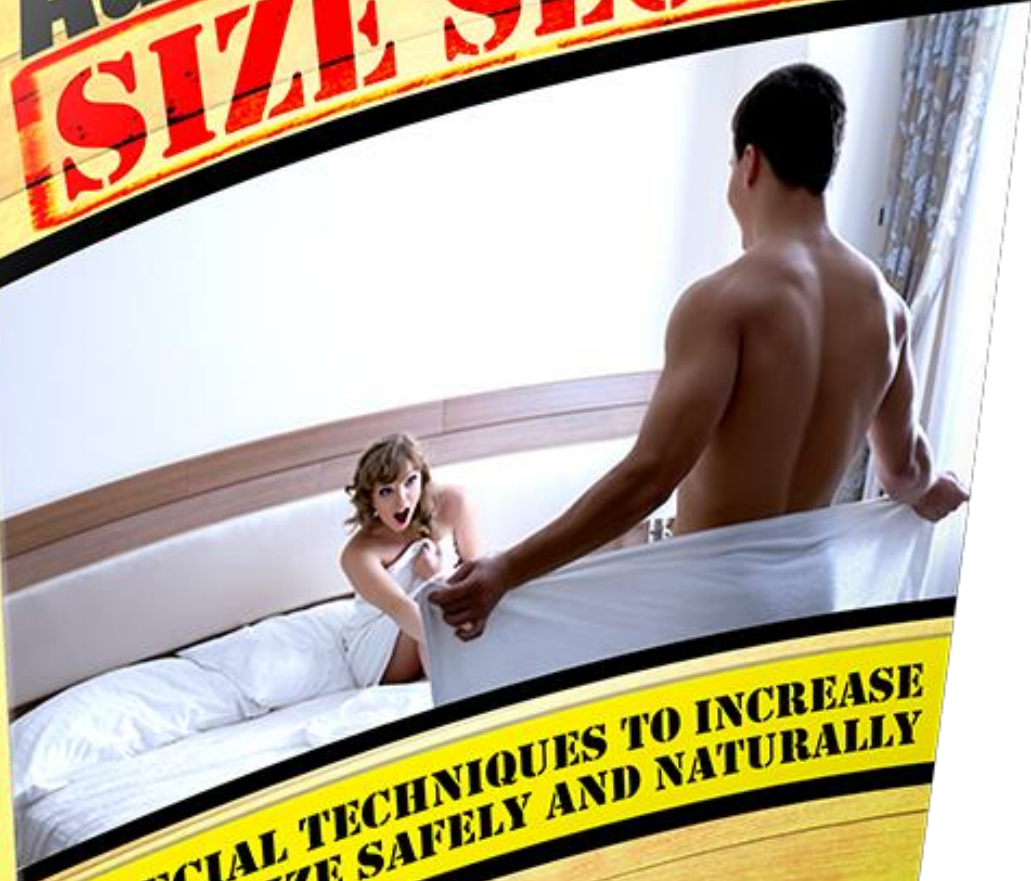


The Adult Movie Star

SIZE SECRET



SPECIAL TECHNIQUES TO INCREASE
YOUR SIZE SAFELY AND NATURALLY

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The Adult Movie Star SIZE SECRET by AARON WILCOXXX

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Introduction

You're about to discover how to naturally enlarge your penis in a safe and healthy way.

I'm going to be sharing industry secrets that are rarely talked about. What I'll be sharing many porn stars have used measurably increase their size. And for the first time you're going to discover direct from an industry insider how it's done.

You may have some doubts about your size. There's no shame in admitting it. And while I'll always encourage you to focus first on developing your skills in the bedroom, there's nothing wrong with wanting to make yourself larger as well. If this is your goal, then so be it. I'm not going to judge you, in fact, I'm going to help you.

Given my extensive experience in the adult film industry, I'm no stranger to penis enlargement (PE). My friends and work partners are all familiar with PE. To us, it's locker room talk. And I'll be sharing what many male porn stars use to achieve gains.

Look. I'll cut right to the chase and give you the exact routine that worked for so many in the industry. If you follow it closely, I guarantee that you'll witness some very noticeable size gains.

I'll give you the tools to succeed. Even if it's not the most important thing when it comes to sex, there's no need to feel guilty about your desire of wanting a bigger penis. Perhaps the confidence boost that you get once you reach your goal is enough to improve your performance? If you have limiting beliefs pertaining to your size, making a physical improvement will help you overcome your own hurdles. Since I encourage all forms of improvement, I'm not going to discredit PE if it's a viable means of growth for you (no pun intended).

With that said, I'll make sure to address some necessary concepts as well. For instance: you must know that size on its own is not enough – what you do in bed is infinitely more important. Your sexual performance should be seen as something completely independent, so don't let an obsession over size detract from what's also important.

But again – it's perfectly okay to want to be bigger. But on one condition: that you practice penis enlargement safely. There's a disclaimer on the front of this guide for a reason – this guide is for informational purposes only and is NOT to be used as a substitute for medical advice. While I advocate safety and care and everything I'll teach you revolves around safe

methods, this is only my opinion and you're ultimately responsible for your own actions and behaviours.

It would be a shame to get yourself injured and potentially risk the long-term well-being of your member. So practice safety first and foremost at ALL times.

I've never received an email from a reader who's injured himself following my advice, and I intend to keep it that way.

If you're ready to get started, let's begin.

What is Penis Enlargement?

As of this moment, penis enlargement (PE) may seem to you like a strange concept. If not, you may doubt its legitimacy. Can it be done naturally and safely? Does it even work? These are all fair questions. To be clear, I encourage your scepticism, because it shows that you're not willing to let yourself be fooled.

I wish more people were sceptical about PE. There are men who have become rich by scamming others through PE-related scams. Boner pills,

growth supplements, certain penis pumps... Anything out there that's related to PE must be taken with a large grain of salt. Don't trust anything you find so easily. There are many gaps in PE research, which are used to take advantage of naïve men who are willing to do whatever it takes to increase their size.

I welcome your doubts. I'm confident that you'll be at ease with the advice I'll give you when you start witnessing the results. But of course to experience these results you must put your scepticism aside and **try it out for yourself**. I encourage you to come to your own conclusions.

The only way to know if PE really works isn't to read about the experiences of other men, and wonder if it's something you should try. Trying out the techniques on your own is the only way to guarantee that you can trust PE to give you the gains you want. So I ask that you reserve your judgement until after you've given it a serious attempt.

With that said, I'm sure that you'll be surprised at the results. The overwhelming majority of men that try PE *correctly* can attest to the gains that it provides.

In addition, there's one principle you must internalize before you do your first PE workout. To ensure that you see growth and that you continue to see progress, you **MUST** be consistent with your exercises.

It's futile to do penis exercises for a few days and quit because you realized that genuine progress doesn't come so quickly.

In fact, if you quit too early, you're not giving your gains a chance to cement themselves. PE does result in permanent gains – but only if you give your body time to adapt to the changes you've instigated.

On that note, allow me to talk a little bit about how PE really works. This concept is necessary to understand so that you know the purpose behind your training.

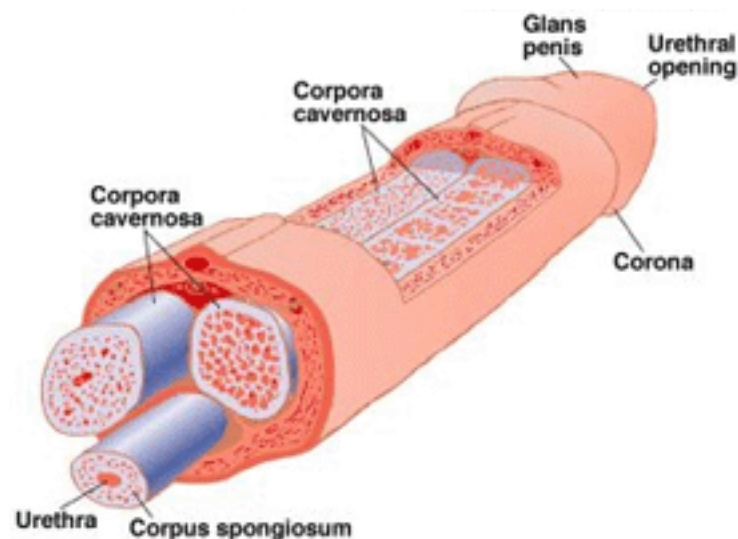
How Penis Enlargement Works

There is theory behind PE. It's not just speculation. Much like training your muscles in the gym causes them to grow in size, so does PE training – albeit in a different way.

You're going to stimulate pressure in various ways to induce growth in your penis. But the type of stimulus you'll count on is radically different to the type you use to grow skeletal muscle. With PE, you're not training to exhaustion. You're training solely to force your penis tissue to adapt to the expansion you're causing, which in the long run results in growth.

The growth itself is very marginal if you're tracking your progress from day to day or even week to week. But in the span of a few months, your results can be truly significant.

How PE works is the following. Through training, the tissues of the penis are stretched, resulting in small tears. Notably this occurs to the corpus cavernosa and the corpus spongiosum tissues. These tears prompt your cell management processes to repair the damage, just like muscle tissue is repaired after a workout during the recovery phase.



The internal structures of the penis are pictured above.

Recovery results in adaption. Tears are repaired, and the tissue becomes a little bit stronger (and larger) than before. With the next workout, the process repeats. Overtime, a physical change in size can be seen.

Imagine the internal structures of your penis as a wall of bricks. Training pulls these bricks apart, and the kinks in the wall are repaired during the recovery phase. New bricks are slowly added to compensate for the shift in the wall's structure to ensure that it stays strong and stable. While adding just a few bricks each time doesn't make a noticeable difference in the size of the wall, you know that it's technically increased in size.

You forget about the day-to-day differences. But provided that this process is repeated, in several weeks or a few months, you're surprised by how much larger the wall has become.

This analogy is a great way to illustrate the changes that occur within the penis through PE.

In addition, don't forget that skin makes up a large part of the penis. Besides smooth muscle tissue (since it's a muscle it can obviously undergo hypertrophy), skin is also a large component. And as you know, skin can be stretched. Just think of stretch marks, or those fancy earrings resulting in stretched ear lobes for an example of permanent changes to the skin.

Since muscle can grow in size and skin can be stretched, in theory the penis can grow as well. But in practical terms, you'll have to see for yourself if PE really does work.

That's what *The Adult Movie Star Size Secret* is for. The workout I'll outline for you is structured to maximize the size of your penis through natural training methods that result in permanent change. As long as you're patient and consistent, you WILL see progress.

Just before I go into the PE training workout however, allow me to talk about why PE is desirable, as opposed to necessary. This is an important distinction you must understand before you begin your training.

Why PE is Desirable (and Not Necessary)

Before you begin any sort of PE training you should understand that it's merely a desirable goal, and not something you *need* to achieve. There are two reasons for this.

First, if you believe that you *need* to see results and that you *need* to be bigger, you're just setting yourself up for failure. You'd likely have unrealistic expectations and standards. You'd become obsessive, and you'd trivialize the gains that you do see. In the end, you'd be more likely to quit, remain frustrated, and wallow in self-pity when you find out that you can't achieve what you "need."

Second, if you believe that PE is a need, you're more likely to never feel satisfied with your results. You may reach your goal after putting in plenty of time and effort to grow, only to come up with a new goal because the results still aren't enough.

For instance: if you have a goal of increasing your length by one inch, and you achieve it within 3-6 months (a reasonable timeline – and don't let anyone tell you otherwise), you may end up changing your goal once the initial high of reaching your objective has passed. Since you feel that you "need" to be bigger, you're more likely to get trapped in a never-ending cycle of trying to be bigger than you are, thinking that your hard-earned results are simply not enough.

It's important to see PE as something desirable because you alleviate all of this self-inflicted pressure. PE should be seen as a way to enhance your sex life, as opposed to being a fix to an imagined problem. Remember – penis size is not the most important factor in sex. If you need proof of this, allow me to tell you a short story.

A woman I used to see, whom I met in a party hosted by my industry colleagues, used to tell me about how her ex would pester her frequently over text. He wanted to get back with her, but she wasn't having it. When I asked why their relationship fell apart, she said it was because of a confidence problem. While he packed a large member and had the physique of a Greek-god, he never felt he was enough. He worked hard to

give her vaginal orgasms without success, and he felt it was because he wasn't big enough. Little did he know that the harder he tried, the worse the experience became for her, because the lack of self-assurance he had was a major turn off.

Long story short, they eventually broke up. She told me how if her ex had my confidence, they would have been fine. She said that while I'm not as genetically gifted as he was, when it came to performance it was simply no-contest. She said it must be what I've learned after having so much experience. She stressed how I knew how to hit the right spots. More importantly, I knew what to do with what I had, which wasn't the case for most of her previous partners.

Guys with large penises can be put in three categories: those that know what to do regardless of their size, those that are self-conscious about it, and those that think that it's enough to satisfy a woman on its own.

Unfortunately, the first group is grossly underrepresented. Most guys are either self-conscious because they've seen penises in porn bigger than theirs; or they know they're big and get caught up in their own ego, forgetting the importance of developing some sexual finesse.

Regardless of your size, don't make the same mistakes most guys make. Don't place so much importance on a trivial detail at *best*. Don't define your

sexual worth based on irrational beliefs, such as believing that you need to be well endowed to give women orgasms. And start to see PE as a way to potentially enhance what you already have, which is already perfectly adequate.

If anything, see PE as a fun experiment. Growing in length and girth shouldn't be seen as a necessity, but there's no reason to feel guilty about giving it a try. Imagine that your results would be an interesting discovery. At the end of the day, amuse yourself with the idea that you can have a bigger penis just by doing some exercises.

As long as you don't take PE too seriously, it should serve as a compliment to your sex life. Despite everything I've told you about how size doesn't matter, if you'd still like to have a bigger penis anyways, I'm not going to judge you. It's a preference, and I'm going to respect it.

Just make sure that you still see your potential gains as a desirable achievement as opposed to a necessary one.

Now that I've covered the essentials, I can finally move on to The Adult Movie Star Size Secret training routine.

I'm going to save you the period of trial and error that many men go through when they do PE for the first time. Below is the PE routine pioneered by porn stars, and the training routine that so many use.

Penis Enlargement Training Routine

I have no doubt that you're incredibly excited for this section. After all, you're about to learn The Adult Movie Star Size Secret. I've introduced this section enough already, so let's cut to the chase.

Find Your Focus

Before you begin, you must find your focus. In other words, what exactly would you like to enlarge: primary length, girth, or a bit of both? Most men are interested in length. A few are focused on girth. And many are interested in enhancing a bit of both.

You could always switch your focus later on. But when you get started you should only have one focus in mind. I'm going to allow you to be flexible with your workouts. You're going to choose the exercises you'll do, based on your focus.

What would you like more of? Come to a decision: length, girth, or a mixture of the two (neutral). After you've decided, you must stick to your chosen focus for at least **3 months**. 12 weeks more or less is the amount of time you need to dedicate to see progress in your chosen area.

Do not switch your focus before 12 weeks are up, even if you're not seeing desirable results. If you switch around you're going to compromise your gains. It may be true that you don't see much progress with your first focus. But you still need to give your penis time to adapt to the PE exercises. Worst-case scenario, you'll see greater results after you switch your focus... As long as you complete the initial 12 weeks.

The exercises are mostly divided based on whether they target length or girth. Keep this in mind as you proceed.

It's perfectly fine to begin with a focus on length, and then switch to girth after 3 or 6 months, for instance. But unless you're looking to improve solely your length or girth, I recommend having a neutral focus. This is because it's impossible to know what your penis will respond to the most before you've started. Since every man responds to PE differently, I recommend that your focus for your first 12 weeks be roughly 50% length, 50% girth.

Despite the balance, you're likely to find that your results will be skewed anyways (say, 80% length, 20% girth). After 3 months, you can increase your proportion of girth exercises if you'd like. Or... Change nothing. It's entirely up to you.

The Routine

I'm going to give you freedom over coming up with your own routine, based on what you've chosen to focus on. Besides emphasizing the importance of one exercise – milking – you're free to design the rest of your routine as you see fit.

As far as I see it, your first 12 weeks is your conditioning period. This is where my influence comes in – you're going to follow my guidelines, even though you'll have freedom over how to structure your routine. Think of the first 3 months as the first time you're learning how to ride a bike. The training wheels are on.

Once you make it past 12 weeks, you'll have enough experience to proceed on your own from there. The training wheels come off. You can switch your focus as you see fit, and you'll have complete freedom over your routine. Come up with your own rules and your own plan if you'd like.

For the first 12 weeks however, here are the guidelines:

- For weeks 1-4, you're limited to 3 PE workouts per week, on a Mon-Wed-Fri schedule
- For weeks 5-8, do 4 PE workouts per week. The days are up to you, but never overlook the importance of rest and recovery
- For weeks 9-12, do 4-5 PE workouts per week
- Always warm-up and warm-down (more on this shortly)
- Take your measurements on the first day of each month. Never in between – no exceptions
- Take your breaks – rest and recovery are of paramount importance for growth
- If you ever feel any pain or discomfort, STOP your workout. You're done for the day. Take the next day off, and resume your workouts only when you're 100%

- While injuries are unlikely if you practice safety, you're fully responsible for any injuries that do occur

Just before I go over the exercises, let me talk about warm-ups and warm-downs.

Warming-up & Warming-down

Regardless of your experience with weight training, you know that it would be a bad idea to start your workout by lifting the heaviest weight you can without building up to it with a proper warm-up. Warming up your muscles prior to exercise is key to prevent injury. The same principle holds true for PE exercises as well.

Warming-up is simple: soak a small towel in reasonably hot water (warm, but not hot enough to burn yourself) and wring it over the sink. Wrap the heated towel around your penis and keep it in place for as long as you can. Take short breaks if necessary. Try to warm it up for at least 3 or 4 minutes.

Alternatively, you could use a homemade rice sock instead. It's up to you.

In regards to warming-down, it's not as necessary as warming-up, but it can help with recovery. Just repeat what you did to warm-up. You can cut it a bit shorter if you'd like.

NEVER attempt a PE workout without warming-up beforehand. Warming-up is essential to minimize your risk of injury.

Length Exercises

Now that you know how to structure your routine and the importance of warming-up, we can move on to the exercises.

The first batch consists of those that primarily target length. As such, these exercises generally revolve around stretching, with one exception.

Milking, the first exercise, targets both length *and* girth. Arguably a bit more of the latter, but it depends on how you do it, since there are variations involved.

I consider milking the staple technique of The Adult Movie Star Size Secret program. It's simply the most effective PE exercise there is. For this reason, it's the only exercise that should be included in your routine at least once a week, *regardless* of your focus. If your focus is neutral, then milking

is to be included at least twice a week (but preferably more as you increase the frequency of your PE workouts).

With the other exercises (both length and girth), feel free to include them in your routine at your discretion.

Allow me to talk more about the first exercise and explain how to do it correctly.

Milking

Milking is a simple PE exercise that you could do to achieve great results. This is why I consider it the definitive *Porn Star Size Secret* technique.

What you'll do is form an "OK" grip with your thumb and index finger, and "milk" your moderately hard penis from the base to the head to cause tissue expansion. As the blood flows, the stress resulting from the expansion causes the inner tissues of your penis to adapt. Over time, you'll see an increase in size. The physical gains themselves may be minor with each workout, but on a long enough timeline you will see noticeable gains, particularly when it comes to the look and feel of your erections.



This is the grip you should use for milking.

As I've mentioned, milking can be considered both a length and a girth exercise. To emphasize length gains, milk with a weaker erection (aim for 40-60%), and make sure to stretch your penis at the end of each repetition. To emphasize girth gains, milk with a stronger erection (70-90%), and make sure to maintain a squeeze for a couple of seconds just before the head at the end of each rep.

On that note, NEVER milk the head of your penis, and avoid milking with a full 100% erection. Doing both greatly increases your risk of injury.

Each milking workout should consist of 100 repetitions. Each rep should take in between 3-4 seconds. Alternate between using your right and left hands, to keep consistent pressure on your penis.

Reminder: Be safe at all times. If you ever feel any discomfort or pain, stop. You are responsible for your own actions.

Bends

Bends are the second length exercise. All you'll do is alternate between stretching your penis in different directions, to help break down penile tissue in various ways to stimulate length-based growth.

Grab just below the head of your penis with your thumb and index fingers. The same "OK" grip from before works well. Stretch out your flaccid penis straight ahead. Then, place your index and middle fingers from your other hand together below the stretched shaft, and bend it so that you're stretching against your two fingers. Hold for 1 minute. Take a 30 second break, and then do the same in another direction (alternate between stretching upwards, downwards, to the right and to the left).

Bends don't take much time to complete, so ideally you'll combine them with the following exercise, tunica stretches, for one length workout.

Reminder: Be safe at all times. If you ever feel any discomfort or pain, stop. You are responsible for your own actions.

Tunica Stretches

Grab below the head of your penis with the same “OK” grip from before. Using your other hand, form the same grip and grab the base of your shaft. Now simply stretch your shaft by pulling your hands apart.

Each repetition should take 30 seconds. Aim to do 6-10 reps per workout, taking a 30 second break in between them. As you build up endurance, work up to 60-second repetitions.

Tunica stretches are a great length exercise because they stretch your entire shaft, promoting a growth in length. As with bends, make sure your penis is flaccid for these stretches.

Reminder: Be safe at all times. If you ever feel any discomfort or pain, stop. You are responsible for your own actions.

Girth Exercises

While length and girth exercises share some similarities, the former focuses on stretching out your penis while the latter focuses on building

pressure within the tissues. Both types of stimuli work together to enlarge your penis overtime, provided that the exercises are done correctly and consistency is maintained.

Girth exercises can be considered a more advanced form of PE. This is because it usually requires that your penis is more conditioned to make the most of them and avoid injury. This is yet another reason why I recommend a neutral focus for your first 12 weeks of the program. Don't focus so much on girth to begin with (even length-based milking is fine). The second girth exercise, squeezes, should be done after your penis is properly conditioned to minimize the risk of injury.

With that said, I still give you full freedom to design your routine. After all, you are responsible for your own actions. If you'd like to primarily target girth, don't let me dissuade you from doing so. Just make sure to be careful and practice safety at all times. With girth exercises especially, stop if you ever feel any pain or discomfort.

While I've already talked about milking, let me share a few more details with you as it pertains to milking for girth gains.

Milking

The movement itself remains unchanged when you do milking for girth. However, you'll want to make sure that you're milking at a higher erection level to promote increased pressure within your penis, leading to greater girth gains.

Here's another important point about milking in general: there are two ways to approach the exercise. You can either do "dry" or "wet" milking. The latter uses some form of lubrication – usually coconut oil or a water-based lube. I recommend that you experiment with both forms of milking to find what works best for you. With that said, dry milking works better for those that are not circumcised. And while your mileage may vary, dry milking seems to produce greater girth gains.

But wet milking also works very well. So it's solely a matter of preference.

Reminder: Be safe at all times. If you ever feel any discomfort or pain, stop. You are responsible for your own actions.

Squeezes

Squeezes are the definitive girth exercise. This is because they focus entirely on tissue expansion.

With squeezes, you should aim to get a strong erection, generally a level of 80-90%. Squeezing with a 100% erection is for those with extensive PE experience only.

Once you're erect, *firmly* grip the base of your penis with the "OK" grip from before. If it's your first time doing squeezes, hold for 30 seconds. This will build pressure in your penis, promoting tension and expansion. Aim for 10 repetitions for one workout, making sure to rest at least 30 seconds between reps.

As you build up endurance, do 60 seconds per repetition. In addition, make sure to perform BC muscle contractions in between reps, to pump more blood into your erect penis. To perform BC muscle contractions, you use the same pelvic muscle that you use when you stop the flow of urine. Do this while you do your squeezes to maximize tissue expansion during your workout.

Reminder: Be safe at all times. If you ever feel any discomfort or pain, stop. You are responsible for your own actions.

Tracking Sheet & Workout Guide

Just before I conclude, let me briefly mention the tracking sheet and workout guide that are included with this program. You'll see that they are

quite straightforward. Print them out if you'd like. Use the workout guide for reference, and the tracking sheet to keep a record of your progress.

You'll fill in the blanks in the tracking sheet as you go with the exercises you've chosen to do. But remember the guidelines, as they are to be followed and they'll help you structure your routine. You should assign plenty of rest days in your routine. Label them as "OFF" or "rest day." Otherwise, you'll simply enter the name of the exercise you've chosen for each day.

Lastly, remember to take measurements **ONLY** at the start of each month. The temptation to take weekly measurements may be high, but you must resist. Progress is rarely linear, and measuring once every 4 weeks is the best way to ensure that insignificant results don't discourage you. Not to mention that your results will be more noticeable when you measure monthly anyways.

Conclusion

If you've made it this far, then I'm proud to say that you now understand *The Adult Movie Star Size Secret*. You're now familiar with the techniques porn stars use to increase their size – in terms of length *and* girth.

While size isn't the most important factor when it comes to pleasing women, there's nothing wrong with wanting to see some growth. Don't feel guilty about wanting to be bigger – as long as you do the PE exercises safely.

I can't stress the importance that size alone won't be enough. This is because sexual performance goes far beyond what size could possibly do for you. But if some growth increases your sexual confidence, resulting in improved sexual performance, then by all means you should go for it.

I've given you my tools to succeed, and now all that's left is for you to use them.

I want to thank you for reading *The Adult Movie Star Size Secret*, and I wish you the very best. I hope to see you again soon.

Aaron Wilcoxxx

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