The "GET BIGGER" GUIDE

How to Increase the Size of Your Penis Naturally

By

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INTRODUCTION

This is going to be a great ride.

This report just like my other reports is not boring and not too long as well.

I go right to the point to give you what you get you REAL RESULTS.

The subject of enlarging the penis is actually something that I never thought I would dabble into because there are a lot of scams about it.

Those stupid people know that men all over the world want to increase the size of their penis and as a result, they try to use that as an advantage to defraud people and get their hard earned money.

That is why we have a lot of useless pills, creams and other useless products all over the place.

In this report, I won’t be talking about any pills or creams.

Maybe there are some out there that really works, I can’t say for sure but what I am going to tell you in this report is what I know about both by personal experience and by scientific proof.

I also know that even if any pill is going to work, it has to do so only when you combine it with a good penis enlargement routine.

Unlike what is promised when you buy all those pills and creams, I can’t promise you that you will suddenly have a large penis within 2 weeks.

No.

That is not going to happen.

The technique that I want to show you in this manual has to do with using various penis enlargement exercises.

It is going to be a steady process and if you don’t stop doing what works, you will soon be amazed at the results you will get.
Of course, that does not mean your penis can grow into 10 inches. There is an extent to how much your penis can enlarge and once it reaches that stage, it stops growing.

**Why penis enlargement exercises?**

The reason is simply because the penis has muscles that can be developed to become longer and bigger.

Just imagine when a skinny man goes in to a gym and starts to work out and build his muscles. If he works out the right way consistently, what happens?

In as short as 6 months, you can see him turn himself into a hulk with larger and stronger muscles.

That is what you want to achieve here.

So, how long would it take for you to get the results that you want?

Actually, that would be a difficult question for me to answer because everybody is unique.

That is why you have to find that out for yourself.

But it is sure that penis enlargement takes time. So, what is going to help you is how hot your desire is to make your penis grow.

It’s always tempting to think that the results of exercise will be instantaneous. Just like any other workout regimen, though, achieving penis enlargement through exercise is a process that takes time and dedication.

Several men really have added cubic inches to their penis within the first 2 months. However, for many men it takes longer to see results.

In any healthy workout routine, the body sets its own pace, and the only way you can maximize this pace is by steady work and taking care of your body along the way.
If you want a bigger penis, this process will take time but it is worth it...because, think about it. If you are worried and you don’t start right now, you will still have the same small penis in the next 6 months when you should have grown bigger.

A simple technique that will help you get used to working out your penis everyday so that you can get results faster is this:

Start to develop a habit to workout on your penis 15 minutes daily before you take your bath.

By the time you do that for 2 - 3 weeks, you should get used to it and by doing it for a dedicated period of time, you will start seeing results.

So, if you are ready to get started, let’s get into it.
How Well Do You Know Your Penis?

Before you begin your penile exercise routine, you’ll want to know where you are and where you want to be.

Let me now show you how to accurately determine your current penis length and girth.

Measuring Your Penis Length

The best way to measure your penis length is with a straightedge ruler when you are fully erect.

Place the ruler above the penis and push it all the way into the pubic bone. Once the ruler is firmly pressed against the pubic bone, record your measurement.

Note that your penis must be fully erect when you are doing this.

Take a biro and record the measurement somewhere and don’t forget that you are supposed to measure it in inches.

Measuring Your Penis Girth

This is how to measure erect girth. The girth is how thick your penis is.

You will need a measuring tape for this.

**Method 1:** Fully wrap measuring tape around the circumference of your penis and check the measurement.

Most men measure their erect penis girth in the middle of the shaft or at their thickest point. However, where you measure isn’t too important as long as you consistently measure in the same place.

If your girth greatly differs on different parts of your penis, then you may want to measure your girth in three different areas: the base, mid-shaft, and at the glans.
In both cases (length and girth) if you find it hard to keep an erection when measuring, try measuring in the morning on the days you wake up with an erection.

Let’s now move on to the penile building exercises that will help you to grow bigger.
Penile Exercises that Help You Grow Bigger Naturally

Let me start here by telling you that the penis is not a muscle of the same type as your biceps, triceps, or quads, it is indeed made up of a large proportion of a different type of muscle tissue: smooth muscle.

So, how does this work?

If you ask a lot of people if it is possible to enlarge the penis via exercises, the answer you will get from them is that it is impossible.

So, is it actually impossible?

Another advantage of using this kind of procedure is that penile exercising makes erections stronger, harder, and longer-lasting.

Penile exercising either creates more smooth muscle cells or causes the smooth muscle cells to grow.

The basic exercises that I am going to cover here are the Kegel, the Jelq, and the Basic Stretch.
Warm Up

Let’s start with the warm up.

Before doing any penis enlargement exercise you should always do a full penis warm-up.

Warming your penis prepares it for stretches and helps prevent injury. A fully warmed-up penis maximizes the benefits of any penis exercise session.

There are a lot of ways to get this done but I am going to tell you 3 that are simple to start with:

Here they are:

1. Take a hot shower or bath
2. Soaking a towel in hot water and wrapping it around the penis
3. Dipping your penis into a bowl of warm water

I believe those 3 are quite self explanatory.

I am now going to start with the simplest of all the penile exercise - The Kegel Exercise
The Kegel Exercise

The standard kegel exercise involves a simple contraction of your pelvic floor muscles or PC muscles.

Doing this exercise will also increase your hardness and help you to last longer in bed. Also, this exercise may not need you to do any kind of warm up.

You can be fully clothed while doing this exercise. You can actually do it anywhere. You will soon see why.

Continue the reading...

Kegeling is all about contracting your PC muscle.

How do you find your PC muscle?

Finding the PC muscle is easy.

The next time you’re urinating, stop urinating mid-flow. The muscles used to stop urinating is your PC muscle.

Based on what I have said, how do you now use this exercise everyday to get bigger?

This is IT:

To kegel, contract your PC muscle when you’re not urinating. You must have known how to contract the muscle by now like I explained it above.

Try holding the contraction for as long as possible.

You probably can’t hold it for longer than a few seconds, if that. Many men can’t hold the contraction at all. If you are this type, it just means you have a weak PC muscle.
But don’t worry, by doing just a few Kegels here and there everyday, you’ll be able to dramatically improve the strength of your PC muscle - and you’ll reap the rewards in the bedroom.

Once your PC muscle is strong, you’ll have the ability to stop yourself from ejaculating. To do this, you’ll need to be able to hold a tight Kegel contraction for at least 10 seconds.

The best part about the Kegel is that it doesn’t require any assistance from your hands or legs.

You can Kegel anywhere, anytime – whether it’s in a car, at the computer, while running, or even while you’re at work.
Stretching

Penis stretching is most likely the oldest form of penile exercising and is still essential to any routine.

Most advanced exercises designed to enhance penis length derive from stretching.

**Here is how to do it properly.**

1. Grip your penis behind the head and gently pull downward. Hold the penis and stretch for roughly 30 seconds.

2. Repeat in the following directions and hold each stretch for 30 seconds.

I have to use this picture here to illustrate this.

Hope you do not mind?

- Right (shown in the pix above)
- Left
- Up
- Straight Out (shown in the pix above).

The goal is to pull hard enough to stretch the tissues in the penis, but not hard enough to inflict pain.
Finding the happy extent to stretch comes with experience. At first, use gentle, easy penis stretches. After a few weeks, gradually increase the intensity.

And do not grab the head of the penis to stretch so that you won’t put yourself at risk.

It also does not matter if you stretch standing up or sitting down. The most important thing is that you are comfortable.

Let me move on to the next exercise.
JELQING

The jelq is the backbone of every other penis enlargement exercise.

Next to the basic stretch, the jelq is the second most basic penis enlargement exercise.

Jelqing — also known as “milking” because it is done in way that resembles a milking motion — is simple, but it may take a while to completely master.

Here are the steps to do this right way:

1. Lubricate your penis with something like Vaseline to start with

2. Make your penis to be a little bit erect by thinking about something sexy or whichever way is easy for you to do so. Your penis should be at least about 50-75% erect at this stage. It shouldn’t be erect enough for you to have sex.

3. Use your thumb and main pointer finger to form an OK-grip. Place the grip around the base of your penis, as close to your pubic bone as you can.

See the picture below to have an idea of the type of grip I am talking about:
4. With light pressure on the grip, slowly move it up your penis. The ideal jelqing pressure is one that does not hurt, but effectively pushes blood up the penis.

5. Stop the grip directly before it reaches your glans (do not jeql your glans). You have completed one jelq. Each jelq should take approximately 2 to 3 seconds.

6. Once your done with one jelq, take your other hand and repeat the jelqing process.

Also, when you jelq, make sure you are jelqing your entire penis - not just the upper part of the shaft. Start at the very base of your pubic bone and stop directly before the head.

If you are getting a too solid erection while jelqing, you might want to pause and start again later on. As a starter, this might actually happen to you. It shouldn’t be a concern.

Check the picture below to have a feel of what I am saying here:

![Picture of jelqing process](image)

Now, let’s move on to the next exercise.
The Erect Stretch

Let me also show you how to use another form of stretching exercise here.

This one is known as the erect stretch.

The Erect Stretch works by stretching the erect tissues of the penis.

Many men have claimed that the Erect Stretch has helped them turn their flaccid-stretched length gains into erect length gains.

However, you have to be cautious.

Erect stretches are high intensity exercises and should be used only when your penis is conditioned for them.

**NOTE** - You should not do the erect stretch until you have been exercising your penis for at least 6 months.

Also, your erection Level should be at about 95 percent for this to work properly.

Recommended Reps: 5

Here is how to go about it:

**Erect Stretch Step-by-Step**

The Exercise:

1. Grip the penis an inch below the glans and stretch outward for fifteen to twenty seconds. Don’t stretch vigorously - ease into the stretch.

2. Repeat in other directions (down, up, left, and right).
The ULI

I also have another advanced one here. It is known as the Uli.

You have to do this one with your penis as erect as it can be in maximum mode.

Recommended number of repetitions is 3 sets.

**Uli Step-by-Step Details**

1. Form an OK-grip at the base of your erect penis (see picture below)

2. Squeeze the grip tightly and hold for thirty to sixty seconds. Then repeat.
Extra NOTES

Apart from using all these natural forms of exercising your penis and getting it to grow, there are also several equipments that you can buy and use to enlarge your penis.

But they are a little bit expensive.

Of course, you will see a lot of cheap equipments around but I don’t think they work that well.

One of the effective equipments that I have heard a lot of people testify about and recommend online is this equipment below:

You can click here to visit their website for full details of how it works and how to buy it.

They ship to Nigeria the last time I checked.

I am not sure if it is available in Nigeria but if you have any of the big sex shops in your area, you might just check in there and ask if they have it or any other one that is effective.
CONCLUSION

These penis exercises work.

Personally, I have always had a good length of 7.1 inches but when I started seeing all these exercises, I started to try them and I have gained about 0.65 inches more while applying them just for fun.

But what amazes me is the number of men that have testified to getting amazing results from using these exercises.

One of the most popular stories is that of a man who increased from 4.3 to about 8.5 inches.

That is the best story so far that I have heard BUT remember like I said before, these techniques require patience and time.

However, if you want something that is very fast, the remaining option that I know of is surgery.

Surgery can be done as well but apart from the fact that it is expensive, it is also far risky and if you are unlucky, you may lose your penis while doing it.

But I have read about a lot of rich people especially footballers who have done this successfully.

I am always doing my researches on these things and once your remain on my list, you will always be updated.

I wish your success with them.

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