

## **Ready to begin using the JELQ Device?**

The most important part of a good penis enlargement workout is to start slow, build up intensity slowly, and to achieve your gains slowly. Penile exercises should never hurt.

The idea is to give the organ a good workout, let it recover, and then repeat. Many beginners get so excited about enlarging their penises that they jump right in to a routine that is too stressful, painful and possibly dangerous. It is always better to do the exercises slowly and with precision.

Concentrate on your form at first, learn the routines, and then increase the intensity as your body allows you to do so.

### **Introduction:**

Please remember that there is a learning curve here. It takes a few times to get used to using the JELQ device (or any other exercise equipment), so don't expect a really effective workout until the 3rd or 4th try.

Additionally, it is always better to start off slow and light at first and then increase the intensity as your body adjusts and you become more comfortable with the equipment.

The key to achieving real gains is to consistently fatigue the penis with a thorough workout - and then allow full recovery. By simply repeating this process over time you will see truly remarkable gains. This concept is familiar to anyone who lifts weights or trains at a competitive level. Exercise is always a cumulative process.

That said, if you never allow for recovery you won't see any gains and could risk injury. So, start slow. After a while you will begin to recover fully after only 8-12 hours. However, at first it may take as long as 2 days.

After your workout you may see tiny red and possibly blue dots along the penile shaft and on the glans. This is completely normal. Additionally, the penis should be completely fatigued directly after a workout, and it is recommended that you avoid intercourse for at least a few hours.

### **Disclaimer:**

*The following exercise routines are merely examples of what other JELQ device users are doing with the device. You may decide to emulate these, or you may come up with your own exercises. The choice and the responsibility is yours. The makers of the JELQ device accept no responsibility, make no warranties (expressed or implied), and will not be held liable for the safety or the efficacy of this product - whether or not it is used in accordance with its intended function. The JELQ device purchaser and/or user takes absolute responsibility for the use of the JELQ device, and for any effects from using the JELQ device.*

## **Get ready, and wait...**

Before you begin penile exercise, there are a few things you should consider doing.

### **Shaving:**

For those of you who are experienced, you already know this, but it is important to shave around the base of the penis before beginning any type of jelqing or milking routine. This will prevent chafing and uncomfortable hair pulling during the exercise.

### **Hot Wrap:**

It is very important before beginning that you maximize circulation to the penis. There is a lot of information on the web with regard to using a "hot wrap" to prepare the penis for enlargement exercise.

The basic hot wrap technique is to soak a washcloth in hot water and wrap it around the penis for a few minutes, massage, and then repeat. This should be done until the penis is thoroughly engorged with blood and all surrounding muscles and ligaments are completely relaxed.

### **Lubrication:**

It is important to use lubrication, but using too much will cause slipping and sliding, and will not allow for a good workout. The best way to overcome this is to lube up using baby oil or simply pure vitamin E oil, then to wash it off with water only. The small amount of remaining lubrication will provide the best results with the JELQ device.

Additionally, you can use any type of water or petroleum based lubricant if you prefer. The foam covering the rollers is made of tough closed-cell polyethylene and won't absorb water or lubricant.

### **Warming Up:**

Always start by warming up the penile tissue. The easiest way to do this is to get into a hot shower and allow the water to spray directly on the genitals for several minutes. Alternatively, if you are not doing the exercises in the shower, you can use a hot wrap for warming up.

To make the hot wrap, fill the sink basin with extremely hot water. Take a clean washcloth and soak it in the hot water. Remove the washcloth from the water, and wring out the excess. Next, wrap the hot washcloth completely around the penis covering from the base all the way to the tip of the glans. Allow this to sit until it becomes cool, and then repeat 2-3 times.

### **Stretching:**

After the hot wrap has warmed the penile tissue completely (the penis should feel heavy from the increased circulation), begin stretching and massaging the penis with your hand. This can be done in or out of the shower, depending on whichever is most convenient for you.

Begin by grasping the penis just below the glans (head or tip). Gently pull the penis to the right, try to relax completely, you should feel a slight stretch in the ligaments directly below the base of the penis. Hold this stretch for 10-30 seconds, and then relax. Next, grasp the penis loosely at the base and shake it back and forth allowing

it to regain good circulation. Finally, repeat the above stretch to the left, up, down, and straight out from the body.

Many users typically start while waiting for the water to warm up. Additionally, you can do a few hand jelqing exercises at first to get the penis engorged and ready for a good workout. The hand jelqing exercises are done by forming the "OK" grip with your hand. Begin at the base of the penis, tighten the grip, and pull outward toward the glans (head or tip) of the penis. For obvious reasons, this is also referred to as "milking" the penis.

## **The Basic Exercise:**

Before you can begin you must achieve a semi-erection. One of the quickest ways to do this is to work the penis to full erection and then allow the erection to subside. If you regain the erection during the workout, stop and allow the erection to subside before beginning again.

Begin by holding the JELQ device with one hand on the two handles (palm facing the body) and the other grasping the foam rollers.

Next, open the JELQ device handles and allow the rollers to slide onto the penis. Push the device all the way to the pubic bone and then push a little farther as you lightly squeeze the handles. This will pull the penis out of the body slightly and begin to force blood into the penis. When done correctly, the first squeeze should cause the penis to "jump" up slightly like a balloon being filled with air.

At this point, grip down firmly and begin to pull out and away from the body up the penile shaft and toward the glans. It is helpful, at first, to keep one hand on the rollers while doing this, so as to steady the device as you complete each repetition. After several sessions, you won't have to do this, but it is helpful at first.

Each repetition should take approximately 4 seconds. When beginning, count the seconds for each rep, after a while you will achieve a slow and steady rhythm. Your grip should be tight enough that the rollers lock up, and only turn very slightly as you pull toward the glans. Once you reach the glans it should be so engorged that there is no way that you could pull the device off without loosening your grip. To focus the exercises on the glans, you can hold this for an additional 3 seconds each rep.

If you are exercising in the shower, you can allow the water in the shower to spray directly on the device and your penis as you do these exercises. The water will provide additional lubrication and the heat will keep up good circulation.

After you have finished the outward motion loosen the grip on the handles. The rollers should then slide freely to the base of the penis, and you are ready to begin another repetition.

Repeat the above process for 100, or so, repetitions. Then stop, massage the penis and do some manual jelq and stretching while the hot water runs directly on the penis. If you are doing the exercises out of the shower, you may wish to perform a hot wrap in between sets. At this point you should be hanging very large.

Note: You should begin by doing only 100 repetitions, or so, per session. After a few sessions you will want to increase both the reps and the intensity of the workout. Many users now do 200-250 repetitions every to every other day. Even those who

have reached their goals continue to use the device, the workouts continue to help achieve massively firm erections and to generally hang better during the day.

## **Ready to move to the advanced routines?**

There are two basic advanced routines that you can perform with your JELQ device: a stretching routine and the power squeeze. Each should be performed only as a supplement to the basic routine.

### **Stretching Routine:**

To begin the stretching routine, start with a loose grip on the handles of the **JELQ™** device. Allow the rollers to slide to just below the glans (head or tip) of the penis. With your free hand, pull back on the foreskin, allowing the rollers to rest just below the ridge of the glans.

Next gently squeeze on the handles. Pull outward (straight away from the body) and hold for about 30-45 seconds. Try to relax completely while performing the stretch. You should feel a light pull in the ligaments that attach the base of the penis to the pubic bone. After a 30-45 second stretch, grasp the penis at the base and shake it back and forth allowing it to regain circulation. Repeat the above, only now go to the left, right, up and down. This exercise is similar to the warm-up stretch, but is done with more intensity and for a longer duration.

### **Power Squeeze:**

The power squeeze is simply a modification of the basic routine. Once you reach the point in the basic routine where the rollers are slightly below the glans, and the glans is completely engorged with blood, squeeze slightly harder on the handles and thrust the pelvis outward while tightening the anus. This is basically a modified kegel exercise, and will give you added gains in the glans. Some users call the effects of this exercise: achieving a mushroom tip, because the head or tip of the penis becomes slightly larger than the rest of the penile shaft.

## **Whew... Time to cool down.**

After an intense workout with the JELQ device, make sure that you take the time to cool down. Mainly this involves moisturizing and restoring your circulation. However, you may desire a nice shower or bath as well after your workout.

### **Moisturizing:**

After finishing a workout you should apply lotion to the penis. Some users actually like to use triple antibiotic ointment, but any product that promotes healthy skin growth will be useful in achieving your gains more quickly. Gently massage the lotion into the penis and allow it to absorb before washing off any excess.

### **Circulation:**

At no point during the exercises should your penis feel completely numb. If this happens, then you are not getting adequate circulation. Always stop the exercises and regain circulation before beginning again.

There are several ways to regain circulation. You may wish to simply wait it out, or to expedite the process, you may want to gently slap your penis against your leg a few times. This will typically get the blood flowing again.

## **Keep the JELQ device in good shape.**

Many users have posted questions in the past about how to maintain the device. Here are some suggestions:

### **Cleaning the Device:**

If you do your workout in the shower, you will want to take a washcloth and wipe down the device before putting it away. Some users have been using the same device for over a year now - and have only seen a small amount of oxidation around the hinges on the handles, which can even be avoided using a small amount of lubricant directly on the hinges.

After a while you may get some lubricant build-up on the inside of the rollers. These can be popped off and washed with soap in the sink. However, you must use a dishwashing type soap only. Never use any powerful chemicals when cleaning the rollers.

### **Re-forming the Handles:**

Over time the handles will naturally spread out. About once every three weeks you will want to pop the rollers off (simply pull the handles apart lightly and the rollers will pop off) and then reposition the handles.

To do this simply grasp the JELQ device handles between your thumb and forefinger (one on each hinge) and push the hinges together. The axel prongs will touch in the middle. At this point allow the axel prongs to slide off of each other and push the hinges together a little bit farther. After repeating this a few times the prongs will be repositioned closer to each other. They should now fit tightly on the rollers. Re-forming the handles regularly will prevent the rollers from popping off mid-workout!