

Month # \_\_\_\_\_

Focus \_\_\_\_\_

Start/End Date \_\_\_\_\_ / \_\_\_\_\_

Week 1							
Week 2							
Week 3							
Week 4							

**Start of month Measurements:**

Erect Length \_\_\_\_\_

Erect Girth \_\_\_\_\_

To measure erect length, make sure to use a ruler and press it into the “fat pad” above your penis, so that it touches your pubic bone. To measure erect girth, use a measuring tape, or a string around the middle of your erect shaft.

## Length Exercises

### Milking

<b>Reps per set</b>	<b>Sets per workout</b>	<b>Additional info</b>
100, 150 (advanced)	1	3-4 second repetitions, 40-60% erection

### Bends

<b>Reps per set</b>	<b>Sets per workout</b>	<b>Additional info</b>
4, 60 seconds in each direction	1, 2 (advanced)	Alternate between stretching upwards, downwards, right, and left

## Tunica Stretches

<b>Reps per set</b>	<b>Sets per workout</b>	<b>Additional info</b>
6-10, 30-60 seconds each	1, 2 (advanced)	Build up to doing 60 second repetitions

## Girth Exercises

### Milking

<b>Reps per set</b>	<b>Sets per workout</b>	<b>Additional info</b>
100, 150 (advanced)	1	3-4 second repetitions, 70-90% erection, dry recommended

### Squeezes

<b>Reps per set</b>	<b>Sets per workout</b>	<b>Additional info</b>
10, 30-60 seconds	1, 2 (advanced)	Build up to doing 60 second repetitions, 80-90% erection, make sure to do kegels