health.



The expected working range of the collagen protein is less than 102% of its length at rest, meaning it is designed to stretch a little. However, stretching the protein beyond its working range, between 103% and 106%, will result in the desired fatigue; therefore, a growth signal is present. Going beyond 107% length causes micro tears in the protein. And 110% causes rupture in the protein.

Since we are focusing on girth, we need to stretch the inner rings or Tunica Albuginea. While it's not as straightforward stretching the lines, it's still simple to pull off with the use of expansion techniques.

We also need to consider that the penis is designed to hold a lot of pressure, so if we can pre-fatigue the connective tissue beforehand, we will have a much easier time causing the over-expansion necessary.

Szczesny, S. E., Aeppli, C., David, A., & Mauck, R. L. (2018). Fatigue loading of tendons results in collagen kinking and denaturation but does not change local tissue mechanics. *Journal of biomechanics*, 71, 251–256.

<https://doi.org/10.1016/j.jbiomech.2018.02.014>

<https://www.ias.ac.in/public/Volumes/jcsc/111/01/0071-0080.pdf>

temperature study

The Tunica Bottleneck

I touched on this before: the rate at which the Tunica remodels will be the rate that increases size. The problem is that, like most connective tissue, the remodeling takes much longer than its endothelial counterparts.

First, The Tunica is largely avascular and has no active blood supply. Nutrients needed to heal are much slower to get to the tissues via passive diffusion. Second, the number of stem cells in the penis responsible for collagen production must cover a significant area to repair or replace fatigued and damaged collagen proteins. Third, it takes more work to fatigue these tissues compared to endothelial tissue.

A large portion of your routines should consist of working the Tunica to prime it for expansion or exerting pressure to cause fatigue. We will get into more detail, but your routines need to be at least 5-10% tunica priming working, what we now call tunica release techniques, 80% should be expansion work such as pumping or specific manual exercise, and the final 10 to 15% should hypoxic stimulant. Focus 85 to 95% of our time on the

tunica because it takes more work, and the angiogenic stimulus has overlap with pressure, causing fatigue on the collagen fibrils the same way it causes fatigue to the endothelial tissue.

Research Applied

The Right Kind of Expansion

This mainly pertains to pumping. As negative pressure is exerted onto the penis, the body will let fluid travel to fill the vacuum. With clamping, more traditional inflammation is present, a stress response, while pumping is more of a matter of physics. To ensure we are working the correct tissues, we must explain what this swelling is and what it feels like

Edema is the enemy.

Edema means excessive fluid in a tissue. We are specifically worried about the edema found under the skin and subcutaneous edema. The Subcutaneous edema response will depend on a few factors: hydration, personal swell response, and body fat percentage. Since most adipose fat tissue is subcutaneous and holds a large amount of water, overweight and

obese individuals can have excessive subcutaneous edema from penis pumping.

Some individuals swell more than others in general. I personally have a very minor swell response, but I know quite a few guys who have very fast and overactive stress responses, which can lead to significant edema while clamping.

When edema sets in, your penis will lose its vascularity. Your skin will distend. It will feel like a soft moldable mass is under the skin. Water follows the path of least resistance, so wherever your skin is loosest, you will have more edema; for uncircumcised men, it will be in the foreskin. For cut gentlemen, it tends to pool between the circumcision scar and below the glans.

This is aptly named the “Donut.”

It will be cool to the touch compared to your normal erection. It will also be easily disfigured as you are just pushing water around under the skin.

Some men quite enjoy the shape and feel, but for our purposes, it is a sign of improper technique. Additionally, pumping for edema trains your body to allow for more edema over time, making it harder to reach the active tissue the more often we go for temporary size and not true expansion.

Internal Expansion

Internal Expansion is going to be the driver of both endothelial increase and tunica remodeling. Internal expansion is going to be much like your normal shape; there may be some bowing out as the fibrils of the tunica begin to fatigue, and distal forces push out more in the center of the shaft. You should have significant vascularity while under pressure. Your penis should be very warm as it is filled with blood instead of water. It should feel quite dense when erect, as more blood is in the tissue than a typical erection.

This internal expansion will also have some lymphatic build-up. Depending on the sets and reps you use, it is entirely possible to lose the erection but still fill the tunica with lymph and interstitial fluid. It is yet to be determined if this is a good tactic for tunica remodeling, but my intuition says this would be extremely inefficient. I suspect many PE users trained this way, so it works, but I argue there is a more effective solution.

Limiting Edema, Maximizing Endothelial Swell

To limit edema, we need to do a handful of things. First, we need to prime out Tunica for expansion. If the tunica cannot overexpand to fill the vacuum, then

the only option is for water to fill the vacuum under the skin. Second, we need to limit the length of our session overall. Your arousal response while pumping can only be for a short period of time as we are applying minor trauma to both the pelvic floor and the penile tissues itself. Any session over 40 minutes welcomes lymphatic swell and edema.

Third, we need to keep our sets relatively short. The more often we pump up, the more easily the tunica is to push out against the tissue fatigue. We can still do the same time needed; we just need more resets in that time. Fourth, some kind of barrier between the fat pad and the penis seems to significantly help edema. A pump sleeve would limit the travel of water under the skin since it essentially blocks the path.

Fifth, heat is applied while pumping. Heat causes the tissues to relax, and heat slightly beyond body temperature actually begins the breakdown of collagen fibrils, speeding up the fatigue effect. It is not needed, but it can definitely help, especially in those cold winter months.

Edema can also be a useful indicator of when we need to take a week off. As our tissues fatigue, we expand faster, but there is a point where the tunica

can not break down any further and will reach a terminal size at its current state. Edema will come in faster during this time as it will not have to compete with the blood-holding tissue to fill the vacuum. I will bring this up later in a bit more detail.

Pumping

Traditional vs. Interval Pumping

Traditional pumping is what most guys before me used to get their girth gains. However, due to the high variability in success, I developed interval pumping to maximize the correct tissue expansion. I still think there is a place for traditional pumping, but that is yet to be explored in my recommended routine. I recommend interval pumping, but for those who want to use the tried and true method, I will supply a routine for it.

Traditional pumping will have much more temporary gains. The swelling after a session. Some guys love it for the immediate increase; I personally think you should not chase temp gains as it normally limits the expansion of the actual tissue.

It is extremely important to go into the cylinder erect. It's much easier to stretch the tunica as it is already stretched close to the current limit. While flaccid, the tunica is bunched up together, making it somewhat hard to stretch and making it more likely that subcutaneous edema will fill the vacuum instead. Additionally, the Corpus Cavernosum is dilated, allowing blood to enter more easily.

Pump pressure should be from 5 to 10 hg for most users. We must go beyond our natural erection pressure to cause fatigue and over-expansion. Sets should be about 5 to 10 minutes. Shorter sets are recommended to avoid discoloration and edema.

With traditional pumping, you must get erect or close to it every time you enter the cylinder. The rest period is about 3 to 5 minutes and is almost instantaneous with intervals. That difference alone requires a full “reset.”

An arousal stimulus is very useful while in the pump. I don't necessarily recommend consuming porn for 40 to 50 minutes straight, but there are a few options. Erotic literature and audio, for example. It is not uncommon for sexual partners to get involved in the process, too.

The potential benefit of traditional pumping is that you can stretch the tunica for longer, which may lead to more flexibility later on. But that is yet to be determined.

Interval pumping is a completely different beast. This is more akin to weightlifting for your penis. We focus solely on the expansion, with a rep and set scheme in place. To limit edema, we do short sets from 1 to 3 minutes. This will take some experimentation to see what works best for you.

Enter the tube erect. Be sure to apply ample lube beforehand. Pump up to 5 to 10 hg hold for your chosen set time. Release pressure to 1 hg and immediately pump back up to your target pressure—no need to get erect again.

I recommend taking a break every 10 minutes. A set then will be about 10 minutes long with anywhere from 10 to 3 reps of pressure pulses.

You will most likely get shorter in the tube as your penis expands outwards rather than upwards.

When finished with your routine, it should be very similar to your natural shape, just significantly thicker. It should be red and warm to the touch. You should have some degree of vascularity.

Water vs. Air Pumping

My business partner only uses Hydromax water pumps and has made very good in limited sessions. Hydromax lines are some of the most popular devices bordering on mainstream acceptance. I am not a huge fan of them as they are quite expensive and have the fatal flaw of being unable to gauge pressure. That being said, I would be a fool not to provide a routine based around the bathmate.

Water pumping can also be done with traditional air pumps. But either you need to be very careful, have a water trap, or check the valve mid-line so you don't ruin the cylinder.

As for the efficacy of water pumping, there are clear physical benefits. One, since water does not compress in a vacuum, all the pressure is applied to the penis instead of the air around the penis, making for much more even swelling. The heat of water can also increase expansion due to vasodilation

effects. There tends to be more temporary gains from water pumping via passive water transfer into the skin,

The downsides of water pumping... it is a mess and less mobile. The changes in pressure are almost immediate as the water transfer pressure to the penis at a moment's notice... this can cause severe discoloration over time.

Air pumping tends to lead to less uniform edema but less edema overall... there is no heat unless you apply it via a wrap or space heater. Pressure changes are not immediately applied to the penis, making it much more forgiving when it comes to discoloration.

You can use water if you like. I prefer air pumping as it is easier to do while sitting in my office. Interval pumping seems to work better with air, in my experience.

Making Pumping More Comfortable

Pumping always requires some lube. Make sure you slide easily in the tube as you expand. Coconut oil is a good option for this. Apply the lube generously the entire length of the shaft and the base going about ½ inch around on the fat pad. Trimming your pubes can help get a good seal and helps with tugging.

A well-fitted cylinder can help with discomfort, but for those who are between sizes. Get a pump sleeve and ball stretcher set. This will keep your testes from being pulled in the vacuum.

Traditional Pumping Guidelines

Anyone who has made gains with a penis pump ultimately used a traditional method of penis pumping, whether it is with a water-based pump or air. The sets were anywhere from 5 to 20 minutes, with sessions lasting anywhere from 15 minutes to 2 hours. On top of that, pressure ranged anywhere from 2.5 hg to 20 hg as the recommended pressure.

Obviously, the internet has a lot of room for debate on this subject, but I will give what I noticed was successful for me and my clients.

1. For every set, you must enter erect. This forces the tunica to be at the max size before you attempt to over-expand it. Therefore, you are working the tissues.
2. A physical warm-up is necessary to limit edema.

3. The pressure should be between 5 to 10 in/hg above your natural working pressure.
4. An arousal stimulus while pumping can make or break sessions,
5. There will be significant edema beyond 30 minutes and nothing but edema after 60 minutes.
6. The sweet spot for expansion to edema was 5 to 10 minutes while going beyond 10-minute sets results in more edema with each passing minute.

Interval Pumping Guidelines.

1. Sets will be anywhere from 1 to 3 minutes, depending on personal swell response.
2. Recommended pressure is 5 to 10 in/hg.
3. There is no need to get erect between sets beyond the first set; the rest period is short enough that the tunica is dilated when the vacuum is reapplied.
4. Session length will be about 20 to 40 mins.
5. The edema response is still present but minimized. The edema amount depends on time under pressure and overall set length.

6. Arousal stimulus helps with expansion, but it is not imperative like with traditional pumping.

Clamping

Clamping Techniques

Clamping and its efficacy is a hotly debated issue within the Penis Enlargement community. Some say it's the only thing that works for girth. Some say it is a one-way track to pelvic dysfunction. I think clamping still has its uses, but, in most cases, pumping will be the main driver for tunica remodeling. Clamping is useful for men with overactive swell responses and men who cannot have a penis pump due to privacy or arbitrary laws that limit the sale of sexual health devices.

The main premise of clamping is limiting blood flow to create a pressure imbalance in the penis that results in an erection with pressure much higher than typical. This is what causes the remodeling of the tunica and the increase in endothelial density. This can be done with cheap silicone rings—plastic clamps, specific tools for the job, or even your hands.

The problem is that clamping is difficult to get right. You need enough occlusion to cause over-expansion but not enough to fully occlude the deep

arteries. This is easier said than done. There is also the issue that you cannot generate a high-pressure event with your cardiovascular system alone. This means that even if you do get the technique correct, your body simply cannot produce a hard enough erection to begin fatiguing the tunica.

Hard Clamping vs Soft Clamping

Back in the early 2000s, hard clamping was all the rage. It was extremely popular on thunders place because of an active user, Big Girtha. Big Girtha wrote very erotic posts about his growth with clamping and other extreme routines, which caught the attention of many. This eventually made it rival pumping and hanging in terms of use. This was the expansive clamping technique. We will discuss more in the next chapter.

Hard clamping uses a hard plastic device called a cable clamp/cable cuff. We call it hard clamping simply because of the material used. I have also seen individuals use pipe clamps, which are aluminum rings used to secure the tubing to a pipe. This is much more dangerous than cable clamps, and I recommend no one attempt to use these.

The problem with hard clamping is that it is not very forgiving to the pelvic floor. The stiff nature of the clamp would not allow internal pressure. Behind

the clamp (pelvis side), it enters the shaft. This was the main cause of injury with clamping. Additionally, the shape of the clamp does not fit every penis. Men with a more oval shape would not get the same occlusion as men with a more circular shape.

Fast Forward to about 2018, and the idea of soft clamping slowly became popular. Instead of using hard plastic, the user would use cockrings or short silicone sleeves stacked on top of each other. This allowed for more granularity of the pressure. Less back-channel buildup of pressure on the pelvic floor since the rings can stretch and fix the issue of penis shape, affecting the efficacy of the clamp.

The main downside is that it takes longer to put on and remove the clamp, so it is potentially less safe due to a lack of quick release in the event of misfortune.

Expansive vs Hypoxic Clamping

Expansive Clamping is the older form of clamping. I have seen results from it, but knowing what I know now, it is more than inferior to pumping for 80% of

men as pumping with the right technique can yield much greater expansion in a shorter period. For the sake of completion, I am including routines with hard clamping because some men will not be able to pump effectively, if at all.

To perform expansive clamping, simply get erect. Apply some form of skin protection, whether it be a lubricant, a piece of cloth, or a silicone sleeve. Then, apply your chosen form of clamp. For hard clamps, the best practice is to compress the clamp until you cannot see blood fill the tissue, meaning you are not getting harder, then release the pressure by 1 or 2 steps. This will allow blood to enter, but the dorsal vein should be fully occluded.

Sofit clampers, get erect, apply skin protection, and place your rings or sleeves. I recommend between 3 and 5 rings for most individuals... silicone sleeves will vary on the diameter and stiffness of the sleeve. Overall pressure is hard to gauge, so air is on the side of caution starting.

Expansive clamping requires many sets for it to cause fatigue. As the tissue goes through more load cycles, the tissue slowly becomes weaker, and around the 10th load cycle, the collagen fibrils will be at their weakest.

Meaning it will not get weaker unless major structural damage happens to the tissue.

Sets should be about 5 minutes long. Many old practitioners say you need 5 minutes off between sets. This is where it becomes an issue for many, as it takes much more time to achieve effective expansion safely. Many old routines would prescribe 1-2 hours of total time clamping, which is ridiculous. I personally think we can get good expansion in half that time. All these old recommendations did not use the rule of 4-8% expansion, so they had no clue what to work towards

Hypoxic clamping is a term coined by me. Since Pumping will do most of the tunica remodeling in my recommended routines, we need a way to maximize angiogenic stimulus to keep erection quality high. Filling the space as it becomes available.

Hypoxic clamping is based on BFR research. BFR research shows major improvements to muscle mass, endothelial density, and strength in as little as 15 minutes 2 times a week. Since we are dealing with such a sensitive area, we will keep our hypoxic session to 10 minutes 2 times a week.

Hypoxic clamping can be done at any time. The important thing is not to overdo the session length or frequency. It is pretty stressful on the tissue but also yields major benefits. So, we must heed caution as we implement hypoxia in our favor,

To perform, get erect and apply your chosen clamp. Once you create strong occlusion, let it sit for 10 minutes. You will not be hard the entire time, but your end size should feel slightly heavier than your starting size. Basically, it will be full of blood but not overly rigid like it was at the start.

Remove the clamp and continue with your day.

Don't Masturbate While Clamping.

This was also a heated debate for a while. Edged clamping was a technique to maximize expansion and build sexual endurance. The only problem is having a super high injury rate.

When self-servicing, your pelvic floor will be highly active, flexing and twitching. This pushed more blood into your penis. But it will get to the point

where significant back pressure is built up, causing your pelvic floor muscles to have to flex harder for the same effect. The best-case scenario is you have a tired pelvic floor for the rest of the day, resulting in lower Erection quality and frequent urination. And in the worst case, you strain your ischiocavernosus muscle. Develop a hard flaccid that lasts for a month and requires very intense physical therapy to treat the trauma.

If you have to jerk it to stay engorged, your clamp is not tight enough or does not match your penis shape.

Measuring expansion

This is going to be the determining factor for workload.

For Clamping:

Measure your circumference in the first set of clamping. Multiply that number by 1.04 to 1.06, which is your girth target.

In theory, this will be determining the amount of sets you need. Basically, clamp until you hit that expansion target. Your last set should be 4% to 6%

bigger than your starting session size. I will still give routine guidelines, but this is a good metric to go off of for your overall work level

For Pumping:

Measure your mid-shaft erect girth before the session, ideally with a cocking, Multiple that by 1.06 to 1.08, which is your target expansion for pumping; we are already accounting for subcutaneous edema. Traditional pumpers would need closer to 1.10 larger since they will have more edema overall.

This will take more trial and error to hone in on needed sets. You will also need to measure girth with a cock ring after to make sure you are fully engorged before measuring.

Is Heat Important?

Heating pads have long been touted as the secret weapon for “serious gainers” by companies that sell 60-dollar heating pads. The truth is that heat can lessen the overall workload needed to achieve expansion. It is not a magic bullet to gain.

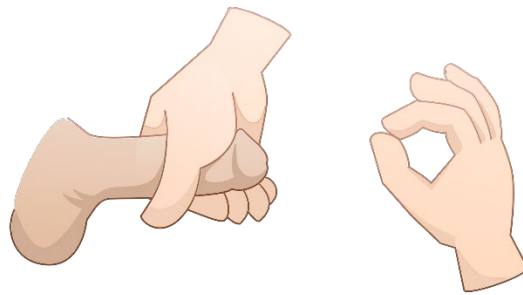
Heat beyond 105 degrees Fahrenheit / 40 degrees Celsius causes the collagen proteins to lose molecular strength. Collagen tissue is strongest slightly below body temperature. So, we do not need extreme heat levels to see the benefit.

I personally use a heating pad for pumping about 70% of the time. It's a nice to have, not a need. When it comes to heating pad selection. You do not need an expensive infrared heating pad. I actually prefer copper coils more simply because they heat up faster. The perceived benefit of infrared is that it penetrates deeper than typical copper pads due to wavelength. However, the tunica is very close to the surface and will receive the bulk of the heat applied at the surface. So, to me, the added benefit of deep penetration is not as needed as some sellers make it out to be.

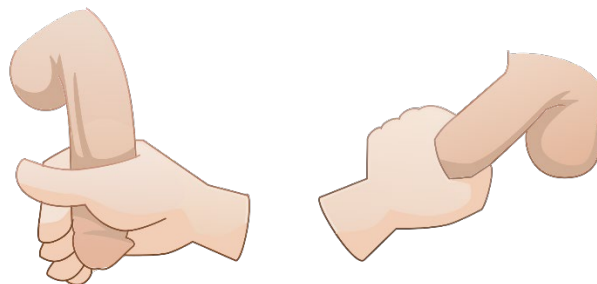
Devices and Techniques

This started as a direct copy and paste from the book on length. This section has a significant overlap, so I am offering a discount on a bundle. I removed anything that had little to do with girth but kept some basic length as a bonus.

Static Manual stretches.



Remember to grab at the base to prevent skin migration



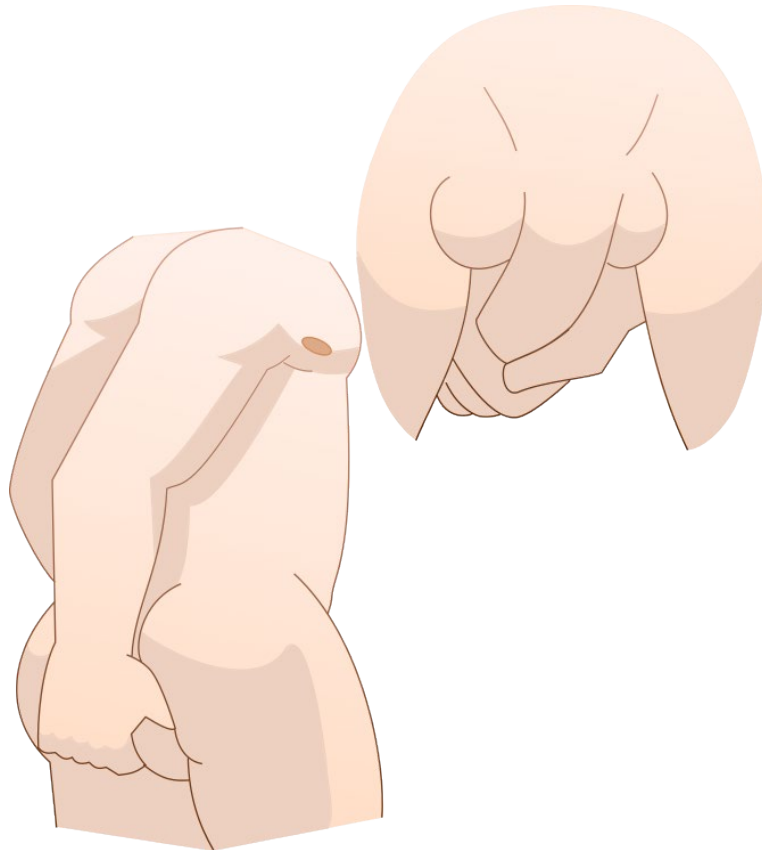
1. While flaccid, grip your penis about $\frac{1}{4}$ an inch/ 1 cm below the glans.
2. Place your offhand at the base grip so no skin can slide under your fingers.
3. Pull on your penis. Your hand should not slide.

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 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 your hands to generate the tension without worrying about grip strength.

Between The Cheeks Stretch (BTC).

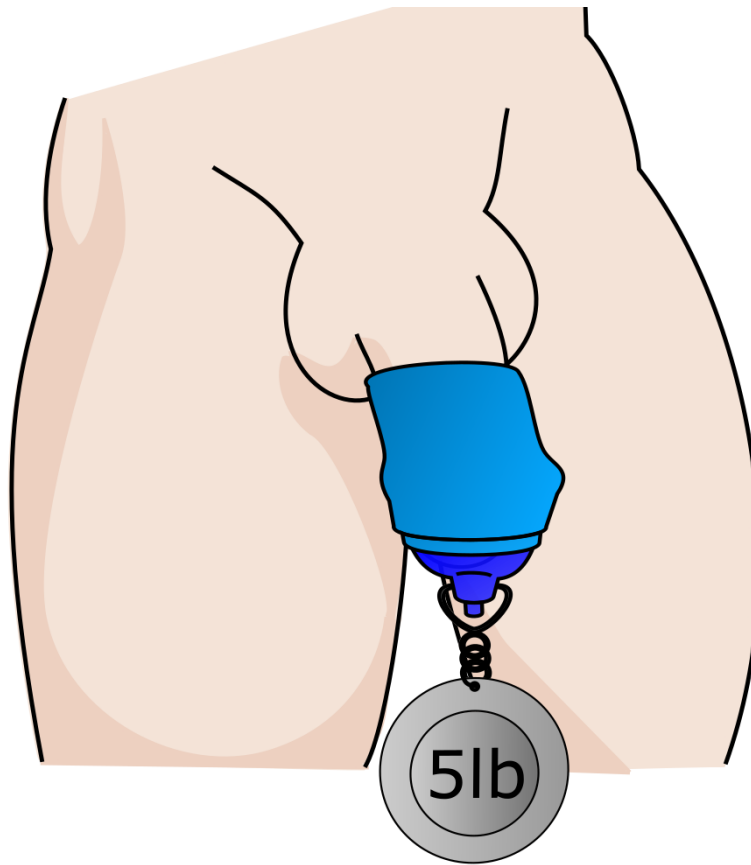


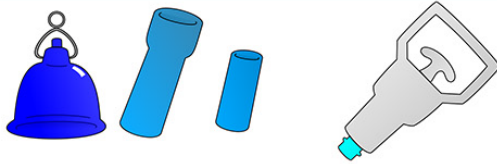
BTC is an optional stretch that will be outlined in the program when to do it.

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

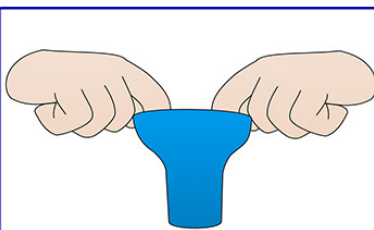




Make sure you have the tools you need, Glans cap, sleeves, and a pump. (May not be necessary for water method)



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

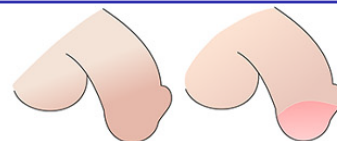


To put the first sleeve you can add it on by applying thumb on one end and connecting it with half the cap being covered.

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!

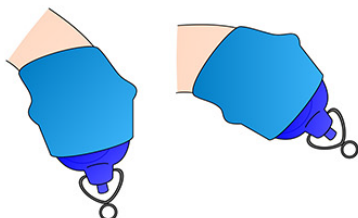


Now comes the bulk of the work! You will of course need your penis for this. If uncut, you will need to push back foreskin. Glans caps are extra precaution for sensitive skin!

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

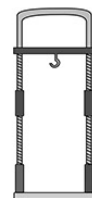


Have a second sleeve folded. wrap it over until it folds over the first.



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 take 10-14 days to heal and leave a pockmark for an additional 10-14 days.

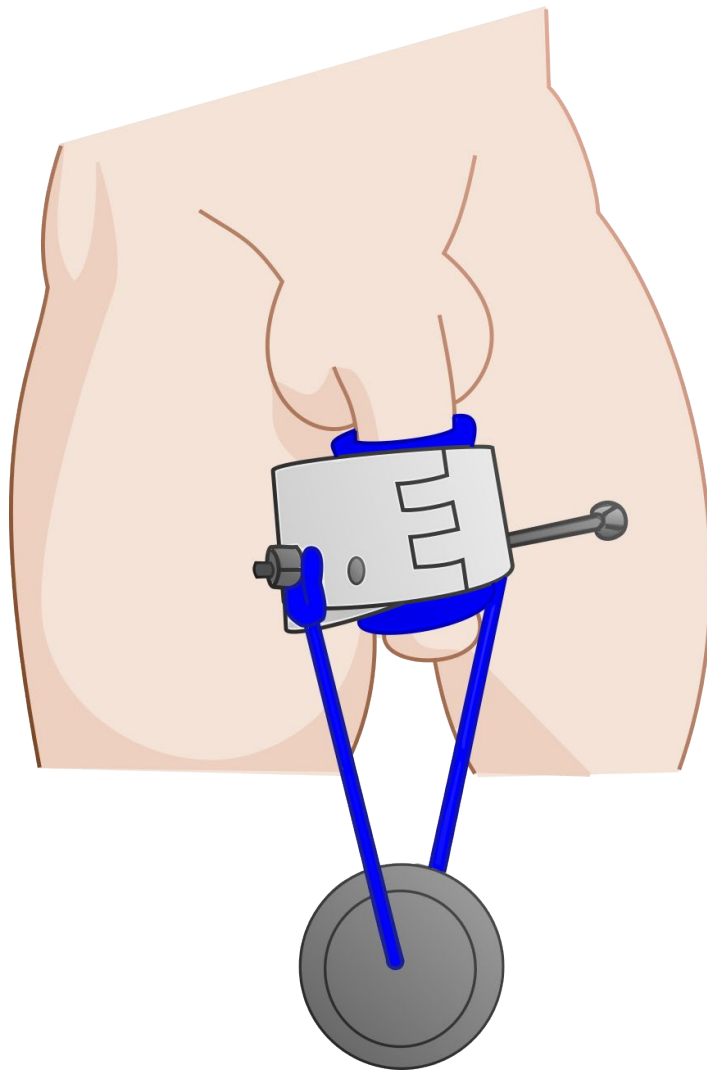
Taping, the Water Method, or the use of lotion create a barrier to protect your glans from abrasion. However, it is not 100% foolproof.

- 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 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.

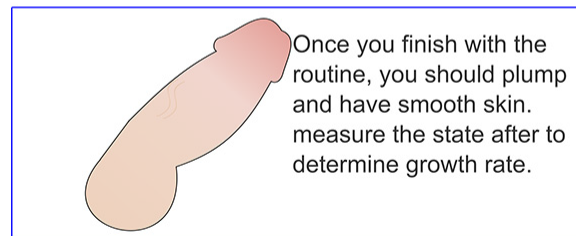
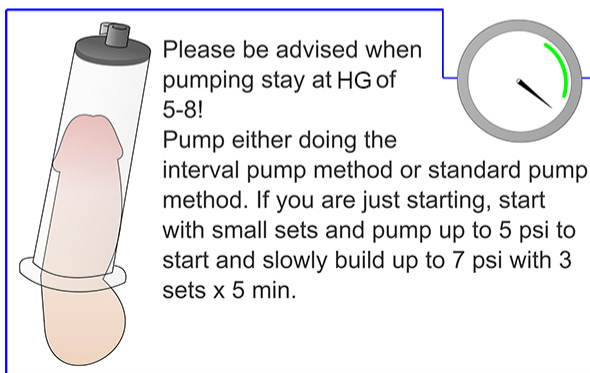
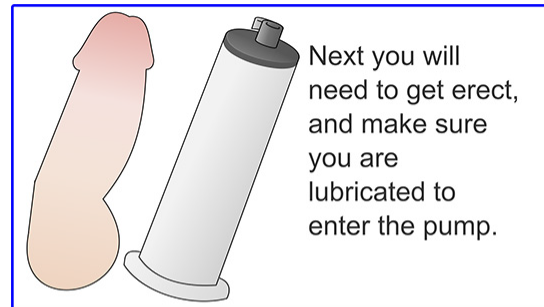
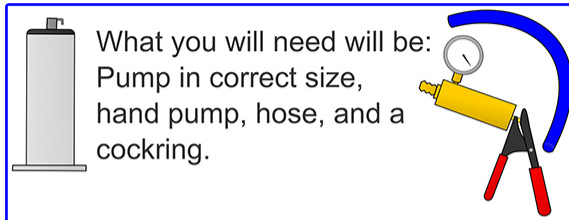
1. Prepare the wrap. Since this stays on because of friction and compression, you must protect the skin from abrasion. You can wrap your skin in an ace wrap or self-adhesive wrap as a base layer, then apply some kind of fabric over the wrap to function as padding. A simpler form of protection is a silicone 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

Interval Pumping

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 of 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.

Traditional Pumping



1. Get erect and apply lube
2. Have some sort of arousal stimulus available
3. Insert the penis into the pump
4. Increase pressure slowly. 1 pump a second
5. Hold at 5 to 10 hg for 5-10 minutes
6. Release and remove the penis from the cylinder
7. Repeat until desired expansion

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 grasp 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 takes 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 devised 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

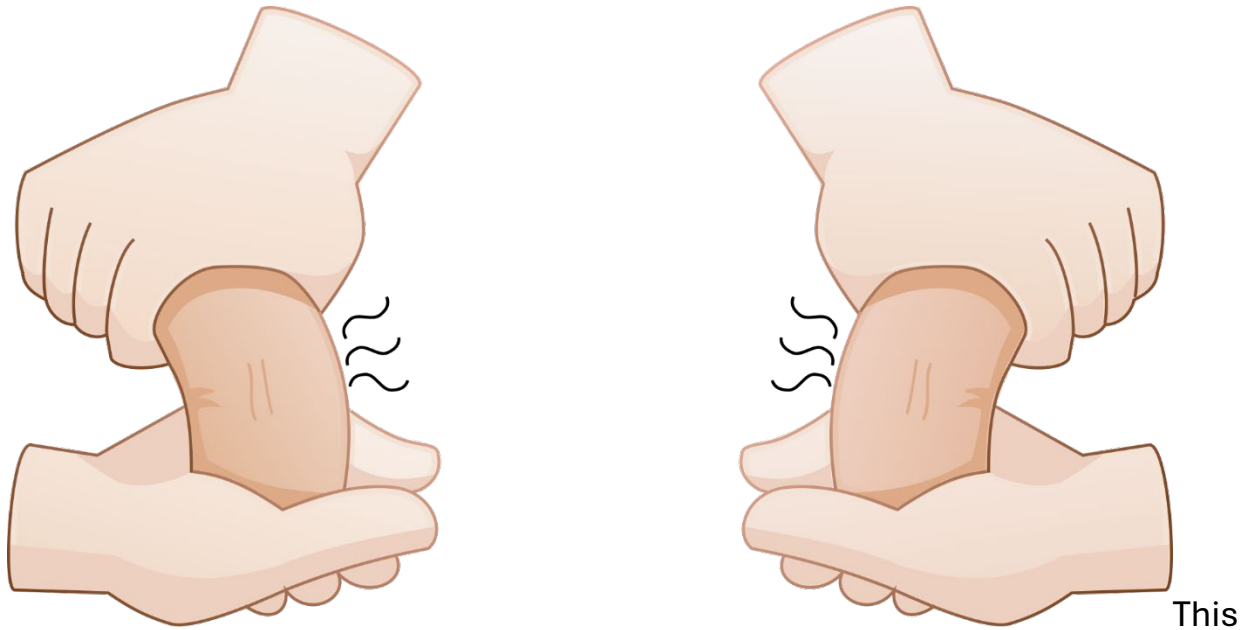
sex, as the tissue is more flexible and less likely to fracture. In general, these are bends and twists.

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 Novelty. 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. 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.

These are useful for length but almost vital for easy girth gains. I know they can be tedious, but trust me, it will save you a lot of time and energy by just adding 5 minutes to start your routine.

Semi Erect Bends



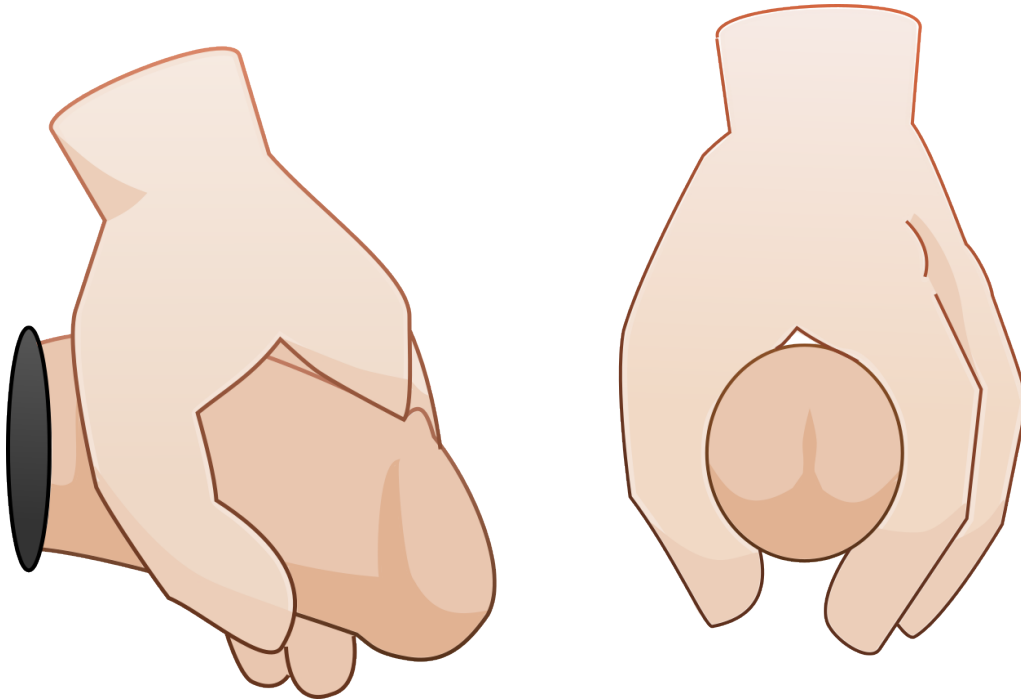
is the simplest form of Malleability Training and will be the beginner's routine.

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 parameters 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 your 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.

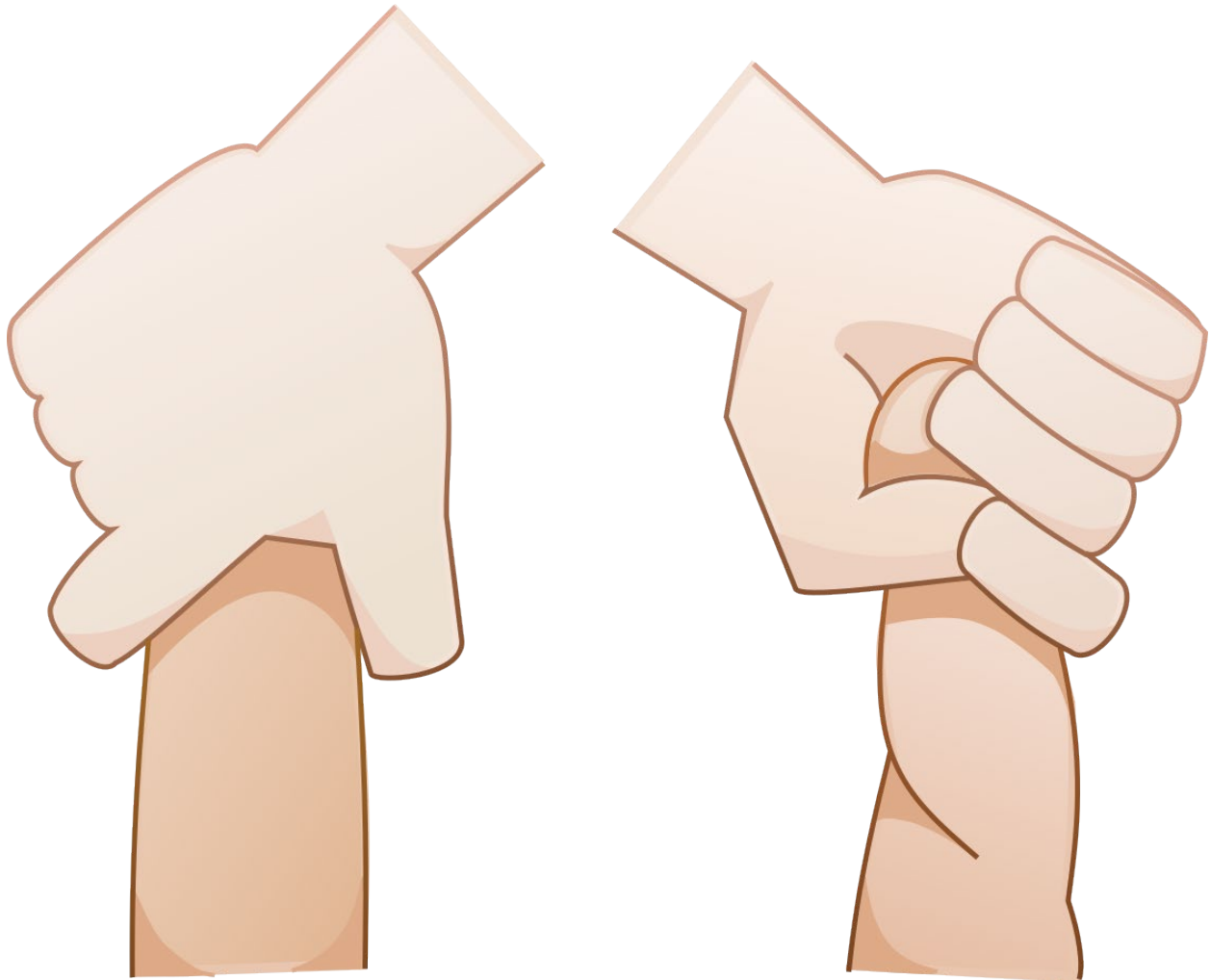
This is a pressure point message I recommend beginners start with. The point of this is to make the Tunica relax before strain. Similar to how individuals foam roll their legs and hip complex before a workout. While this does

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. There is 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



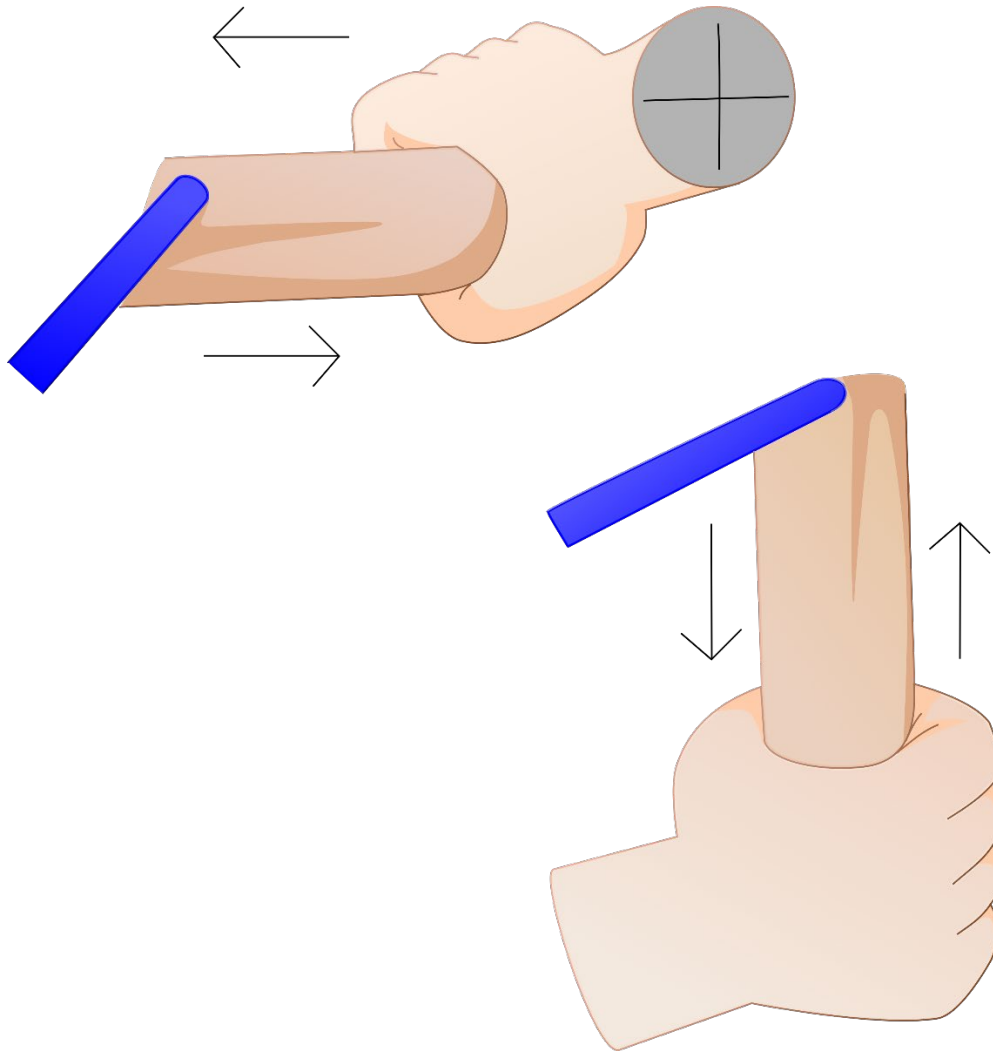
I went back and forth on these for a while. Bundled Stretches look a bit dangerous and require decent body awareness to pull off safely. Think of these as the next step in semi-erect bends. You will start using these in the beginner's routines.

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 do a full 360.

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

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

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) releases growth factors, causing an accelerated recovery response. This also has the added benefit of smoothening 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 gua 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.

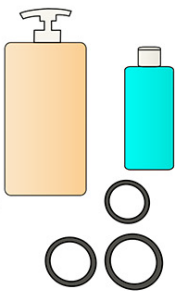
I primarily did this in my apex extender, which will work in any extender or hanging setup. This, Again, is one of the ideas from Adam at Massive Novelties.

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.

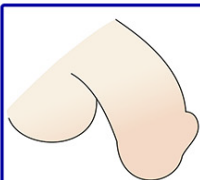
You will most likely not need more than 5 minutes of work.

BFR / Hypoxic Clamping

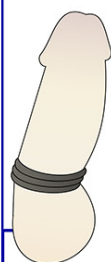
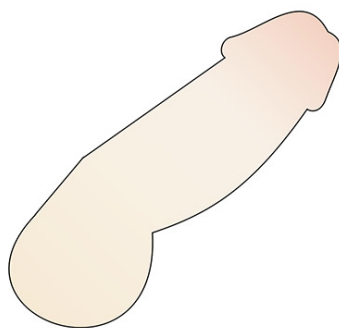
You will need just a small amount of items for this session. Lube, lotion, and rings.



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.

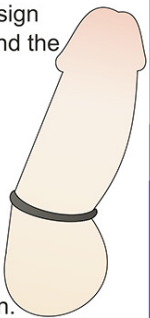


Make sure you have used a cock ring before. If its your first time, apply one and leave for 5 mins



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 only to 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 and 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, but you should be around the same size you are when erect, just spongy and slightly purple.

Expansive Clamping

1. Get Erect
2. Apply your chosen clamp. Rings preferred.
3. Leave clamps on for 5 minutes.
4. Remove rings.
5. Rest 3-5 minutes
6. Repeat until target expansion is hit.

Game Plan

Since my theories are still being worked on, I will offer a variety of routines to ensure you have something you are comfortable with and access to use, but I will have the BD-recommended routine. Do note this is all subject to change over the lifecycle of my research.

MAJOR DISCLAIMER: I have a strong feeling the amount of progressive overload prescribed will be overkill. Based on my own routines, I only need 20 to 30 mins of time under pressure to hit the expansion target, which is about six months of experience level. I am introducing the concept of levels rather than total experience. Just because it says 6 months, I should be doing this. If you are still seeing results at level 2, there is no point going up a level. I highly doubt any of you will need a level 4 routine.

It is highly important that you track expansion to ensure you are not overworking. The routines below are expected guidelines, but my guy tell me the more advanced routines will be seldom used.

My X-factor planned breaks.

I know many of you will be apprehensive about the idea of taking 1 -3 weeks.

So, let me make my argument. Observation 1: Collagenous Tissues are very slow in healing compared to muscle fibers. Anywhere from 3x to 8x more time is required to heal. This means we must ensure our tissue gets ample time to heal as its recovery is limited.

Observation 2: When a tissue is constantly under load. A stress debt begins to accrue. When we look at Davis's Law for soft tissue reformation. 3-4 weeks into a training cycle, the tissue will be at its most degraded point, and then, weeks to 6-8, the tissue will overshoot its original size and strength to compensate for the stressor that caused all the fatigue to begin with if we take a week off at when the tissue reaches its more degraded state. We will see that overshoot much earlier than 6 to 8 weeks.

Observation 3: As we constantly stress out the tissue. Our body produces growth factors to rebuild the tissue in question. But in a way to auto-regulate, the constantly stressed tissue will begin to be less sensitive to growth factors over time. That way, the body does not continuously divert resources to a needy tissue.

Eventually, the hormonal response needed to see tissue changes is so high that the body cannot produce enough growth factors to elicit change. This is the number one cause of stagnation.

The easiest solution is to take a 3 to 6-week break to reset the hormonal fatigue. This also has the added benefit of causing a loss in strength adaptation, so we need less pressure to get the same level of expansion moving forward.

So, every 3 to 4 weeks, we will take a week off, and 6 months to a year, we will take 4-6 weeks. Our training frequency will be 3 to 5 days a week.

Choosing the Right Routine

I am going to have multiple options for you. I recommend you do my recommended routine to start, but if that does not work for you or you simply can't or don't want to buy more equipment, you are welcome to try the other ones. I am less confident in the overall success rate of the routines I provided beyond my recommended one. Rest assured, the science and guidelines are the same; it's just a matter of the techniques supplying the right expansion.

BD Recommended – what I currently do when I am not experimenting.

Hybrid Routine - applies science to the older styles to make them more effective.

Bathmate – for the popular brand and those unwilling to get a different device.

Clamping only – for those who need to use manual techniques, have lymphatic issues, or just don't like pumping.

Level 1 (Months 0 to 3)

For those just starting. Don't worry about strain and expansion. You should focus on proper technique and getting into the routine rhythm.

For those looking for manuals only method. Do mod Jelqs or manual clamps in lieu of clamping in the clamping-only routine. Girth work, in general, requires an optimization device.

There will be no hypoxic stimulants at the level.

BD Recommended

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	300 seconds		60 seconds	
Semi Erect Bends	3	60 seconds		60 seconds	
Interval pumping	5	1 to 3 minutes	10 to 12 mins	None	The target pressure is 4-7 hg

Progression:

Every 14 days, add one more interval until you reach 20 mins of total time under pressure.

Once you hit 20 mins of total time under pressure, increase pressure by one hg every three weeks until you reach eight hg.

When these conditions are met, continue with this routine for two weeks and move on to “Months 4 to 6.”

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Hybrid Routine

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	300 seconds		60 seconds	
Semi Erect Bends	3	60 seconds		60 seconds	
Traditional Pumping	3	5 mins	15	2 mins	The target pressure is 4-7 hg

Progression:

Every 28 days, add one more set until you reach 30 minutes of total time under pressure.

Once you hit 20 mins of total time under pressure, increase pressure by one hg every three weeks until you reach eight hg.

When these conditions are met, continue with this routine for two weeks and move on to “Months 4 to 6.”

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Bathmate Hydromax

Since pressure is hard to track, we go off compressions to ensure a reasonable pressure level. Bathmate can be quite unforgiven in terms of pressure, so it's best to take it slow. A general rule of thumb is to use just enough pressure for the device to stay on without any assistance but not much more.

Exercise	Sets	Reps/Time	Rest	Notes
BFR Massage	1	300 seconds	60 seconds	
Semi Erect Bends	3	60 seconds	60 seconds	
Bathmate	2	5 min sets	None	Two full compressions

Progression:

Every 3 weeks, add 1 minute to each set. When the total time under pressure becomes divisible by 5, split the sets, so 15 minutes of total time under pressure 3, 5-minute sets round down when needed.

Once you hit 20 mins of total time under pressure, keep at the current progression for 2 weeks.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Clamping Only (Or Manuals)

This is going to start slow. There is a good chance it won't feel like much work.

Do not push it. Clamping is much more dangerous than pumping. I would recommend the use of mod jelqs in place of clamping at this time solely to get used to high pressure. It is much easier to release your grip than it is to fiddle with rings.

Exercise	Sets	Reps/Time	Rest	Notes
BFR Massage	1	300 seconds	60 seconds	
Semi Erect Bends	3	60 seconds	60 seconds	
Expansive Clamping	2	5 min sets	3 to 5mins	

Progression: Every 3 weeks, add 1 set of expansive clamping

Once you hit 20 mins of total time under pressure, keep at the current progression for 2 weeks.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Level 2 (Months 4 to 6)

BD Recommended

As we progress, we will add in some more compressive forces to further stimulate the tunica. We will also slowly increase time under pressure to 30 minutes. I am yet to need more than that to hit my target expansion.

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	240 seconds		60 seconds	
Semi Erect Bends	3	60 seconds		60 seconds	
Tunica Shears	3	120 seconds		60 Seconds	
Interval pumping	7 to 20	1 to 3 minutes	20 to 21 mins	3 to 5 mins every 5 reps	The target pressure is 6-8 hg
BREAK					
Hypoxic Clamping	1 set	10 mins			only two sessions a week

Progression:

Every 14 days, add 1 more interval until you reach 30 mins of total time under pressure.

Once you hit 20 mins of total time under pressure, increase pressure by 1 hg every 3 weeks until you reach 10 hg.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Hybrid Routine

Here, we are adding some more advanced tunica release and more volume overall to the workload.

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	240 seconds		60 seconds	
Semi Erect Bends	3	60 seconds		60 seconds	
Tunica Shears	3	120 seconds		60 Seconds	
Traditional Pumping	6	5 mins	30	3 to 5 mins	The target pressure is 6-8 hg
BREAK					

Hypoxic Clamping	1 set	10 mins			only two sessions a week
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Progression:

Every 28 days, add 1 more set, and you reach 30 mins of total time under pressure.

Once you hit 30 mins of total time under pressure, increase pressure by 1 hg every 3 weeks until you reach 10 hg.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Bathmate Hydromax

We are increasing the pressure slightly with an extra half compression. This will be a notable bump in pressure. Hypoxic stimulus is introduced, as well as more progressions into tunica release.

Exercise	Sets	Reps/Time	Rest	Notes
BFR Massage	1	240 seconds	60 seconds	
Semi Erect Bends	3	60 seconds	60 seconds	
Tunica Shears	3	120 seconds	60 Seconds	
Bathmate	4	5 mins	2 mins	2 and a half full compressions
BREAK				
Hypoxic Clamping	1 set	10 mins		only two sessions a week

Progression:

Every 4 weeks, add an additional 5-minute set.

Once you hit 30 mins of total time under pressure, keep at the current progression for 4 weeks.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Clamping Only

Here, we add more Tunica Release. It's probably a good idea to start tracking expansion. If you are using a device or rings. I would recommend most of you work up to the rings in this period. 20 minutes of squeezing is a lot, even for rock climbers.

Exercise	Sets	Reps/Time	Rest	Notes
BFR Massage	1	240 seconds	60 seconds	
Semi Erect Bends	3	60 seconds	60 seconds	
Tunica Shears	3	120 seconds	60 Seconds	
Expansive Clamping	4	5 min sets	3 to 5 mins	
BREAK				
Hypoxic Clamping	1 set	10 mins		only two sessions a week

Every 4 weeks, add an additional 5-minute set.

Once you hit 30 mins of total time under pressure, keep at the current progression for 4 weeks.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Level 3 (Months 6 to 12)

BD Recommended

Here, we are adding fatigue sets to maximize tunica fatigue. This is to speed up expansion. I am giving you the choice to do tunica scraping instead of shears. It is unclear which is more effective currently. Do one or the other. Do not do both.

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	300 seconds		60 seconds	
Tunica Shears	3	120 seconds		60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Interval pumping	Ten sets	30 to 60 seconds		3 to 5 mins after the last set	To increase collagen fatigue
Interval pumping	7 to 20	1 to 3 minutes	20 to 21 mins	3 to 5 mins every 5 reps	The target pressure is 6-8 hg
BREAK					
Hypoxic Clamping	1 set	10 mins			only two sessions a week

Progression:

This is where it becomes important to measure strain/ expansion. If you fail to hit your target expansion for 3 sessions straight, add 2 to 3 intervals to your session.

Increase pressure by 1 hg every 3 weeks until you reach 10 hg.

Continue with this routine indefinitely or move to “Months 12 and beyond” when the time comes.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Hybrid Routine

I am adding in interval pumping before your main workload of pumping. This should increase expansion while keeping the time needed to complete the same.

I am also giving you the option for tunica scraping in place of tunica shears. It is unclear which is more effective, so do what you think is best.

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	300 seconds		60 seconds	
Tunica Shears	3	120 seconds		60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Interval pumping	10 sets	30 to 60 seconds	10mins	3 to 5 mins after last set	To increase collagen fatigue
Traditional Pumping	6	5	30 mins	3 to 5 mins	The target pressure is 10 hg
BREAK					
Hypoxic Clamping	1 set	10 mins			only two sessions a week

Progression:

Every 28 days, add 1 more set, and you reach 40 mins of total time under pressure.

Bathmate Hydromax

The routine largely stays the same except for optional tunica scraping in place of tunica sheers.

Exercise	Sets	Reps/Time	Rest	Notes
BFR Massage	1	300 seconds	60 seconds	
Tunica Shears	3	120 seconds	60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Bathmate	6	5 min sets	2 mins	2 and a half full compressions
BREAK				
Hypoxic Clamping	1 set	10 mins		only two sessions a week

Progression:

Every 6 weeks, add an additional 5-minute set.

Once you hit 40 mins of total time under pressure, keep at the current progression for 4 weeks.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Clamping Only

We increase the volume here. Aside from the option to swap tunica scrapes in for tunica shears, not much is different.

It is paramount that you track expansion here. Do not go up in sets until it is necessary.

Exercise	Sets	Reps/Time	Rest	Notes
BFR Massage	1	300 seconds	60 seconds	
Tunica Shears	3	120 seconds	60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Expansive Clamping	6	5 min sets	3 to 5mins	
BREAK				
Hypoxic Clamping	1 set	10 mins		only two sessions a week

Progression: only add sets when you fail to reach your expansion target. If you fail to hit your expansion target in 3 sessions in a row, add one set if you

fail to hit your expansion target after adding the set. Take an extended break or switch to length.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Level 4 (12 months and beyond)

BD Recommended

I recommend taking a month off at this point and then returning to this after you do 1 month of the level before.

I am giving you two options. One is more straightforward. The other uses a superset to help with expansion and potential discoloration.

OPTION A:

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	300 seconds		60 seconds	
Tunica Shears	3	120 seconds		60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Interval pumping	Ten sets	30 to 60 seconds		3 to 5 mins after the last set	To increase collagen fatigue
Interval pumping	9 to 30	1 to 3 minutes	28 to 33 mins	3 to 5 mins every 5 reps	The target pressure is 8-10 hg
BREAK					
Hypoxic Clamping	1 set	10 mins			only two sessions a week

OPTION B:

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	300 seconds		60 seconds	
Tunica Shears	3	120 seconds		60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Interval pumping	Ten sets	30 to 60 seconds		3 to 5 mins after the last set	To increase collagen fatigue
Interval pumping	9 to 30	1 to 3 minutes	28 to 33 mins	3 to 5 mins every 5 reps	Superset with the one below
Tunica Shears	X	60 seconds			to be done between rests of interval pumping
BREAK					
Hypoxic Clamping	1 set	10 mins			only two sessions a week

Progression: Like the last level, it will largely be dependent on your rate of expansion. If you fail to hit expansion metrics for three consecutive sessions, add more intervals if you fail to hit expansion targets after 3 sessions after the increase in workload. Take a week off and perhaps move to a length focus.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Hybrid Routine

This is where this can start to become time-consuming as we are pumping for 50 minutes. To start.

Exercise	Sets	Reps/Time	Time Guideline	Rest	Notes
BFR Massage	1	300 seconds		60 seconds	
Tunica Shears	3	120 seconds		60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Interval pumping	10 sets	30 to 60 seconds		3 to 5 mins after the last set	To increase collagen fatigue
Traditional Pumping	8	5 mins	40	3 to 5 mins	The target pressure is 8-10 hg
BREAK					
Hypoxic Clamping	1 set	10 mins			only two sessions a week

Progression: if you fail to hit expansion metrics for 3 consecutive sessions, add an additional set if you fail to reach expansion for 3 more sessions after the addition. Take a month off or switch to length.

Bathmate Hydromax

Stays the same as the last progression, just with more time under pressure and 3 full compressions of the bathmate. I do not recommend going higher than this.

Exercise	Sets	Reps/Time	Rest	Notes
BFR Massage	1	300 seconds	60 seconds	
Tunica Shears	3	120 seconds	60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Bathmate	8	5 min sets	2 mins	3 full compressions
BREAK				
Hypoxic Clamping	1 set	10 mins		only two sessions a week

Clamping Only

The 8 to 10 clamping sets are what the holder PE enthusiast recommends. I suspect that that amount of work would be overkill, knowing what I know, but on the chance that they are correct, 8-10 sets of clamping is reasonable as long as you are getting your expansion target.

Exercise	Sets	Reps/Time	Rest	Notes
BFR Massage	1	300 seconds	60 seconds	
Tunica Shears	3	120 seconds	60 Seconds	OPTIONAL: Swap with Tunica Scrapes 50 on each side
Expansive Clamping	8 to 10	5 min sets	3 to 5mins	
BREAK				
Hypoxic Clamping	1 set	10 mins		only two sessions a week

Progression: only add sets when you fail to reach your expansion target. If you fail to hit your expansion target in 3 sessions in a row, add one set. If you fail to hit your expansion target after adding the set. Take an extended break or switch to length.

Frequency: 3-5 days a week.

Rest periods: every 4 weeks, take 1 week off.

Reasonable Expectations

Girth is notoriously hard to gain, mainly because of user errors in the past.

But since we are dealing with 2 dimensions, width and depth. The amount of tissue we need to fill grows exponentially the bigger we get. The $\frac{1}{4}$ of an inch at 4 inches mid-shaft is much easier to gain at 6 inches mid-shaft.

I suspect most guys to gain $\frac{1}{2}$ an inch in girth in their first-year focus on girth.

That would take the average guy to magnum condom size and the above-average guy to magnum XL's. It's quite honestly a life-changing amount of girth.

While girth gains beyond 1 inch are possible, it takes a long time.

I have gained about 1.5 inches in girth over 10 years. But in that time, I only actively focused on girth for about 3 years total. 5 years without PE and 2 years focused on length. My results are a bit beyond normal as this is my full-time career. I suspect most guys can have the same level of success I have with PE if they have the motivation to do it.

Signs you need a break.

Tender Skin

For me, if my skin is tender, it is usually a good sign that I will need a break soon. Skin is made of collagen, just with a better blood supply. If that is saying, it needs a break. Your tunica almost certainly does.

Edema response is faster.

Particularly for pumping, the faster you begin to swell under the skin, the more likely the tunica reached maximum fatigue. Think of it this way. If you pump and your tunica has a lot of cumulative fatigue, it will reach target expansion faster. Your tunica can only expand so much at its current mass. So, water will fill the vacuum since the tunica cannot stretch further. If you notice more edema during or after your session, A week off should be taken.

Hitting the expansion target very early in the session

For clamping, if you hit target expansion in the first few sets (if you are not new to this), it is a sign the tunica is already at peak degradation. It needs to recover before you can further stress it.

Loss in sensation and drop in EQ.

A chronic healing response begins to sound like static to your nervous system. So, the afflicted tissue will lose some sensation due to your body saving mental resources. If you notice a significant loss in sensation, take a week off. It should return to normal; if not, be more sensitive than baseline three days later.

Erection Quality loss is more of a sign of a fatigued pelvic floor. Which means you are overworking.

Troubleshooting

Red Dots on The Shaft and Glans

This is very common with bathmate users and the leading cause of discoloration. These are burst blood vessels in the skin. They are benign but quite ugly. This is a sign that you pumped up too quickly, used too much pressure, or combined the two. Some gentlemen will get the exceptionally easy compared to others.

There are a few things you can do:

1. lower pressure

2. Pump slowly. A pulse a second is a good metric.
3. Supplement l-citrulline, a potent vasodilator. This will make the blood vessels easily expand, making rupture less likely.
4. Heat to improve surface circulation

Insane Edema

Edema response varies drastically from person to person.

If you are traditionally pumping, try intervals.

If you are Interval pumping, try short intervals.

The tube size is important. I noticed more edema with my 2.0 cylinder than my 2.25 cylinder because my base was too big for the 2.0 and caused blood flow occlusion. Going too large can have a similar effect.

My recommended sizing is 10-15% larger than your current size for the so for a 6-inch-thick penis. The individual will need a 6.6 or 6.9-inch inner circumference cylinder for optimal expansion. Divide the number by PI, and he should be looking for a 2.125 or 2.25 cylinder.

For those between sizes, a pump sleeve helps dramatically.

No Results From Pumping

A few months have gone by, and you are yet to see increases in girth.

1. Increase pressure slightly.
2. Don't skip on the tunica release. This is what makes girth work easy
3. Work on your cardio. Your heart powers your erection. You need a strong heart to power your bigger penis.
4. If all that fails, try clamping. Some individuals will see better results with it.

No Results From Clamping

Clamping is notoriously hard to get right.

1. Switch the clamping mechanism from hard to soft and vice versa.
2. Add more occlusion. I am only able to see good expansion with 2 cable clamps or 4 cock rings. This will vary from individual to individual.
3. Play around with clamp placement. It should be jammed into the fat pad.
4. Hard clamping. Switch orientation. It might fight your penis better. Have the clamp horizontal rather than vertical.

5. Switch to pumping if all else fails.

Discoloration

Discoloration will inevitably happen. My penis is much redder now than before I started a decade ago, simply because it now holds much more blood.

The discoloration most is concerned with is the long-term, bruise-like appearance. At the same time, it varies from individual to individual. It is reversible and often goes away on its own.

To avoid bruise-like discoloration:

1. Shorter sets no more than 5 minutes under pressure
2. Rest needs to be longer than 3 mins.
3. An exercise called fire goat rolls. Take your flaccid penis and put it between your open palms. Rub lightly but rapidly for 2 to 3 mins. I would recommend doing this after each session.
4. Moisturize often.

Treatment

1. Time off your skin will slowly reduce coloration by either removing the pigment under the skin or slowly shedding away the stained skin over the course of two years.
2. Skin peels are a viable strategy, but they are somewhat dangerous. I have used glycolic acid in the past and saw notable improvements in the first 3 weeks. Do not let any get on the glans, or you will have a minor chemical burn. The best practice is to leave it on for 10 minutes and rinse thoroughly.

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**.
- **The 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 works. It's adequate. It is smaller than the Malehanger so that 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 that it can be used like a hanger (to a point) and discretely. The main issue is quality control. I had five 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** – They are the only competitor in the all-day stretcher category, so they win by default. I do not have much to say except it has particularly good build quality. They 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 my favorite device besides 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 five packs of the BFR rings.

