

Male Enhancement Exercises

The Genesis Male Enhancement Program included proven natural male enhancement exercises for both young men and older men. These exercises were developed based on proven 5,000 year old Ayurvedic principles and modern medical science, and do not use prescription medications or painful surgery.

Before beginning any male enhancement program, you should measure the current length of your erect penis to determine the effectiveness of the program. The average length of an erect penis is 5 to 6 inches or 12.7 to 15.2 cm. The majority of your male enhancement benefit will be noticed when your penis is erect, not when it is flaccid. You may or may not see any difference in the size of penis in its flaccid (non-erect) state.

How To Measuring Your Penis:

1. Arouse yourself until you have a solid erection
2. In a standing position, hold your penis straight out in front of your.
3. Press a rigid ruler against your skin as the base of your penis.
4. Measure from the base to the tip of the penis.
5. This will give you an accurate beginning measure before beginning penis enhancement exercises.
6. You can re-measure your penis at the half-way point and again at the end of the program to determine the success of the Genesis Male Enhancement Program.

Ayurvedic Male Enhancement Exercises

As part of the Genesis Male Enhancement Program, you will learn the three most popular male enhancement exercises.

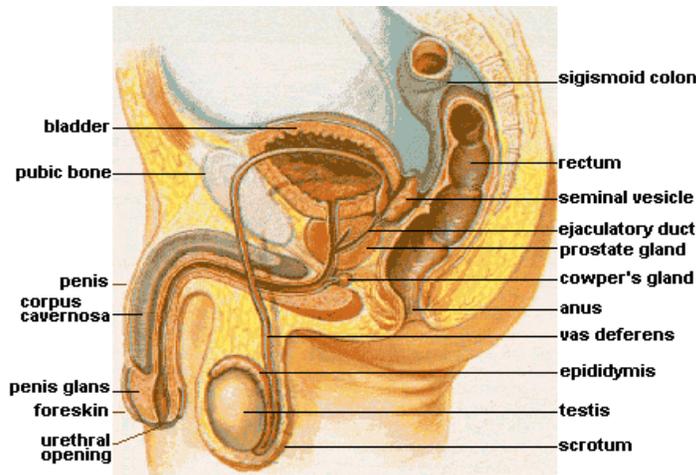
- Basic Male Enhancement Exercise
- Jelqing
- Pelvic Muscle Exercise

Basic Male Enhancement Exercises 1 A (for young men aged 20-40)

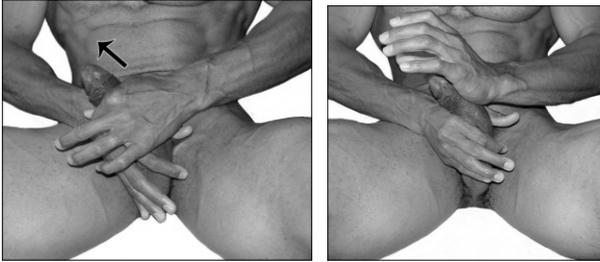
The Basic Male Enhancement Exercises are designed for both young men and older men seeking to increase the size of their penis naturally without the use of pills, penis stretching devices or surgery.

These Ayurvedic male enhancement techniques stretch the shaft of the penis to elongate the tissue and allow more blood to enter the corpus cavernosum. Male enhancement exercises should always be performed when your penis is flaccid, except when specified, such as the jelq. Performing these exercises when your penis is erect can result in injury.

The exercises are the same for both young men and older men, except for the number rep sets to be done each day.



Male Enhancement Exercise 1-A



1. For the Basic Male Enhancement Exercises, your penis should be flaccid (non-erect) or partially erect.
2. These exercises should not be done on a fully erect penis to prevent injury.
3. Holding the glans (head of the penis), stretch your penis upward and hold for a count of ten.
4. Stretch the skin of your penis until you begin to feel a bit of tension.
5. Once you feel some tension, stop pulling. Continuing to pull can cause injury to your penis.
6. Pull your penis in the downward position and hold for a count of ten.
7. Pull to the left and hold for a count of ten.
8. Pull your penis the right and hold for a count of ten.
9. This exercise should be done two to three times a day for 5 minutes each session.
10. You should work up to doing this exercise for 10 minutes each session 2 -3 times a day.

Male Enhancement Exercise 2-A



1. Holding the glans (head of the penis).
2. Pull your penis away from your body straight out.
3. Place the thumb of your other hand on the base of your penis, and press down with your thumb while lifting up at the glans.
4. Hold for a 10 count.
5. Repeat this exercise by pulling your penis to the right while still holding your thumb on the base of the penis, and hold for a count of 10.
6. Pull your penis to the left, placing your thumb on alternate sides of your penis in order to create tension.
7. Continue stretching—alternating between up, right, and left, but never down—for 5 minutes. Repeat two to three times per day.
8. Your goal is to get to 10 minutes per session 2-3 times per day.

Male Enhancement Exercise 3-A



1. Hold your penis.
2. Firmly press the skin back by placing both thumbs with nails touching over the shaft of your penis, and place your remaining fingers underneath for support.
3. If your grip is tight enough to cause pain and cut off circulation, you are holding too tight, and slightly relax grip.
4. Hold for 10 seconds then relax and repeat.
5. You want to maintain a continuous pump action.
6. The farther back the penis is held, the better your results will be.
7. Do this exercise for 5 minutes.
8. Repeat two – three times per day.
9. This exercise can also be performed while semi-erect, but not fully erect. A semi-erect penis is partially erect, but not suitable for sexual intercourse.
10. Your goal is to get to 10 minutes per session, 2-3 times per day.

Male Enhancement Exercise 4-A



1. Place one hand at the base of your penis and the other behind the glans.
2. Stretch the penis in both directions, away from the body with your hand on the glans.
3. Pull towards the body with the hand at the base of the penis.
4. Hold for 10 seconds and repeat.
5. Pull until you feel a bit of tension on the shaft of the penis.
6. If you feel pain or discomfort, then don't pull so hard.
7. Repeat this exercise 2-3 times per day a day for 5 minutes each session.
8. Your goal is to get to 10 minutes per session, 2-3 times per day.

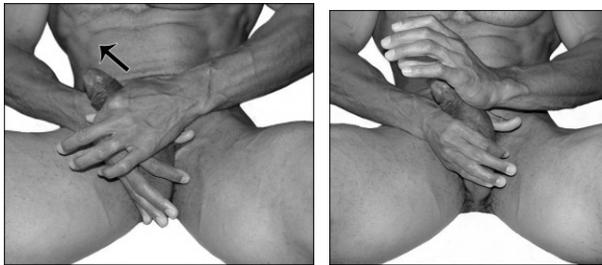
Basic Male Enhancement Exercises 1 B (for older men aged 50-75)

The Basic Male Enhancement Exercises are designed for both young men and older men seeking to increase the size of their penis naturally without the use of pills, penis stretching devices or surgery.

These Ayurvedic male enhancement techniques stretch the shaft of the penis to elongate the tissue and allow more blood to enter the corpus cavernosum. Male enhancement exercises should always be performed when your penis is flaccid, except when specified, such as the jelq. Performing these exercises when your penis is erect can result in injury.

The exercises are the same for both young men and older men, except for the number rep sets to be done each day.

Male Enhancement Exercise 1-B



1. Holding the glans (head of the penis), stretch your penis upward and hold for a count of ten.
2. Stretch the skin of your penis until you begin to feel a bit of tension.
3. Once you feel some tension, stop pulling. Continuing to pull can cause injury to your penis.
4. Pull your penis in the downward position and hold for a count of ten.
5. Pull to the left and hold for a count of ten.
6. Pull your penis the right and hold for a count of ten.
7. This exercise should be done one to two times a day for 5 minutes each session or longer, if you are able to.

Male Enhancement Exercise 2-B



1. Holding the glans (head of the penis).
2. Pull your penis away from your body straight out.
3. Place the thumb of your other hand on the base of your penis, and press down with your thumb while lifting up at the glans.
4. Hold for a 10 count.
5. Repeat this exercise by pulling your penis to the right while still holding your thumb on the base of the penis, and hold for a count of 10.
6. Pull your penis to the left, placing your thumb on alternate sides of your penis in order to create tension.
7. Continue stretching—alternating between up, right, and left, but never down—for 5 minutes. Repeat 1-2 times per day.
8. Try to extend the time per session, if you are able to.

Male Enhancement Exercise 3-B



1. Hold your penis
2. Firmly press the skin back by placing both thumbs with nails touching over the shaft of your penis, and place your remaining fingers underneath for support.
3. If your grip is tight enough to cause pain and cut off circulation, you are holding too tight. Slightly relax your grip.
4. Hold for 5-10 seconds then relax and repeat.
5. You want to maintain a continuous pump action.
6. The farther back the penis is held, the better your results will be.
7. Do this exercise for 5 minutes.
8. Repeat 1 – 2 times per day.
9. This exercise can also be performed while semi-erect, but not fully erect. A semi-erect penis is partially erect, but not suitable for sexual intercourse.
10. Increase the time per session if possible.

Male Enhancement Exercise 4-B

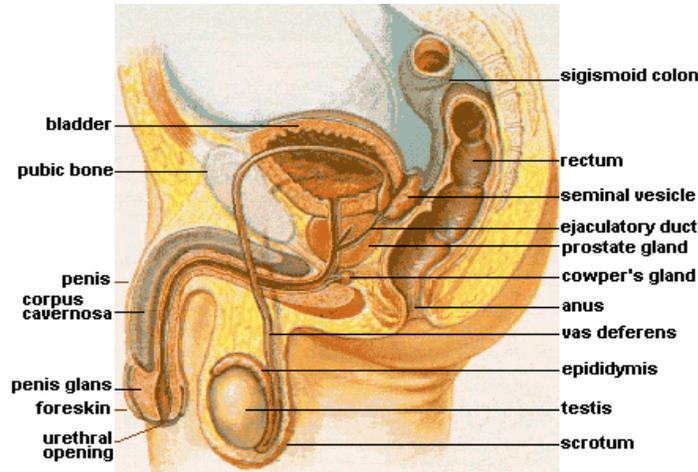


1. Place one hand at the base of your penis and the other behind the glans.
2. Stretch the penis in both directions, away from the body with your hand on the glans.
3. Pull towards the body with the hand at the base of the penis.
4. Hold for 5-10 seconds and repeat.
5. Pull until you feel a bit of tension.
6. If you feel pain or discomfort, then don't pull so hard.
7. Repeat this exercise 1-2 times per day a day for 5 minutes each session.
8. Increase the time per session if possible.

Jelqing Male Enhancement Exercise

Jelqing, also known as milking, since the hand motions are similar to that of pulling a cow's udders for milk, is one of the oldest Ayurvedic male enhancement techniques, with centuries of written history of its use in Asia and in Arabic countries.

The goal of the jelq is to push blood from the shaft of the penis into the corpora cavernosum, the three sponge-like chambers that fill with blood to make the penis erect.



Jelqing Warm Up

Jelqing is just like any other exercise; you need to warm-up your muscle before starting to prevent injury. This is important, since while most other male enhancement exercises are done while the penis is flaccid, the jelq exercise is done when the penis is semi-erect.

1. Massage you penis until you are semi-erect
2. Soak a washcloth in warm water.
3. Wrap the washcloth around your penis for three minutes.
4. Repeat above warm-wrap another three times.

An alternative to the above jelqing warm-up is to simply massage and stroke your semi-erect penis in a warm bath.

The Jelq Male Enhancement Exercise for Young Men (ages 20-40)

1. Put some lubricant (e.g. baby oil or a water based lubricant) on both your hands and penis.
2. With the thumb and forefinger of one hand, make an "Okay" sign around the base of your penis and grip it firmly.
3. Now start a milking (moving back and forth motion) towards the end of your penis.
4. When your milking hand reaches the head of your penis, form an "Okay" sign with your free hand and start milking as you did previously with the other hand.
5. Do not milk the head (glans) of the penis.
6. You should be able to use both hands to create a continuous milking action, alternating between hands.
7. For first week, complete 100 jelq strokes each day within five minutes.
8. Experts recommend no more than 100 jelq strokes to prevent injury.
9. One of the most common mistakes is jelqing too many times per session or during the week. Key is to take it slow until you master the process, and your body adjusts.
10. For the second week, increase to 200 jelq strokes each day within five minutes.
11. For the third week, perform 300 jelq strokes each day within five minutes
12. From the fourth week onwards, try and perform 500 jelq strokes each day within five minutes.
13. Like any other muscle in the body, you need to exercise it to keep it strong, and the penis must be exercised as well to stay strong and hard.
14. Within 2 weeks to one month you will begin to see increased length and width in your erect penis.
15. You may or may not see a change in your penis in the flaccid state (which is normal).

The Jelq Male Enhancement Exercise for Older Men (ages 50-75)

1. Put some lubricant (e.g. baby oil or a water based lubricant) on both your hands and penis.
2. With the thumb and forefinger of one hand, make an "Okay" sign around the base of your penis and grip it firmly.
3. Now start a milking (moving back and forth motion) towards the end of your penis.
4. When your milking hand reaches the head of your penis, form an "Okay" sign with your free hand and start milking as you did previously with the other hand.
5. Do not milk the head (glans) of the penis.
6. You should be able to use both hands to create a continuous milking action, alternating between hands.
7. For first week, complete 100 jelq strokes each day within five minutes.
8. Experts recommend no more than 100 jelq strokes to prevent injury.
9. One of the most common mistakes is jelqing too many times per session or during the week. Key is to take it slow until you master the process, and your body adjusts.
10. For the second week, increase to 200 jelq strokes each day within five minutes.
11. For the third week, perform 300 jelq strokes each day within five minutes.
12. From the fourth week onwards, try and perform 500 jelq strokes each day within five minutes.
13. Like any other muscle in the body, you need to exercise it to keep it strong, and the penis must be exercised as well to stay strong and hard.
14. Within 2 weeks to one month you will begin to see increased length and width in your erect penis.
15. You may or may not see a change in your penis in the flaccid state (which is normal).

Benefits of the Genesis Ayurvedic Male Enhancement Exercises

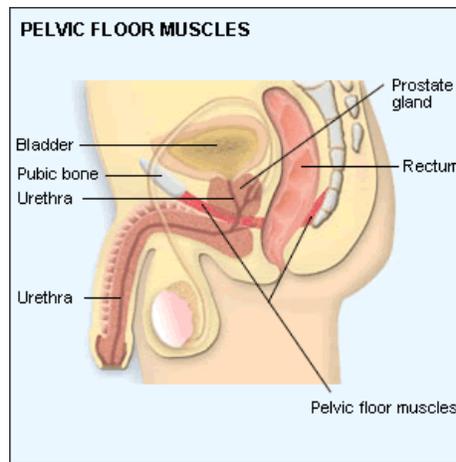
- These Ayurvedic male enhancement exercises use the same principles as a regular gym workout to increase the length and width the tissue and fibers of the penis.
- The cells of the penis will continue to get larger and stronger with continued exercise.
- Like a gym workout, the muscle fibers are broken down, and they healing at night while you sleep leading to increased size of the penis.
- The jelq exercise is a powerful, yet simple penis enlargement exercise giving you length, width and girth in a short amount of time.
- Your partner will notice that your penis is longer, wider and harder when erect.
- Improved blood flow with this exercise can reduce or eliminate symptoms of erectile dysfunction.
- Your larger penis will improve your self confidence as a man.
- Increased blood flow naturally boosts production of testosterone.
- Men with prostate problems may see a reduction or elimination of their symptoms as increased blood flow washes away toxins.
- Orgasms and ejaculation will become more intense.
- You may see increased volume of semen.
- This natural male enhancement exercise does not require the use of medications or equipment.
- You will enjoy and want have sex more often, which can improve communication and intimacy.
- Achieve improved sexual performance.

Pelvic Floor Muscle Exercise for Male Enhancement

The Pubococcygeus muscle, also known as the PC muscle or pelvic floor muscle, is an important part of the male body.

The pelvic floor muscle is located just below the prostate gland and runs from the penis to the Coccyx bone. This muscle plays an important role in your male enhancement exercise routine, by preventing blood and semen from leaking out of an erect penis, thus helping men achieve the desired length, width and size of their penis.

Like any other muscle in the body, the pelvic floor muscle must be exercised to maintain its strength and optimum performance.



Importance of Pelvic Floor Muscle Exercises for Male Enhancement.

- During an erection, the PC muscle tightens to prevent the release of urine, semen and blood.
- Keeps blood in the three sponge-like chambers of the penis called the Corpus Cavernosum, which causes the penis to become erect and suitable for sexual intercourse.
- A tight PC muscle prevents blood from leaking out, which causes a man to lose his erection.
- A strong PC muscle helps a man achieve a longer, firmer and harder erection.

- More blood flow to the penis will help a male achieve more intense orgasm and stronger ejaculation.
- In older men, a weak pelvic floor muscle can lead to incontinence, which is the undesired or involuntary release of urine.

Causes of Weak Pelvic Floor Muscles

- Age
- Lack of exercise
- Poor Diet
- Affects of smoking, excessive alcohol use or use of narcotics
- Prostate Problems or Prostate Surgery

Some of the benefits of doing pelvic floor muscle exercises are:

1. Increases blood flow to the penis
2. Exercises are simple and easy to do.
3. Helps men achieve a harder and firmer erection.
4. Reduces or prevents symptoms of erectile dysfunction.
5. Can be done by both older men and young men for male enhancement.
6. Can be done anywhere and anytime, including while at work, while driving, while standing or sitting, and can be done while lying down.
7. Reduces the pain and discomfort of prostate problems.
8. Improves bladder control.
9. Helps make orgasms and ejaculation more intense.
10. Reduces or eliminates premature ejaculation.
11. You do not need any special equipment or clothing to perform these important. Ayurvedic exercises to tighten your pelvic floor muscles.

Expected Results from the Genesis Pelvic Floor Muscle Exercises:

- √ Larger and firmer erection as a tighter PC muscle prevents blood leakage
- √ Keeps blood in the penis to achieve longer, firmer and harder erection
- √ Makes your orgasm and ejaculation more intense
- √ Makes sex enjoyable for men with prostate problems

- √ Heightened sexual stimulation
- √ Prevents erectile dysfunction and premature ejaculation
- √ Improved Self Confidence
- √ Ability to last longer in bed
- √ Improved bladder control
- √ Reduction or elimination of incontinence

Pelvic Muscle Exercise Routine for Young Men (Age 20-40) with Erectile Dysfunction (Routine A)

Pelvic muscle exercises are easy to do, do not take any special training to do properly and can be done anywhere...at home, at work, while watching television or lying down.

The exercise routines A and B are similar, but the main difference is the length of time for each repetition and number of repetitions per set.

- 1) Tighten your pelvic floor muscle and hold for 10 seconds then release slowly.
- 2) Do three sets of this exercise 2 -3 times per day for one week to start. You don't want to overwork the muscle.
- 3) Each week gradually increase the time per rep by 5 to 10 seconds for each set 2-3 times per day. The goal is to get to 20-30 seconds per set, and perform 3 sets of pelvic floor muscles 2-3 times per day to strengthen your Pubococcygeus muscle.
- 4) As you notice your pelvic muscles beginning to strengthen, you can increase the length of time of each rep from 5 seconds to 10 seconds, with a goal of 30 seconds per rep by week 4.
- 5) You should begin to notice changes within a few weeks.

If you are new to exercise or have any health related issues, please consult your doctor before beginning this or any exercise routine.

Pelvic Floor Muscle Exercise Routine for Older Men (age 50-75) with Erectile Dysfunction (Routine B)

Pelvic muscle exercises are easy to do, do not take any special training to do properly and can be done anywhere...at home, at work, while watching television or lying down.

The exercise routines A and B are similar, but the main difference is the length of time for each repetition and number of repetitions per set.

- 1) Tighten your pelvic muscle and hold for 3-5 seconds then release slowly.
- 2) Do three sets 2 -3 times per day for one week to start. You don't want to overwork the pelvic floor muscle.
- 3) Each week gradually increase the time per rep by 3 seconds to 5 seconds. The goal is to get to 20-30 seconds per set, and doing 2 to 3 sets 2-3 times per day to strengthen your Pubococcygeus muscle.
- 4) As you notice your pelvic floor muscle beginning to strengthen, you can increase the length of time of each rep from 5 seconds to 10 seconds, with a goal of 20 to 30 seconds per set by week 4.
- 5) You should begin to notice changes within a few weeks.

If you are new to exercise, or have health related issues, consult a doctor before beginning this or any exercise program.

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