

NSFW Warning

Once again, Vorman's research is at the forefront of this doc, and I'm grateful for his information and here is his thread on penile enlargement. It is important to read this fully and not make mistakes with this method.

“Penile Enlargement - The Penile Ballooning Method”

“It is possible to enlarge your penis, naturally.”

“The best time for self practice of penile ballooning is in the **morning upon wakeup** and still in the bed when the bloodstream contains a high level of androgen hormones and HGH without external stress. Generally, you can practice penile ballooning in any position; a supine or sitting relaxation position is better than a standing position although I usually prefer a semi-squatting (horse-riding) position with a body-weight loading on the leg muscles and joints. However, jumping out of bed or standing up may result in quickly going limp by redirecting the blood flow from your penis and testicles to your skeleton muscles and joints.

To support the body weight for some androgen-deficient men, he will have to boost androgen hormone level first.”

“**Spontaneous erection is essential to penile ballooning.** Natural spontaneous erection can occur when **androgen hormones, HGH, and dopamine** function run high without external stress upon the morning wake up, and when **oxytocin** (requiring a dopamine nervous burst) runs high with stress hormone **norepinephrine** acting on the sympathetic nervous beta-adrenergic receptors during lovemaking(sex) with a **testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively.**”

“Both occasions are the best time to practice penile ballooning. However, HGH is essential to activation of the stem cells in the erectile tissues for regrowth, with prostaglandin E-2 while release prostaglandins E1 and E3 and nitric oxide are necessary for penile tissue and nervous relaxation and flexibility.

All the chemistrial factors are to activate gene **Cytokeratin 16** and Transform Growth Factor Beta-3 (TGFbeta3) for fine-tuning or suppressing pain and inflammatory responses as well as for avoiding collagen protein release that leads to scarring penile erectile tissues, nerves and blood vessels for deformation and erectile dysfunction as common results of mechanically **penile stretching, pumping and weightlifting.**

Excessive prostaglandin **E2** and stress hormone **norepinephrine** are the common factors for stimulation of the collagen protein release. Don't be fooled by temporary penile tissue inflammation due to excessive prostaglandin E2 and stress hormone norepinephrine as penile enlargement. It is a sign of penile tissue hardening for **erectile dysfunction.**

Absolutely **NEVER**, under any circumstances **jelq, pump, or stretch** your penis!

Penile Ballooning how to do it:

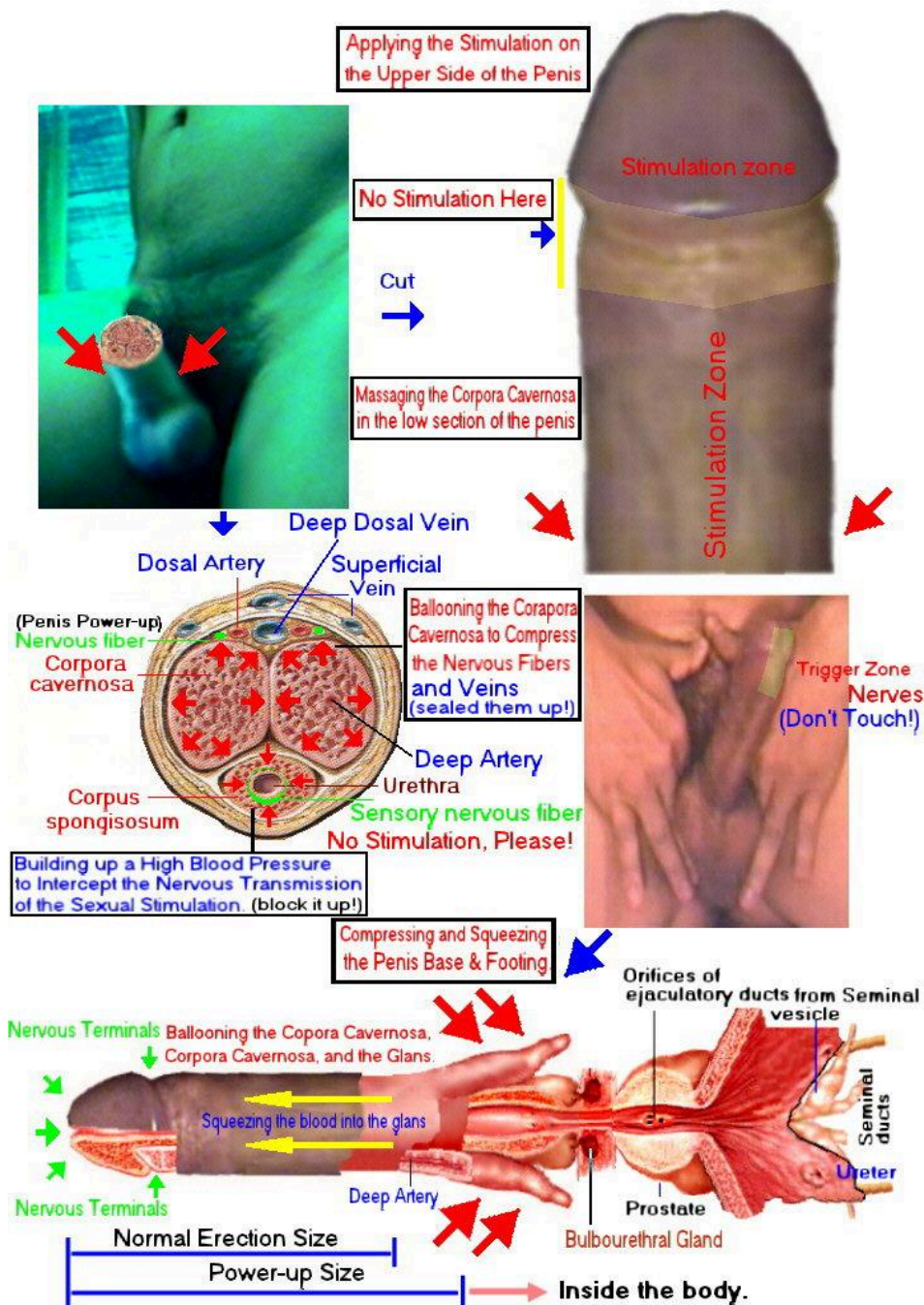
Step 1: Have a spontaneous erection.

Step 2: Stimulate the vagal nerves in the pubic bone (**stimulate the pubis**) **and upper side of the penile shaft** to continuously maximize the erection for expansion, from the initial spontaneous erection to the 2nd or 3rd stage erection. This vagal stimulation is to power up the dopamine-hypothalamus-pituitary axis for promoting the **NOergic and oxytocinergic nervous function** that drive both the parasympathetic and sympathetic beta-adrenergic nervous erectile mechanism. You also need sufficient androgen hormones, with serum testosterone and DHT level over **500 ng/dl and 50 ng/dl, respectively, for an initial erection, and 600 ng/dl and 60 ng/dl, for a sustaining erection**. Spend about **5 minutes** in this step.

Figure **2** (from left to right) shows the stimulation points (**upper side of penile shaft**).

Figure **4** shows the stimulation of the vagal nerves in the pubis.

Figure 6-17 (B). Generation of the Ballooning Effect.

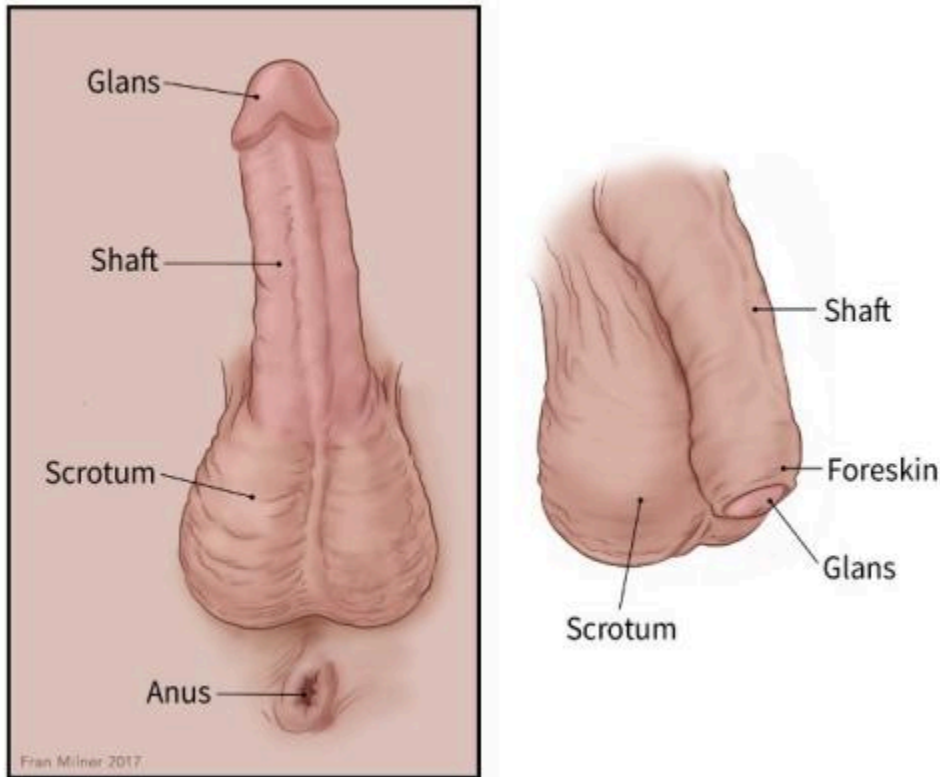


Step 3: Compress or squeeze the penile shaft to force the blood toward the glans for internal erectile tissue expansion and promote prostaglandins release. Spend about **2 minutes** on this step.

Step 4: Massage your testicles to increase your testicular function. Spend about **1 minute** on this step.

Step 5: Repeat step **2-4** until you are about to **ejaculate**; then **pull down** your scrotum and testicles and slightly pinch both groins and penile shaft to induce endorphin to **knock ejaculation urgency**. Spend about **1 minute** on this step.

This is the scrotum:



Step 6: Repeat Steps **2-5** for **3-5** times, for about **20-30 minutes (total time)**.

You can not do penile ballooning without a spontaneous erection and you also have to last for 20-30 minutes without ejaculating.

Penile Enlargement essentials: the super hormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue.

Ballooning your penis into the extreme, in which state you feel semi-numb and your penis is about to explode, can prolong your sexual intercourse, and then, after all, have a

powerful orgasm that induces another surge of beta endorphin release into your bloodstream to assist **penile regrowth**. Noticeably, only a power orgasm that lets you experience instantaneous body numbness, in addition to penile numbness, indicates a surge release of beta endorphin.



However, when the DHT level is too high, it may downgrade the androgen receptors in the penis and upgrade them in the prostate. That is bad news for administration of DHT to normal men with an upper high DHT level. Thus, that is why you need help from penile ballooning. Penile ballooning can help normal men to stimulate the prostaglandins and nitric oxide release in the penile tissues to increase the **binding of DHT into the penile receptors** while stimulating the testicles to release more at the same time.

Conservation of semen for penile enlargement - although a long-term semen/sperm retention (longer than 90 days) may reduce the testicular testosterone and DHT output , but don't fully empty your seminal vesicles every time you practice sex! (Do not masturbate ever, again)

Here is why-

Semen contains human growth hormone, Insulin-like growth factor-I, alpha2-macroglobulin, testosterone, and other therapeutic and pharmaceutical proteins. Don't fully empty your seminal vesicles. Keep some semen to help you get **recovery and grow your penile erectile tissues and cells even after ejaculation. This is very critical for penile enlargement practices.**

Pre-puberty overmasturbation limits the body and penile growth.

Semen retention could be used as natural **TRT**.

Note: Chronic stimulation of sex organs can lead to over-production of α -MSH and Trapping excessive α -MSH in certain areas of skin results in extra skin darkness, particularly in under eye cycles, labia minors, penile and clitoral foreskin, and perineum if the local skin neuroendocrine function is working.

A note to "penis exercises and extenders", as well as poor diet and poor life habits: Excessive stressors norepinephrine, epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and extensibility of) the *tunica albuginea and its sheathing spongy corpus cavernosa* for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage, including **penile enlargement stretching, jelqing, weightlifting, penile pumping, cock ring use, over-bending, over-masturbation**, and so on, will induce collagen scarring of the erectile tissues, by stimulating release of inflammatory hormone prostaglandin E2 and collagen protein, in conjunction with activating Transform Growth Factor Beta-1 and -2 gene expression in repairing the damaged tissues. That is, chemically or mechanically induced Transform Growth Factor Beta-1 and -2 gene expression will **harden your penile erectile tissues, nerves and blood vessels, leading to penile shrinkage or deformation.**

A note to DHT suppressing drugs:

Finasteride causes liver damage and testicular damage, for penile shrinkage, erectile dysfunction, low semen production, and no sexual orgasm.

Penile ballooning takes at least **2 months** to increase penis length by **1 inch and girth by 0.5 inches.**

Only retain your semen for 90 days if you cannot achieve erection angle of 12-2 a clock position.



Note that, for a man, when his sympathetic nervous function overpowers his parasympathetic nervous function, his eye pupils dilate continuously, his vision turns to fuzziness (like seeing eye floaters), and his penis shrinks into his body; On the other hand, when his parasympathetic nervous function is more powerful than his sympathetic nervous function, his pupils shrink, his vision becomes very sharp, and the hidden section of his penis balloons (pops) out of this body - the principle of the natural penile enlargement!.

Your heart has to pump an extra volume of blood and to create a high-blood pressure inside your penis for you to gain couples inches. If your cardiovascular function won't cooperate, you can forget your penile enlargement practice. Your brain/neuro-endocrine functions must back up your cardiovascular function to pump more blood flow to your penis.

Note: The penile size is determined by the **DHT receptors and concentration in the spongy tissues and capillaries**, the Acetylcholine/Nitric Oxide level in the penile parasympathetic nerves/endings, and the cardiovascular pumping. However, the brain's **dopamine is essential** to drive the brain/pituitary-testicular (and adrenal, with the parasympathetic system) functions for producing more free testosterone when can be burned into DHT; the liver function, driven by the Acetylcholine/parasympathetic nervous functions, has to provide all the essential enzymes for the hormonal conversion from cholesterol to DHEA, androstenedione, estrogen, testosterone and DHT, and for the syntheses of erection-associated neurotransmitters Acetylcholine, Dopamine and Serotonin; Serotonin helps preserve the brain's Dopamine level and reduce the conversion of Dopamine/norepinephrine to epinephrine (adrenalin, the stress hormone) - less stress

more erection. **Serotonin helps you last longer** so that your penile tissues have sufficient time to burn DHEA, androstenedione and testosterone into DHT to help you "**grow**" **your penis**, but you have to detoxify your prostate and hair rooting cells to prevent their DHT receptors from binding DHT in order to avoid prostate enlargement and hair loss (I will explain further in the upcoming megathread about Diet).

A note if you're about to masturbate or have sex:

In this regard, you need Serotonin to help you hold your ejaculation back 3-5 times in a love or masturbation session. Increasing the DHT receptors in your penile tissues to trap more DHT will make your penis bigger in the erectile state. This is the principle of the Penile Ballooning Method, in conjunction with the detoxification of the prostate and hair cells with: Tomato lycopene, saw palmetto, nettles, grape seed/skin polyphenols, nuts/seeds and other dark-colored vegetables or fruits. Don't forget the role of your diet in your penile enlargement!

Chronic over-masturbation and over-ejaculation lowers the erection angle, thus lowers the chances of women experiencing vaginal orgasm.

In order for a woman to experience full body orgasm, her clitoris, G-spot and epicenter must be stimulated at the same time.

All men need erecting penis at an angle at the very least of 2 a clock position in order to completely satisfy a woman.

Penis Hardness & Women's Sexual Orgasms:

Penis Clock.

Chance Of Women's Sexual Orgasms
And Penis Pressure On G-Spot.
(Rule: No Pressure No Pleasure.)

Position: 1-2 O'clock	Position: 3 O'clock	Position: 4-5 O'clock
Chance: 100-300%	Chance: 30-70%	Chance: < 20%
Rating: Superior	Rating: Good-Fair	Rating: Fair-Poor
Pressure: > 6 PSI	Pressure: 2-5 PSI	Pressure: < 2 PSI
Comments: Hard, Multiple orgasms	Comments: Medium Requiring High Pressure On Clitoris	Comments: Soft Requiring High Pressure & Trigger On Clitoris
		

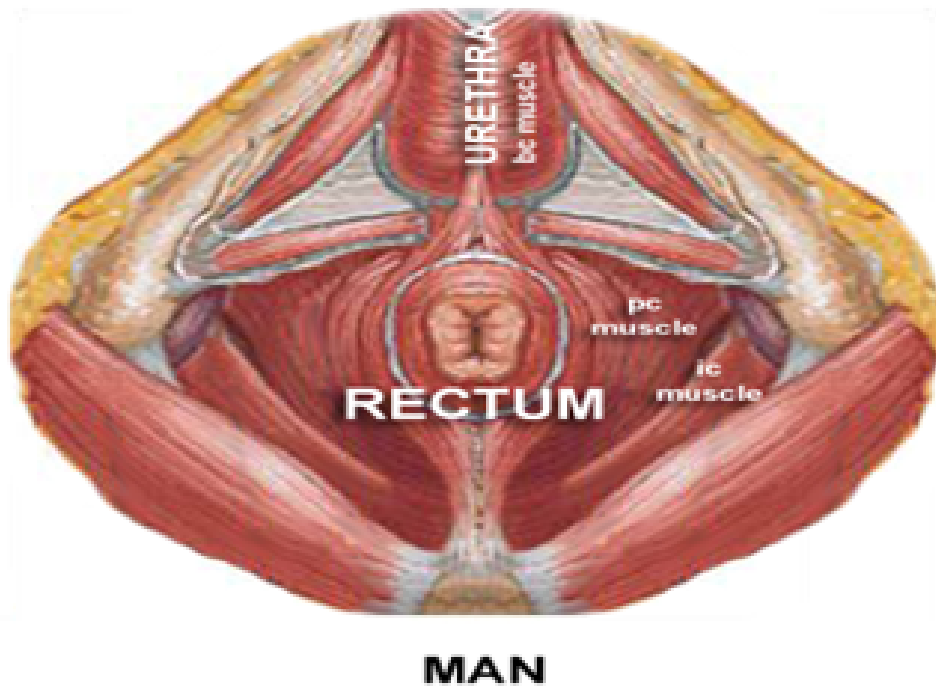
Penis size doesn't matter if you cannot erect your penis fully! Erecting penis with a size of 5 inches and above, while maintaining a 12-2 O'clock position is always able to trigger a full body orgasm to a woman.

Additionally, you may practice sexual qigong, learn here

<https://www.youtube.com/user/lininstitute>

Aphrodisiacs for libido: Oysters, Raw Celery, Maca Root, Ashwagandha, Liver,

Kegels and PC Muscles, Balancing the Pelvic Floor



One of the most important factors for penile health, erection quality, and stamina are your pelvic floor muscles.

Every man should apply this information for the rest of his life. Learn and see the effects for yourself. You can take SEX to a WHOLE NEW level. You'll be able to maintain erections for 2 hours straight , effortless , always at your maximum hardness , even with little to almost no stimulation involved ! Nothing of this is exaggerated.

From WideZygos.

Benefits:

- Development of your ejaculatory control muscle for unbelievable control over the premature urge to ejaculate.
- Ability to achieve ROCK HARD erections anytime you wish.
- Improved blood circulation for enhanced size, ability, and sensation.
- Drastically improved sexual stamina.
- Increase in ejaculation volume and intensity.
- Improved urinary flow.
- Ability to have many multiple orgasms without wearing out.
- Can actually help save your life by giving you a well-developed and healthy prostate

Will help with:

- Weak erections
- Weak ejaculations
- Low volume & intensity of ejaculation
- Premature ejaculation
- Impotence

Exercises:

Warning: It is crucial that you use slow overload on these exercises and bring the Volume up slowly otherwise there is danger that you will develop a hard flaccid (I will talk a bit about this later) and overtrain your PC muscles.

PC Clamps:

Squeeze and release over and over again. Start with sets of 30, and build yourself up to a set of 100 or more. I currently can do a single set of 700+ until I have to stop due to exhaustion. Your PC heals quite fast and you will find yourself waking up with ROCK HARD erections every morning! Make sure you do at least 300 PC Clamps a day for the rest of your life. You will soon find that it's the best move you could make for your sexual health and ability. (Ps: You can also do some sort of mix between clamp and squeeze like 5sec on 5sec off. Towel Raises are also a good idea for advanced practitioners.)

Long Slow Squeeze:

Warm up with a set of clamps then flex as hard and as deep as you possibly can. When you cannot squeeze any deeper, hold where you are at for a 20 count. Rest for 30 seconds. Repeat 5 times. After a month or so of exercising, you should be able to do squeeze and hold sessions for at least several minutes at a time. This particular exercise will give you absolute erections of STEEL and ability to last as long as you want in bed. Eventually work your way up to 10 sets of 2 minute long holds with 1min Rest. It may sound like a lot now, but wait until you start to see the benefits! You'll be exploding across the room when you ejaculate! I've been told that it is this very exercise that has made Peter North so popular in the porn business.

[Advanced] PC Blaster:

Sit in a comfortable chair and find a position that you can be comfortable in for 10-20 minutes. Flex your PC and focus on it squeezing, hold for 10 seconds and warm up with a set of 50 PC clamps. While performing these, really breathe in deeply and visualize blood circulation toward your PC as you flex and relax it.

After the 50 clamps are complete, squeeze your PC as tight as you possibly can, not allowing any slack to give. Keep tightening and hold for 20 seconds. Do NOT relax until the 20 seconds are up. Without resting, perform 100 PC clamps, flexing and relaxing at 2-second intervals. Do not give up! Continue to flex and relax your PC as tight as you can until the 100 clamps are completed. Breathe in deeply and slowly, visualizing energy and power radiating from your PC muscle. Visualize it as strong as anyone's could be.

Once this is completed, now the fun starts. Flex your PC as tight as you possibly can until you've reached your absolute maximum ability. Once there, hold as tight as you can without allowing any slack to give. If you feel the urge to let up, squeeze even tighter and visualize your PC tightening tighter and tighter. Hold this for 1 minute without giving up.

Rest for 2 minutes and really focus on the tingly sensation coming from your PC. It should be very tired and extremely worked after this workout, but it's not over yet. Focus on your PC muscle gaining power with every breath you take. Breathe in deeply and visualize.

Now the last part of the workout is here, the concentration clamps. You're going for a set of 50 without stopping. DO NOT STOP until you have finished the 50 clamps, for you will

appreciate the workout when you are finished. Before you start the last part of this exercise, there's one catch. These clamps aren't the same old flex and relax exercises, these are different. Each time to flex your PC, hold it as tight as you can for 5 seconds, then slowly release taking another 2 seconds. Each flex and relax should take 7 seconds in all. Remember you are going for a set of 50.

Once this workout is complete you should feel like your PC is on fire, and has been thoroughly worked. This exercise improves all round blood circulation to all parts of your penis, and should feel quite fatigued at the end.

Reverse Kegels:

A reverse kegel is a stretching exercise which is meant to relax the muscles of your pelvic floor and make them more flexible, Just the same as if you were stretching any other skeletal muscle in your body.

As opposed to kegels that strengthen and tone your pelvic floor muscles.

Both exercises are needed to create a balanced pelvic floor, I will talk about this later.

There is general confusion as to how the PC and BC muscles work together. The idea arises from thinking that because Kegels simulate holding back urine, that the Reverse Kegels (forcing urine) somehow affects a "balance". Another thing to consider is that, at certain stages of ejaculation, Kegels can actually force ejaculations out instead of holding them back.

The BC muscles (targeted via RKs) are not antagonistic to the PC muscles (targeted via standard Kegels). The idea behind it attempts to conflate these muscles with something like biceps and triceps- which are antagonistic. Even in that case you don't work the biceps to relax the triceps. When working one, you actually engage the other to some degree as a stabilizer that controls the negative portion of each rep of exercise! This leads to MORE work, not less, and it does little to stretch the muscles themselves.

FRONT AND BACK REVERSE KEGELS

Front Reverse Kegels

Front reverse kegels target and isolate your BC muscle, this is the muscle that wraps around the inner part of the penis and causes involuntary contractions. A front reverse kegel will stretch and loosen the BC muscle from around the inner part of your penis (the bulb) allowing better blood flow in and out of the penis as opposed to a regular kegel which will pump more blood into the penis and trap it there by contracting around the inner part of the penis.

Remember those contractions aren't a bad thing, they occur for a purpose. That being to expel ejaculate and urine at force out of the urethral canal.

But due to factors like bad masturbation habits and overstimulation to things like hardcore porn as well as other factors can lead to an unbalanced pelvic floor. This causes involuntary contractions to happen more frequently than they should, sometimes continuously.

Speeding your way to the PONR a lot quicker than you'd like rather than the natural progression to the PONR you would have if you had a balanced pelvic floor.

That's why it's important to isolate the muscles so that you decide when to let those contractions occur making you cum or using a front reverse kegel to stretch and relax your BC muscle pushing back the PONR.

I would recommend those with premature ejaculation to start by learning to isolate their BC muscle with front reverse kegels.

Back Reverse Kegels

Back reverse kegels target your PC and IC muscles. This exercise is good if the back of your pelvic floor is tense. This area is rarely as out of balance as the front due to the fact that most people who are overtraining do so with the front and therefore don't need as much attention as the front to begin with.

PISS, FART AND SHITTING (Lmfao)

To identify the area you want to stretch: a front reverse kegel feels like you're taking a piss and a back reverse kegel is like farting or shitting.

NOTE: When people describe it in those terms they're doing it so you get a general idea of what each one feels like and the muscles you should be targeting.

When actually doing the exercises you shouldn't actually feel like you're about to pee, fart or defecate. If you do then you're pushing too hard.

BREATHING

Keep breathing, it may seem obvious but the fact is that some people hold their breath when doing reverse kegels and normal kegels for that matter. When you hold your breath you cause tension in your body and that is counter productive in doing these exercises. So I'll say it again, **Keep breathing.**

Whether that's regular light breathing or deep breathing from your diaphragm just make sure you don't hold your breath.

TIPS TO HELP ISOLATION

- When trying each exercise some find them easier on their back to start with while some find it easier to stand. So experiment to find what's best for you.
- Slowly do a light front kegel then reverse it into a light front reverse kegel so that you feel the difference between the pull and the push of the two different exercises in that targeted area. You can do the same for back kegels as well.
- When doing front kegels you can use your diaphragm to help with the stretch by pushing it out but when doing this keep your abs relaxed
- When doing reverse kegel if you feel around the base of your penis and your perineum the muscles should be relaxed and loose, there should not be any tension. You can do a light kegel then reverse kegel to feel the difference with your fingers.
- Keep your back straight whether you're laying down or standing.

WHAT NOT TO DO

- Do **not** push too hard
- Do **not** strain yourself
- Do **not** hold your breath
- Do **not** reverse kegel while doing any exercise that engages your core. (sex being the exception to the rule)

HOW TO REVERSE KEGEL

I've already said that reverse kegels aren't a strength exercise so your body should not be tense when doing them so that's what you need to work on first, letting your muscles relax while doing them.

These exercises can be difficult for someone who has never done them before especially if you have a very tight pelvic floor so be patient with yourself if you don't feel like you're doing them straight away and keep practicing the exercises as described while paying close attention to your body specifically the area you're trying to work and you'll find them easier in time as your ability improves as well as being able to feel the subtle movements in the area you're focusing on.

Front reverse kegel

Level - beginner / Force - Light to firm

Done at flaccid or 30-40% engorged

Find the position that's right for you be that laying down or standing up

Relax your body and clear your mind of tension. You want to be relaxed so that blood flows freely to your penile area and your pelvic floor.

Focus on pushing out the muscle at the base of your penis (where your penis meets your body) while keeping the rest of the pelvic area as relaxed as possible. It can help to

visualize the muscle expand like a balloon. This can cause your penis fill with blood giving you a flushed flaccid.

Aim to hold this for 10 sec. To start with you may find that hard so try 5 sec or 3 and work your way up. For however long you hold the stretch allows the same time to rest between reps. The force should be between light and firm. You should never be straining yourself, if you are then you're pushing too hard.

Repeat the above for 10 min. When you become more advanced you can increase the time and the length of the holds

Once you've mastered this exercise in one position you'll then be able to do it in others until you're able to do them while moving around barely even having to concentrate on doing them.

Back reverse kegel

Level - beginner / Force - Light to firm

Done at flaccid or 30-40% engorged

Again find the best position for you but for this one I recommend standing because it's just easier.

Relax your body and clear your mind of tension. You want to be relaxed so that blood flows freely to your pelvic floor.

Now focus on your perineum just in front of your bum hole and push down and slightly back. If it helps you can imagine a piece of string or something similar attached to that same part of you and imagine it being pulled down and back. The force light to firm just as before, you should never be straining yourself.

Aim to hold this for 10 sec. To start with you may find that hard so try 5 sec or 3 and work your way up. For however long you hold the stretch allows the same time to rest between reps.

Repeat the above for 10 min. When you become more advanced you can increase the time and the length of the holds

Pelvic floor breathing

Level - Intermediate

Done flaccid or 30-40% engorged

Again find the best position for you but for this one I recommend standing because it's just easier.

Relax your body and clear your mind of tension. You want to be relaxed so that blood flows freely to your pelvic floor.

Start by slowly doing a front kegel lightly (not hard and tense like a normal front kegel) then reverse it slowly into a front reverse kegel. This should be done slowly and controlled.

Repeat this for 1 min then rest for 1 min

Do this for 10 min. Over time you can increase the length of the exercise.

As the name suggests it should feel like your pelvic floor is breathing.

Anal breathing

Level - Intermediate

Done flaccid or 30-40% engorged

Again find the best position for you but for this one I recommend standing because it's just easier.

Relax your body and clear your mind of tension. You want to be relaxed so that blood flows freely to your pelvic floor.

Start by slowly doing a back kegel lightly (not hard and tense like a normal back kegel) then reverse it slowly into a back reverse kegel. This should be done slowly and controlled.

Repeat this for 1 min then rest for 1 min

Do this for 10 min. Over time you can increase the length of the exercise.

Two point reverse kegels

Level - Advanced

Done flaccid or 30-40% engorged

Again find the best position for you but for this one I recommend standing because it's just easier.

Relax your body and clear your mind of tension. You want to be relaxed so that blood flows freely to your pelvic floor.

For your starting position your pelvic floor should be completely relaxed. From here you're going to slowly go into a front reverse kegel hold for 10 sec then slowly return to the start point keeping control of the stretch all the way.

Rest for 10 sec

Next from the start position you're going to slowly do a back reverse kegel and then hold it for 10 sec then slowly bring it back to the start point again controlling it all the way

Rest for 10 sec

Repeat that for 10 min. Over time you can increase the length of the exercise to suit you.

Note: No muscles should be tensed during this exercise and remember your breathing.

Alternating kegels

Level - Advanced

Done flaccid or 30-40% engorged (can be done at full erection but requires a lot of control)

These kegels can be done for the front and the back but I'm only going to describe it once but know you can apply it to both.

Again find the best position for you but for this one I recommend standing because it's just easier.

Relax your body and clear your mind of tension. You want to be relaxed so that blood flows freely to your pelvic floor.

Do a hard front kegel and hold for 10 sec

Then release and go straight into a front reverse kegel and hold for 10 sec

The above should be done controlled

Do these for 1 min and then rest for 1 min for a total of 10 min

Again with experience you can increase the time of the holds or the exercise time or both.

BEGINNER ROUTINES

When choosing a beginner's routine take into account why you're doing it in the first place. If you suffer from premature ejaculation I strongly recommend you focus on isolating your BC muscle with front reverse kegels. In the more rare case that it's the back of your pelvic floor that's too tense then focus on back reverse kegels to start with.

I find that the best ratio for balance is 70:30 or 60:40 reverse kegels to kegels. Your goal should be finding the right ratio for you.

If you have a very strong kegel reaction that you don't feel you have the ability yet to combat with reverse kegel then I sometimes suggest doing a reverse kegel only routine for a couple of weeks.

NOTE: You shouldn't do a reverse kegel only routine indefinitely; this could cause a weakening of the pelvic floor muscles that could make it difficult to cum or even maintain an erection.

TIP - Because stretching the pelvic floor is the same as stretching any other muscle it's beneficial to a few reverse kegels before and after doing kegels.

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EDGING AND REVERSE KEGELS

When edging, reverse kegels (specifically front reverse kegel) are used before the PONR in order to push it back or at any time you feel unwanted contractions.

Doing them stretches and relaxes the pelvic floor (the BC muscle in particular) allowing blood to flow more freely and naturally in and out of the penis decreasing sensitivity and tension in the area.

Reverse kegels done at or too close to the PONR can have the opposite effect and cause you to cum. Even without the involuntary contractions associated with ejaculation causing the cum to just pour out the end of your penis.

Reverse kegels can be done while you're still edging but for some who are really sensitive may find that is too hard to begin with. In that case just stop edging while you reverse kegel then start up again when the area's relaxed.

Your aim should be to be able to reverse kegel when you need to while still edging, but take it slow and work your way up to it.

You want to get to the point where you can reverse kegel instinctually and easily when you need to, to counter any unwanted spasms you get when edging or during sex.

Because that's the whole point, to be able to do these easily and naturally while having sex so that you can pretty much choose when you want to cum.

When your pelvic floor is balance you don't even need to think about kegels or reverse kegels during sex because your pelvic floor is naturally relaxed.

NOTE: When edging do it to physical stimulation alone or your fantasies not porn or porn fantasies.

Edge slowly, retrain any bad habits. There's no need to rush

NOTE:

Reverse kegels - pushes back the PONR and stops involuntary contractions.

Kegels - Increase sensitivity but will stop you cumming at the PONR. (this requires strength and timing)

EDGING EXERCISES

Start/stop

When edging use front reverse kegels to stop spasms while working your way up to your PONR. Then stopping and holding a front kegel to stop yourself cumming.

When the need to cum passes, release the kegel and go straight into a front reverse kegel to stretch and relax the muscle once again. Then repeat.

I don't recommend cumming after any edging session.

Chasing the PONR

When doing this the goal is only to reach the PONR once.

When edging, counter every spasm just before it occurs with a front reverse kegel.

If you don't know your body well enough yet to tell when a spasm is about to occur then just counter them when they do occur.

You want to be always pushing the PONR back every time it starts to get near with front reverse kegels.

Eventually you won't be able to push it back anymore and then you have two options.

1. let yourself cum.

or

2. Kegel to stop yourself from cumming.

TIP - Get to know the feeling of your PONR and involuntary contractions so that you can counter them before they occur.

SIDE NOTE:

On the mental side of things don't try and distract yourself from the pleasure you feel because it's too intense and you're afraid of not lasting.

It's your pleasure you're feeling so own it. Immerse yourself in it so you get used to it and enjoy it. Look forward to the pleasure and let that be the reason you want it to last longer because the longer you last the more pleasure you receive.

When you change how you think about a situation you change how your body reacts in that situation.

Another option when edging is to try for a dry orgasm.

Here's a guide for more on that.

<https://www.pegym.com/forums/prematu...asm-guide.html>

PELVIC STRETCHING

It's a good idea to combine reverse kegels with stretching exercises for optimum effect.

Stretching is a great way to relieve tension and increase flexibility and taking the time to perform a few simple stretches on a daily basis will not only help people with premature ejaculation caused by pelvic tension but also help prevent possible injury in the future.

The following is a link to a list of pelvic floor targeted stretches.

PELVIC FLOOR BALANCE

Kegel to Reverse Kegel Balance/Unbalance

This occurs when there is too much high tone (tension) or too much low tone (weakness) of the pelvic floor muscles.

Too much high tone (tension) can lead to uncontrollable involuntary kegels leading to premature ejaculation.

Too much low tone (weakness) can lead to a complete lack of involuntary kegels leading to delayed ejaculation.

Involuntary Kegels/Spasms

First off involuntary kegels/spasms aren't a bad thing that you're trying to eliminate entirely. They serve a purpose, that being to help you reach ejaculation/orgasm, to actually ejaculate and to expel urine from the urethra.

So the aim of developing a balanced pelvic floor shouldn't be to eliminate involuntary kegels altogether but to develop your muscles to a point where involuntary kegels don't happen uncontrollably or when you don't want them to.

When they do occur you should be able to easily suppress them if you choose to or let them happen if you want to reach orgasm/ejaculate.

Front/Back Balance

Having your pelvic floor muscles be out of balance doesn't just mean having too much muscle tension (too much kegels) or muscle weakness (too much reverse kegels)

The unbalance can also be specific to a certain part of the pelvic floor. In that case you can do more isolated exercises to correct the imbalance.(front kegels, back kegels, front reverse kegels and back reverse kegels)

How to Identify an Unbalanced Pelvic Floor (Can Also Depend on other Factor's)

- Premature ejaculation can be a symptom of too much tension in the pelvic floor.
- Delayed ejaculation can happen when the pelvic floor muscles become too weak to contract.
- Poor EQ can be a result of both weakness or too much tension
- Loss of libido has been reported by some who have weakened their pelvic floor through too much reverse kegels and not enough kegels.
- Uncontrollable involuntary kegels/spasms
- Incontinence can occur when there is too much muscle weakness

- Difficulty urinating and defecating can happen when the muscles are too tense this can happen together or separate if there's a front/back balance issue.
- Pain - consult a doctor.
- Hard flaccid.

How to Identify a Balanced Pelvic Floor (Can Also Depend on other Factor's)

- You're able to maintain a natural neutral state.
- You can stimulate yourself without having uncontrollable kegel spasms.
- You can choose when to let involuntary kegels occur and any ones that do occur can be easily stopped if you so choose.
- You can last as long as you want (assuming you don't suffer from mental overstimulation)
- High EQ
- No incontinence
- No difficulty urinating or defecating
- Healthy libido
- No pain or hard flaccid

How to Bring Your Pelvic Floor Into Balance

Tension

If you have a tense pelvic floor your main focus will be on a combo of pelvic stretches, massage, relaxation exercises and a reverse kegel focused kegel routine, say about 70:30 to 60:40 in favor of reverse kegels.

In some cases It may be beneficial to do only reverse kegels for a couple of weeks to a month before introducing kegels into your routine until you're doing a balanced 50:50 routine.

Weakness

If the problem is weakness then you want to start with a kegel/reverse kegel routine of a ratio of 50:50 or 60:40 in favor of kegels as well as doing pelvic floor exercises that engage your whole core. That combined with pelvic stretches and relaxation exercises.

Some Links :

[Meditative Reverse Kegels](https://www.pegym.com/forums/premat...egel-breathing-meditative-reverse-kegels.html) (This a great technique for guys with Pre e)

<https://www.pegym.com/forums/premat...egel-breathing-meditative-reverse-kegels.html>

[Pelvic Floor Core Exercise](#)

[Pelvic Floor Yoga](#)

<https://www.pegym.com/forums/premature-ejaculation-forum/45181-pelvic-floor-yoga.htm>

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[Yoga Poses For Pelvic Floor Stretching](#) (by MarcusHa)

Regardless whether you start from too much tension or too much muscle weakness the goal is the same, to create a healthy, strong and flexible pelvic floor.

Other Pelvic Floor Problems

More serious pelvic floor problems are things like CPPS (chronic pelvic pain syndrome) or PFD (pelvic floor dysfunction) or hard flaccid.

Now I'm no expert in these areas so I won't comment on them, but instead just make you aware of.

There's probably members here with a far greater knowledge of these problems than me so feel free to post your knowledge and insights on the subject.

I'm going to stop writing now because this has already turned out to be far longer than I intended when I sat down to write this, but if you feel I've overlooked something or missed something out then feel free to post and let me know.

Other Factors that induce Poor EQ and Penis Health

- Not enough Physical Activity or too much Physical activity(Overtraining)
- Poor Diet and overall Health
- Alcohol, Nicotine and other Narcotics/Drugs
- Watching Porn / Too much fapping
- Low T.

'Ass-ender' (Imfao) 's Information: Becoming a Sex God.

In today's world , due to the global feminization, men have become low T cucks and female became high e sex goddess due to all chemicals and hormones in food, contraception pills ... Studies show that men's testosterone levels have been declining for decades , Dr. Marcia Herman-Giddens found that in 1860, the average age of the onset of puberty in girls was 16.6 years. In 1920, it was 14.6; in 1950, 13.1; 1980, 12.5; and in 2010, it had dropped to 10.5. Consequently, most of females get ultra feminine features at an early age now (increased chest and butt development, hour glass body, plump lips, increased sexual desire due to higher e...) however men get the side effects (low T, gyno, wide hips...) and not being able to destroy a female during sex, this is actually good for us, because it reduces competition and increases the number of high quality females available.

Why is being good at sex important?

If you're in a relationship or have sexfriends , the only thing that will determine how long your very good looking partner is gonna stay with you is the amount of money you have or how good your dick game is, that's the ULTIMATE m/f relationship truth.

So I'll first start by talking about my personal experience so you can see how far I've come.

When I finished highschool, I didn't go to uni or work, I was rotting 24/7 in my room eating shitfood and playing videogames, it was so bad that I didn't step a foot outside my house in literally 5 MONTHS, when I say didn't step a foot outside I mean it literally, it was like I was jailed in my room. Before that in high school I was a

medium popular man, used to go the gym 6 times a week, had a social circle, girls showed a lot of interest, I wasn't kissless, just had a bad period and had depression as I didn't know what to do with my life after finishing high school. So you can figure that during that period of rotting I was obviously watching porn, I'd jerk off to porn 5 to 10 times a day, I slowly started to slip into the dark side looking for degenerate content as my dopamine reward system was asking for more hardcore stuff to get activated (it happens when you're at a certain level of addiction).

This was four years ago, after I started looksmaxxing and taking back my life, I stopped porn 3 years ago, never watched a single video or explicit image and I stopped jerking off 3 years ago also, never jerked off a single time, **BEST FUCKING DECISIONS I HAVE EVER MADE.** So fast forward 2.5, 3 years after that, I get approached by women and then my journey and my experience with these new girls gave me an insane dick game even though I have 7.5 inches average girth dick.

Why is having a good dick game important?

90% of men have a shitty dick game (and those are 90% of the 20% who regularly have access to new pussy) , why is that you ask?

It's simply because it's biologically designed by evolution.

Women's orgasm is useless in nature compared to male's orgasm, we were designed to cum quick and get out to fuck the next female we find to maximize the chances of conception.

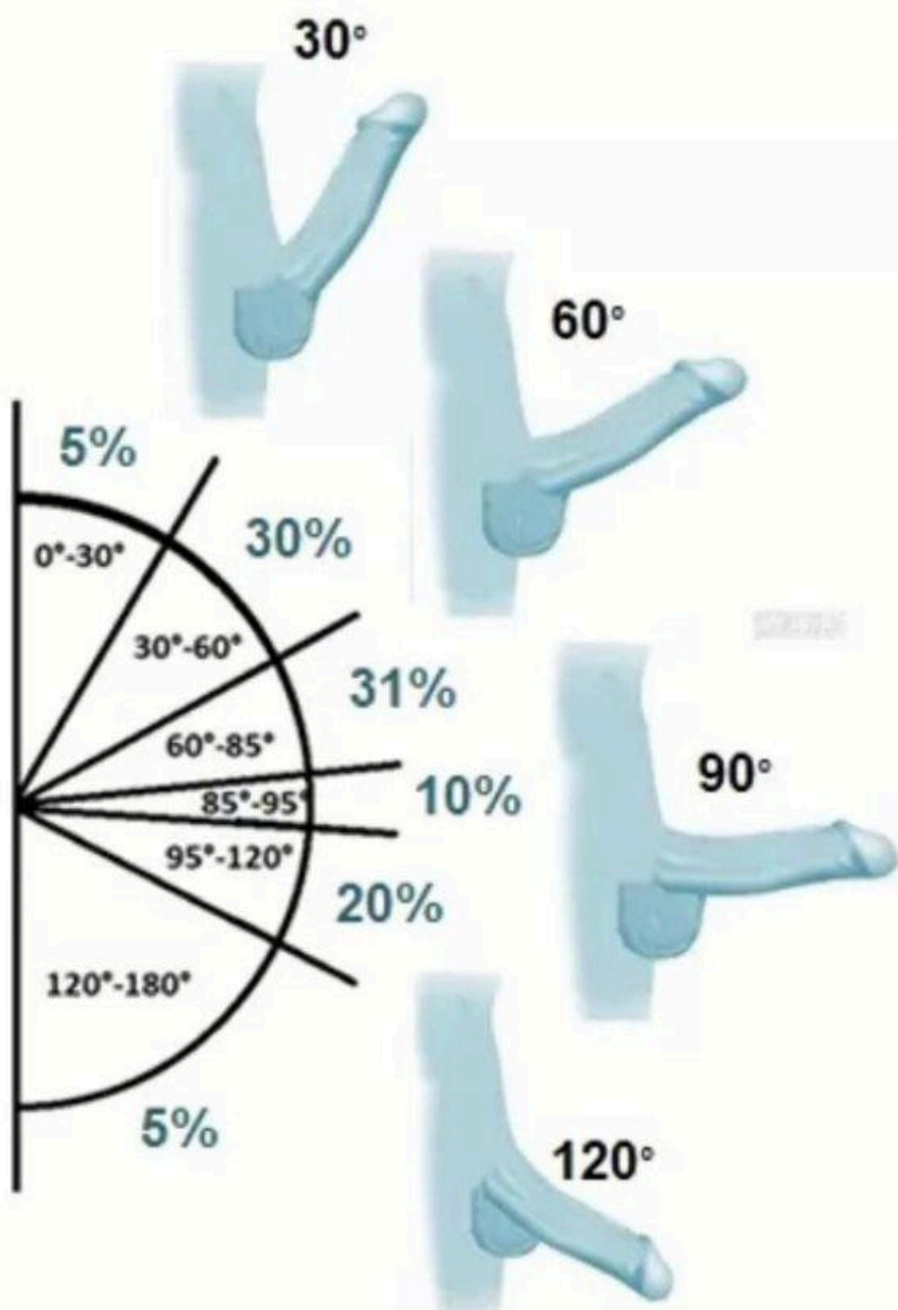
So fucking for an hour is not natural, but females can do it for way longer and have multiple orgasms, that's where you're gonna stand out from the horde. You need to fuck your girl until she taps out and you don't cum at the end, it will psychologically trick her into thinking that she's not good enough for you, that she can't make you finish (that's a crazy mind fucking technique to use, when I first fuck a girl I won't ejaculate during the first 4 or 5 sessions, I'll enjoy sex and have non ejaculatory orgasms, the girl will start feeling insecure and asking questions, I'll be cold and won't text back for days, by doing that, she'll literally be on a leash and come begging me to fuck her and in addition she'll try her best to make me cum). When you make your girl tap out, the bitch will know that if she loses you, she'll never taste your superior dick game ever again and other girls will. She wouldn't even dare to cheat on you and get fucked by a chad, why risk losing a sex god for a chad that will use her like a sock and cum in her in 5 minutes, see how important good dick is, swallow THE SEXPILL MFS. To make things even better, 95% of men are utter shit at sex, don't have rock hard erections and cum in 5 min, with her whoring experience, the girl knows perfectly that you're a gem compared to all the flaccid 5 min cuming

dick she had and that she'll need to be whoring for another 2 years to find a guy that has a god-tier dick game. It's very rare, but we've all seen a really hot girl go out or marry an average or deformed guy that isn't rich or famous, the only explanation is that he successfully kept her thanks to his dick game.

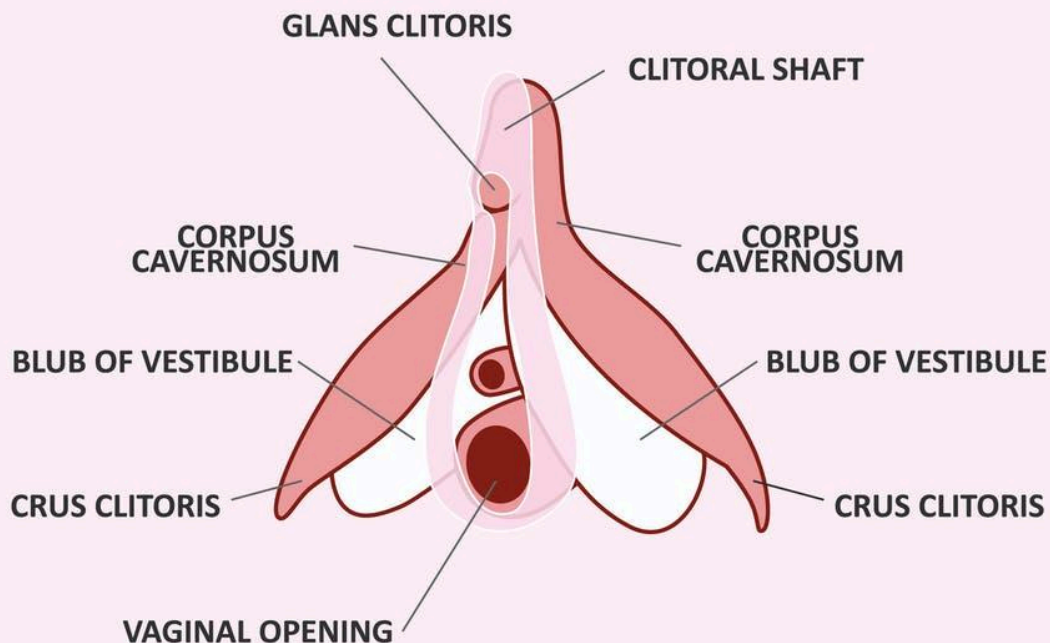
In addition to that, girls gossip a lot and talk about their sexlife to their friends (I fucked a bitch that had a list rating the performance of every guy she fucked), by being a sex master, every single girl in your social circle (work, school) will know about it consequently boosting your image and giving you more opportunities with foids.

Sex is mechanical, it is a physical reaction created by the friction (and the impact when you hit the cervix if you are 6 inches +) between a dick and the vagina walls, it is as simple as that, what really matters is how hard your erections are and your endurance. In this guide we're only talking about penetration induced orgasms, because external clitoris stimulation induced orgasm is easy. The only way to give a women a vaginal orgasm is by applying enough pressure on the G spot (top wall of the vagina) , don't get it wrong the vaginal orgasm (G spot orgasm) is a clitoridial induced orgasm, the only part of the clitoris that is visible is the glans, the body of the clitoris is inside and its extends up the vagina along the top of the vaginal wall and behind the labia. So the source of the orgasm actually comes from the same spot (the clitoris) when it's stimulated from the inside. Some women might have faster penetration induced orgasms than others due to their anatomy, how close the clitoris is to the vaginal wall and how deep it goes into the body affects the sensation felt by the girl from her hidden clitoris nerves.

So having rock solid erections is key, you need to have a low erection angle (the harder the erection, the more your dick angle decreases) so when you penetrate your partner there is vertical force applied to the top of the vaginal wall causing inner clitoris stimulation.



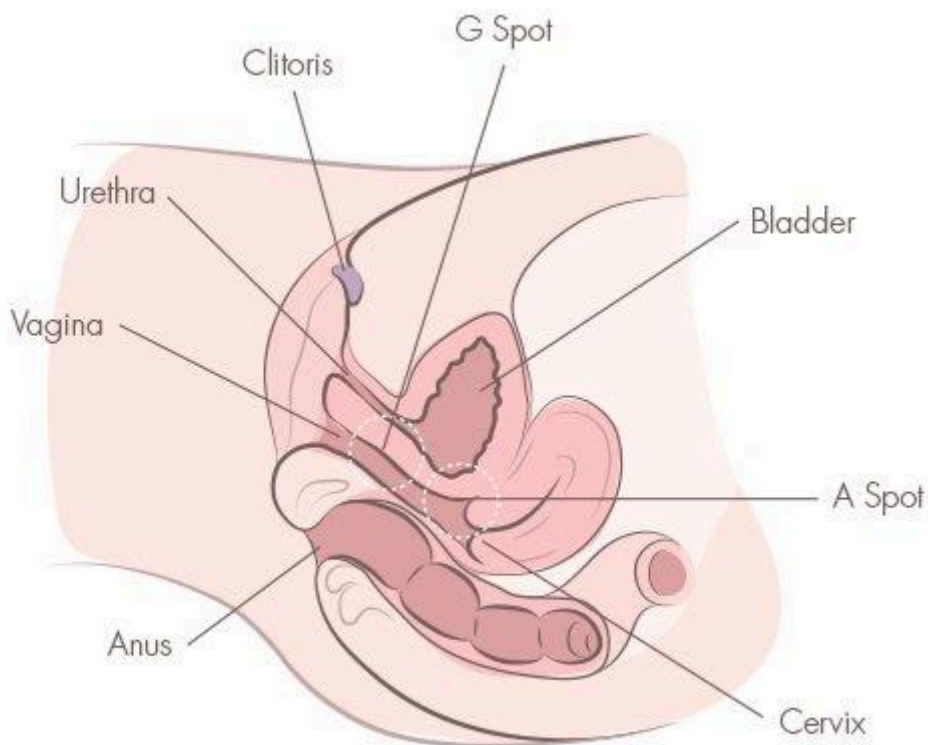
THE STRUCTURE OF THE CLITORIS



You'll be forcing your penis into the vagina and applying constant vertical force targeting the inner nerves of the clitoris, it's like mewing, constant vertical force needs to be applied.

I remember from my dark days watching an old blond white dude making pornstars tap out by the number , his dick was average size, only the tip of his dick was upturned and curved like a frickin hook, it was a meme and there were compilation of him making bitches quit, some of yall know who I'm talking about.

The second type of penetration induced orgasms is cervical orgasm. The cervix is a small canal that sits at the top of the vagina. There is a tiny opening that runs through the center and connects the vagina to the uterus. That's what stops your dick from penetrating the uterus if you are 7+ inches. Cervical stimulation does require very deep penetration, and can cause an incredibly intense full body orgasm. The only way to increase your penetration capabilities is to have a rock solid penis, the harder the penis, the deeper it will go and hit the cervix which responds best to pressure (best position to give cervical orgasm is doggy).



You have now understood how important erection quality is. You have to be working on that by test maxing and sex drive maxing, you need to wake up with a morning wood every day.

When you take your erect dick and slam it against a desk, it needs to sound like a fuckin hammer, your dick needs to be metal solid and have 0 flexibility. With rock hard erection, even 5 inches dicklets can seriously destroy a pussy, most girl would rather get perforated by a 5 inch nail-like dick for 30 min than fuck an 8 inches half hard dick for 10 min (however it's over for you is if you have a pencil thick penis or if you're under 5 inches). In addition to that, most of the 8 inches + guys have shitty dick game, they can't get rock hard (because the bigger the dick, the more blood needs to be drawn into it), they rely on their size and cum quickly. A lot of girls complain about big dick guys being shit at sex. If your dick is soft or half hard, it will adapt to the girls vagina and won't exert any force on the vagina walls (consequently friction when you're stoking) reducing the girl's pleasure and not causing any clitoris stimulation. With a rock hard dick, it will be the girl's vagina that will need to adapt to

your dick tearing the walls. At the beginning of sex, if your dick is half hard it will easily get in, but if you have rock hard erection it will be a nightmare to get a few inches in (even after foreplay) , you won't be able to feel anything and it might hurt on both sides but as the arousal raises the vagina will start loosening up and elongating.

I insisted on the erection part because it's the most important part. If you are a soft one, you need to test max, libido max...

So now let's start with the guide:

First of all:

-NO PORN:

If you're watching this shit then WTF are you even doing here, get your life back together you pathetic primate, do you realize how cuck it is to watch another guy fuck a girl on a screen?

You're fucking up your neurotransmitters, your dopamine reward system, desensitizing your dick, high inhib maxing by putting worthless whores on a pedestal, watching porn is the most subhuman trait ever.

Stop this shit there are countless teens who got permanent erectile dysfunction from porn.

NO FAP:

What's the point in fapping if you don't do it to porn?

Masturbating will increase your temptation to watch porn and if you're doing no porn you'll easily relapse.

Just imagine looking at yourself from an outside perspective while you're jerking off in the corner of your cum scented basement, isn't that pathetic? what's the point of it? When that post nut clarity hits you you'll feel like utter shit.

After stopping porn and fapping, you'll rewire your brain and regain rock hard erections.

I truly believe that being on NOPORN AND NOFAP and improving for 3 years gave me titan erection. Not watching any suggestive content and not jerking off for 3 years

rebooted everything. By being already high T and doing nofap and no porn you'll reset your dick game, but you need to stick to it and wait months to see solid results.

BREATHING:

That's the most important step for premature cummers. When you're fucking you have to take deep breaths in and out slowly through your nose as always. Breathing heavily, taking short breaths or holding your breath will make you cum fast. You need to concentrate on your breathing all the time, one min of slipping and you'll find yourself panting like a dog and spitting out the sauce. When you're stroking faster and you need more oxygen adapt your breathing pattern by taking deeper breaths.

CORE:

Keep your core relaxed at all time and slightly arched backward (abs relaxed) use a grinding motion when you're stroking don't contract you abs and core like a plank (use glutes instead but be careful to keep your pelvic floor muscles relaxed) , if you contract your abs and crunch by leaning and rolling your spine forward you'll cum instantly

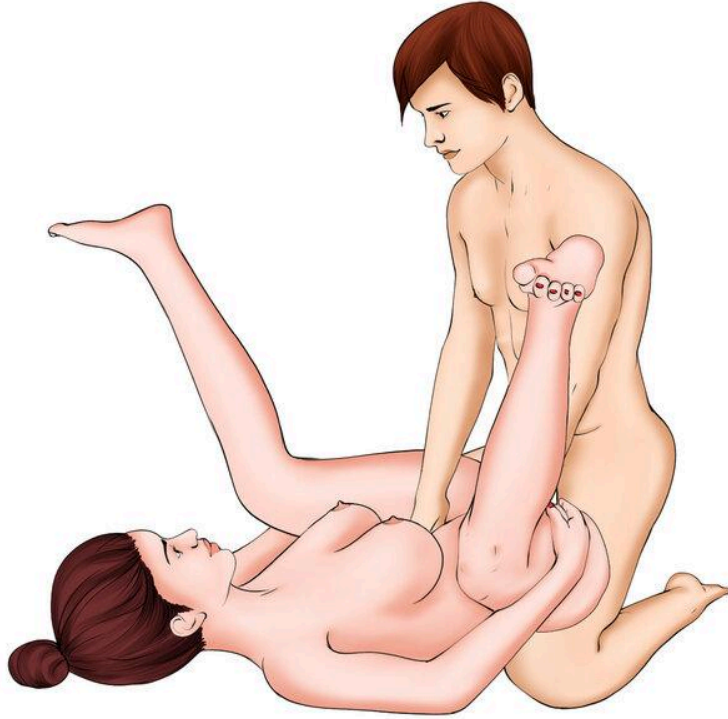
PC MUSCLES:

The perineum is the space between your anus and your scrotum. You contract the PC when you stop peeing, when you want to tighten your anus and when you ejaculate. The perineum and the anus need to be relaxed at all the time also, the perineum is the muscle that triggers ejaculation, so you naturally understand that we need to keep it relaxed otherwise if you contract these muscles you'll ejaculate. Doing reverse kegel exercises can also help control the pc muscles and keep them relaxed but I have never tried them.

POSITIONS:

Rule number 1 is to avoid doggy in the beginning of sex and keep it at last or for the 2nd round, it is the best feeling position if the girl has a good back arch and with the ass hole staring at you right in the face it's too visually stimulant, if you're fucking a big booty Stacy you'll cum in a minute and half doing that position.

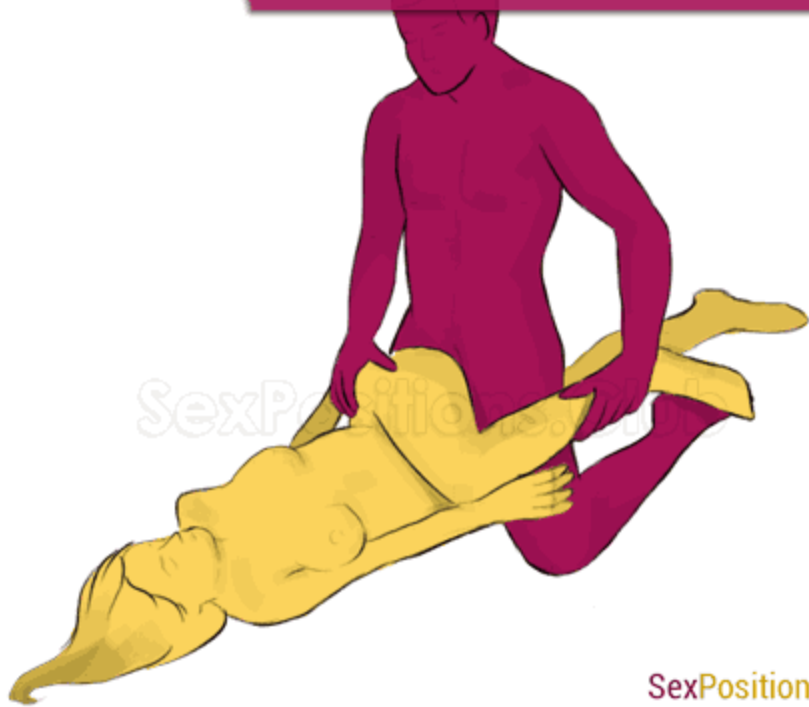
Your first position needs to be a position where you are in control and where you can keep you torso up and abs relaxed like the eagle position :



SexPositions.fun

When doing this position, lean slightly backward resting on your hand so you can further relax your abs and pc muscles ITS VERY IMPORTANT AND I INSIST ON THAT, don't do it like in the pic above where you see the guy's spine rolled forward activating the abs, instead, lean backwards while arching your back and breathing slowly through your nose and you'll last infinitely longer.

After that you can use a similar position like putting the girl in a spoon position but you don't lay down with her, keep your torso up like in the eagle position.

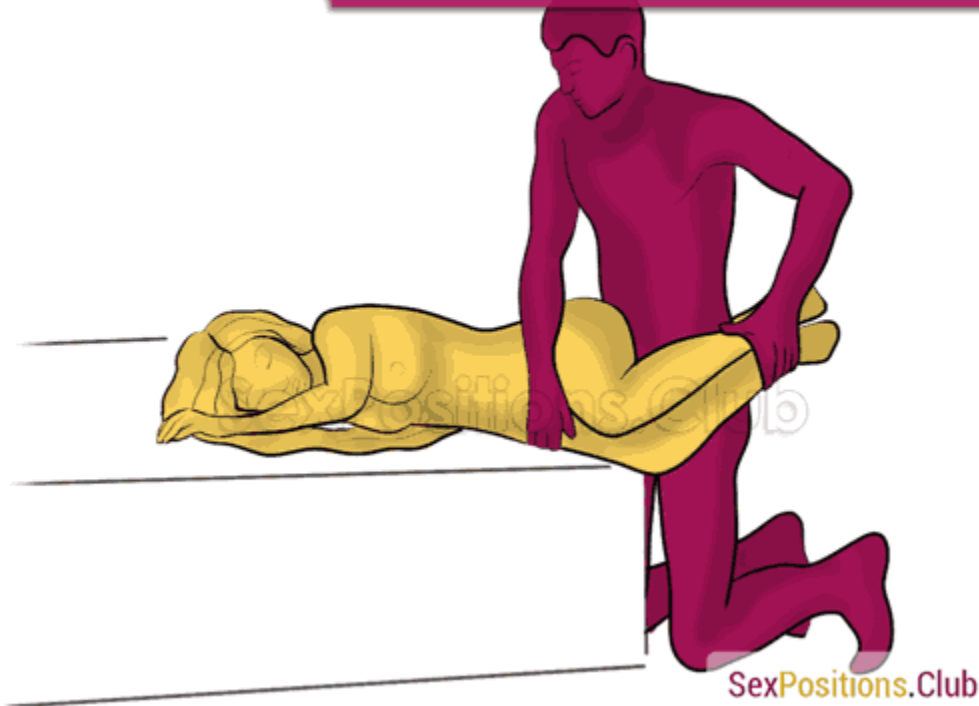


SexPositions.Club

Or that position



All Sex Positions on SexPositions.Club >>



INSISTING AGAIN DO THE POSITIONS WITH THE BACK SLIGHTLY ARCHED AND ABS AND PC RELAXED.

These are the positions where you can last the longest because you're in control of the stroking pace, your breathing, don't have any visual pressure, you can keep your back arched backward, abs and pc muscles relaxed.

After that you can continue with prone bone, cow girl, missionary, doggy...

You also need to work on your mentality to lower your arousal, if you struggle not ejaculating, stop thrusting, slow down the pace, do a small pause while playing with your partner, think of something else, concentrate on your breathing, do math operations like 4 8 16 32 64 and keep it going, think of your dead grandma or ultimately use a condom (if you can't control yourself with a condom on then your brain is fried) ...

When you cum fast, if you're high T, you will have no problem getting immediately hard again and going round two.

With experience you'll learn ejaculatory control and you'll be able to have orgasms without cuming when you'll master pelvic floor muscles control and breathing .

STROKE GAME:

You need to keep a constant stroke game and vary the speed and depth whenever you feel it's necessary (if the girl is about to climax, or if you're about to cum).

Having a strong anterior and posterior muscle chain is very important (glutes, hamstrings, quads, abs) so you can give proper strokes that will brake your oneitis back (that's why foids like big booty men, it's an indicator of powerful thrustings) , that's what separates you from the 100 lbs vegan lesbian with a strap-on.

The way that you do your stroking is very important, some girls will go crazy when you go with long and deep strokes with a proper hip moving, like if you're twerking but with your dick not your ass, in a grinding motion, doing that to a girl in a prone bone position or doggy will make her go crazy I guarantee you.

The jackhammer thrusting in the doggy position is the most efficient way to give your girl a vaginal or cervical orgasm but for that you need to have endurance and control your ejaculation, don't try that if you have trouble controlling it.

Cardio is also really important, you'll find yourself doing almost all the work, you'll be covered in sweat so if you are a fat fuck or have shitty cardio you won't be able to keep up so you better start doing HIIT (high intensity interval training), sprinting, or any other endurance sport like swimming, boxing, cycling, it is a highly energy demanding activity, you'll be exhausted at the end and in the begging the skin of your penis will be sore and hurting all the time after 1h + intense sex but it will adapt.

Not bragging but I litteraly destroy my girlfriend every fuck session, she's shaking, crying, screaming like I'm raping her and she'll be asking for more until she taps out and can't take it no more and again I have a 7.5 inch normal thickness penis. During my first fuck sessions, I was average, 10 15 min that was it but after 3 years of NO PORN, NOFAP, ANTIAGINGMAXING (I'M 20 BTW), TEST MAXING, GYM and HIIT MAXING, and with experience and applying the methods above I became a sex god.

Here are the signs that show a god tier fuck session:

(Keep in mind that you didn't destroy your girl if she didn't tap out, she needs to be the one saying stop, I can't take it no more my pussy is on fire)

- 40 min of total penetration sex minimum (all rounds included if you didn't take more than 5 min to go next round and kept your girl stimulated). More than an hour is ideal though if the girl can keep up, with experience you'll be able to last that long if you follow the guide.

-Girl having multiple orgasms: girl panting, shaking, crying, screaming, escaping and pushing you away to stop, squirting...

- Her vagina becoming extremely wet and loosening up and becoming elastic in the middle and end of sex, you'll be able to fit a fist inside and you'll hear pussy farts when you're deep thrusting, that's the sign that the pussy is giving up, lost the tightness and air is being pushed into it and out of it when you're stroking.

-Sore dick, red marks on dick and nut sack caused by friction , dick hurting while peeing (if this happened to your dick after fuckin imagine what's the state of her pussy), it happens in the beginning but the symptoms deminish as the skin gets more resistant.

-Girl not being able to walk after sex or walking with her feet far apart like a penguin so her sore pussy walls don't rub and hurt her.

-Bonus:

-Condoms breaking multiple times (that means you have rock hard erection and the friction while penetrating is optimal)

-Neighbors coming to knock or people calling the police because the bitch screams like she's getting butchered.

To summarize the most important things:

NO PORN

NO FAP

TESTOSTERONE

(SLEEP, DIET, ANTI AGING...)

CARDIO

BREATHING

ABS AND PC RELAXED

POSITIONS

MENTAL MAX (for premature cummers)

That's it for the most complete ultimate sex guide don't thank me.

Additional Info:

Read Sex God Method by Daniel Rose, (free pdf available on b.ok org)

Interesting Article from @Joker

<https://madmax21500.tripod.com/thesecretartofhypnoticseduction/id9.html>

