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PENISFIT

“More potency, more pleasure”

Learn how to exercise your penis

1st Edition
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INTRODUCTION

The internet is full of sites selling basically everything in the promise of growing the penis bigger or enhancing masculine sexual performance, from pills to penile extenders that can, allegedly, increase length and thickness of this organ.

Worries about the penis's size or thickness certainly, sometime, passed through 99% of men's minds, and this is not a particularity of any country. This happens with men all over the world.

But, do such treatments really work?

Every man has asked himself the same, at some point in life.

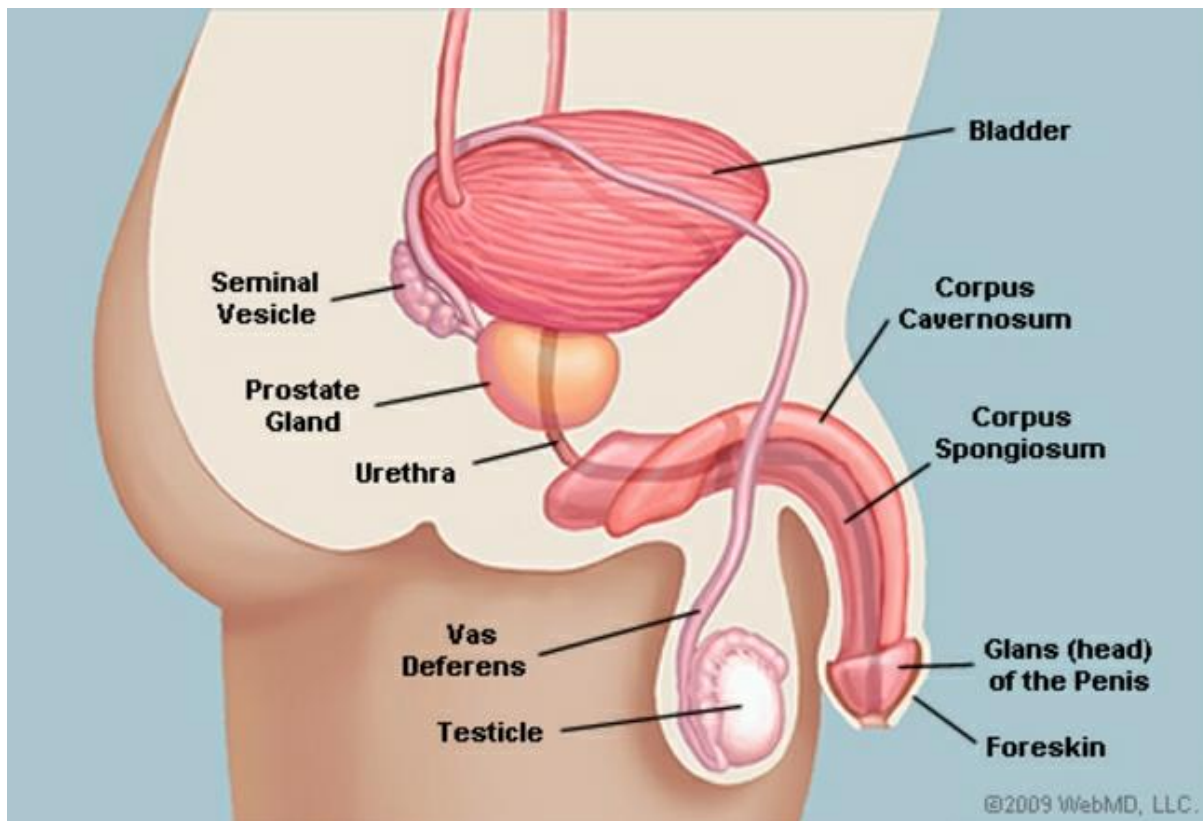
The proposal of this book is to clarify such doubts, but also teaching how to look the penis under a new light, more carefully, aiming at a better erection. After all, besides peeing, this preciousness which is being worshiped since humanity prime is demanded in hardness and performance, a great burden to any man.

You might be thinking as of why me, being a woman, would write about a thing I don't have. It's simple: I'm a researcher and passionate about masculine anatomy. And it's always worthy to remember that there are female urologists. Think like this: I really like Ferraris; I know everything about this car, I understand its peculiarities and technical issues; I just don't have one of them.

PENIS' ANATOMY

In order for you to perfectly understand what I'll teach in the book entitled *PenisFit*, it is important to know your penis' anatomy and how it works during pleasure.

The penis is composed by an axis that is its longest part. The head, or glans, is located at the end of this axis. The opening in the glans' tip, through which urine and semen flow, it is called meatus.



There are two cylindrical chambers, called cavernous bodies, inside the penis that travel its entire length. They have a maze made by blood vessels, tissues and nerves.

Urethra is a tube through which urine and semen flow and it runs along their inferior side, in the spongy body tissue.

Two main arteries (one on each of the cavernous bodies) and several veins move the blood inside and out. Nerves transmit messages from and to other parts of your body.

ERECTION

An erection starts in your brain. The famous *hard penis* is born there. Something you saw, felt, smelled, heard or thought causes your nerves to send chemical messages to your penis' blood vessels. Arteries relax and open up to allow the entry of more blood while, at the same time, veins close up. When the penis is filled up with blood, pressure retains this blood inside the cavernous bodies which makes your penis expand and sustain the erection.

When blood flow stops and veins open up, your penis softens.





EJACULATION

When you're horny, deferent ducts constrict the sperm from the testicles towards the urethra's back region. Seminal vesicles also free fluid in this location.

The urethra detects this mix of sperm and fluids. Then, in the peak of sexual arousal, it sends signals to your spinal cord that sends signals to the muscles at the base of your penis. They powerfully and quickly contract (every 0.8 seconds). This forces the semen out of your penis when you reach the sexual climax.

RESEARCHES

A study conducted at the Universities of California and New Mexico, United States, found out the size women consider to be — in average — the “ideal” one. The research was divulged by RSVP in 2018 and had as a final purpose to discover women’s preferences in relation to the male sexual organ.

The study analyzed 75 women from 18 to 65 years of age. They had to choose among 100 different penis’ models, with distinct lengths and thickness, according to their opinion as of what could better satisfy their desires in diverse circumstances.

At the end of the study it was possible to conclude that, for a woman in a stable relationship, the size considered as “ideal” is 16 centimeters of length.

However, when it comes to casual dates, the “ideal” penis is slightly bigger: 16.3 centimeters of length.

Of the 75 participants, 15 assured that they have ended a relationship due to the size of their companion’s penis — deemed as too small. On the other hand, 5 of them said that the reason for them to break up with their partners was because their penises were too big.

Until now, several studies about the average size of penises were done, with some variations. However, a study published in 2015, having a representative sample of 15 thousand men, found out that the average length of an erected penis is 13.1 centimeters.

APPEARANCE IS UNDAMENTAL

Another research done in 2015, in which women observed photos of all kinds and sizes of penises as published in the Journal of Sexual Medicine, revealed that the size of the penis is one of the less valued characteristics for them; maybe because it is harder to analyze sizes through pictures. The “cosmetic overall appearance” was more valued by the women researched.

Nobody told you this before, but you need to worry about keeping your penis’ good appearance. And, I’ll go even further on this subject: the skin softness can really make the difference!



USE YOUR PENIS A LOT

Other important study has recommended using a lot your penis in order to keep it healthy.

Make ejaculation a part of your daily routine. And this is why: a Harvard study, made with almost 30 thousand men, discovered that prostate cancer risk is 33% smaller among men that ejaculate at least 21 times per month in comparison to those that ejaculate only 4 – 7 times a month. The numbers include releases during sex, masturbation and nocturnal emissions.

Summing up the studies, women care if penises are too small or too big, especially for casual sex; and care about the appearance of the sexual organ. You also must ejaculate at least 21 times a month in order to have a healthy penis.

MEASURING YOUR PENIS

Did you get curious about the size of your penis? So, now you're going to measure it in the correct way. Follow these steps:



1st STEP

You are not going to measure your friend while he's asleep, are you? Then, the first thing you have to do is let it ready to combat!

It is also important to know when we talk about **how measuring your penis** that temperature and other body factors can influence its size. Have you ever heard that penises shrink when it's cold? So, do not measure it when you are cold. Warm it up first, if it's the case.

The penis' size increases considerably when it goes from its natural state to erection. A flaccid penis should never be measured.

2nd STEP

The scientific device appropriate to measure your penis is a ruler. When we use a measuring tape there is a risk of finding a mistaken result due to the glans' curvature.

Place the ruler on your abdomen, just above the bone where the penis's base starts. Its length starts there and goes until the glans end.

There you have it! So? Are you happy with the result? We know you always want a few more centimeters...

Should I measure the penis erected or semi erected?

No, babe! If you want to learn how to measure your penis in its full potential, do not do it when it is semi erected!

Only when it is totally erected it's possible to get a correct measurement.

You have already seen that temperature variation and other personal conditions have influence on the penis' size. And you don't want to measure it when it's not fully erected.

Right?

I'll say it again: never try to measure a flaccid penis!

IT IS POSSIBLE TO ENHANCE THE SIZE

Men's anxiety in relation to their penises' size has created a millionaire global industry composed of male products with no clinical evidence. Even though there is no miraculous form of safely making the penis grow bigger, there are several ways to increase your confidence in relation to your body and penis.

So, start from them...



Trim your pubic hair — Lots of pubic hair can make your penis look smaller than it really is. Hair removal, when poorly done, can cause folliculitis and local irritation, particularly if your skin is sensitive. Then, it's better to just trim. Pubic hair base is important for protection and skin cooling.

Lose weight — A beer belly can also make your penis look smaller.

Get fit. Exercise yourself. — Getting fit not only will make you feel more attractive, but it can also improve your sexual life. And here we begin our natural stretching technique called **PenisFit**.

Food

You must include on your diet kinds of food that help to enhance erection, because they'll help you to have a healthy sex life.

Foods that help blood perfusion enhance circulation and facilitate blood entry in the intimate area can increase and extend erection.

1 – Strawberries and raspberries: natural stimulants

These aphrodisiac fruits are meaningful to erection since they contain zinc in its seeds and this mineral stimulates our libido. Consuming these fruits stimulates the production of sexual hormones like testosterone, which increases masculine sexual performance since men can keep longer and more pleasurable erections.



2 – Avocados help increasing erection

Avocados are a rich source of folic acid and vitamin B6 and help to regulate hormone levels. This makes you feel more energetic and enhances your sexual performance.

3 – Nuts increase fertility

Including nuts in your daily meals will not only improve your health, but also the quality of your sperm. Researches assure that nuts help to adequately shape up sperm format, increasing masculine fertility.

These powerful oilseeds also help to increase libido and, as a consequence, erections, thus giving back male virility and becoming a strong ally to those suffering erectile dysfunction problems.

4 – Watermelon is a natural Cialis

Yeah! Watermelon is also among foods that improve erectile dysfunction due to the fact they have an amino acid called citrulline. This is the key for your body produce larger amounts of arginine in a natural way.

And how can this help you? It's simple! They improve blood circulation in the veins, especially in the penile region. Furthermore, such ingredients also guarantee to keep your libido high and that your body responds to sexual stimuli.

5 – Almonds stimulate male libido

Almonds are another option that cannot be left out of your diet. The main reason is that they possess high concentration of arginine, which improves blood flow, especially on the genitals. They potentialize erections and sexual desire, also improving erectile function.

6 – Chocolate is a powerful for food for erection

Chocolates improve erection due to their capacity of rising up libido. Bitter chocolate makes your organism release large quantities of serotonin and endorphins. These hormones are responsible for the feelings of pleasure and well being.

Besides that, such substances also promote a relaxing effect and allow you to be more receptive to sexual stimuli. In order to obtain better results, the ideal is consuming chocolates with high cocoa levels.

7 – Coffee enhances performance

Coffee is famous for its energetic effects but most people don't know that it is also an aphrodisiac. Researches reveal that a regular consumption of this drink helps elevating sexual desire.

Caffeine is the agent responsible for generating such effects. This is why having food with high caffeine concentration also helps to fight off erectile dysfunction.

8 – Oysters: the best natural aphrodisiac

Oysters are an excellent example of foods that help men's erection. They increase sexual desire. They have high concentration of zinc and can help to correct any kind of issue preventing sexual arousal.

The insertion of oysters in your diet can also psychologically influence your sexual performance. How so? Well, they stimulate imagination and libido. That's why oysters are considered the best food to aid male erection.

9 – Figs fight off erectile dysfunction

For centuries, figs have been considered one of the foods that increase male libido.

Some people believe that the only explanation for this effect is the appearance of the fruit, but there's more to it. Figs have essential minerals and vitamins that can make sex more intense. Among them we can cite magnesium, potassium and iron as the most important nutrients generating such an effect.

High quantities of vitamin B6 give the body more energy, also stimulating sexual desire.

10 – Vanilla improves male libido

Vanilla is a spice with delicious aroma, which adds a special flavor to recipes. But its benefits are not limited to flavoring. It also stimulates men's sexual desire.

Hygiene

Other important factor for **PenisFit** is hygiene and treatment of penis' skin.

You must apply a moisturizing cream on your genitals, everyday, after shower, in order to avoid redness and skin irritation during the relaxation phase, besides of taking a very good care of your hygiene. This is not vanity; it is a matter of health. Please note that most of the times skin cancer is caused by lack of hygiene.

Yearly, only here in Brazil, around 1000 penises are amputated. So, a little soap is not bad at all!



1 – Do you wash your hands before touching your penis?

If the answer is 'no', you are wrong! Our hands are strong bacteria and fungi transmission vectors for the genital area and this can be dangerous. Skin on this region is delicate and sensitive to contamination.

2 – Do you shake your penis after peeing?

Women are used to dry their intimate parts after peeing and men should do the same. This way, it would be easier to avoid urine residue moistening the underwear. Humidity favors bacteria and fungi proliferation. Urine is rich in ammonia, which

happens to be a favorable environment to germs and facilitates inflammations and local infections. So, after peeing, dry your penis!

3 – Do you leave semen and lubricant's residues on your penis?

This is a NO CAN DO! Semen and sexual lubricants can irritate your penis. In the shower, stretch the foreskin as long as you can, fully uncovering the glans and wash it with soap and water until all the accumulated secretion goes through the drain.

This secretion is called smegma. Since the penis has excessive skin and folds, it becomes a place easily accumulating this white mass. Smegma is formed by peeling skin and secretions produced by the penis' glands.

After a good washing, finish your shower assured of a good hygiene of the genital and anal area.

4 – What kind of soap you should use to wash your penis?

The kind of soap does not matter. You can choose among intimate, antiseptic or the common type. What is really important is not to neglect the cleansing of your penis.

5 – How should you take care of your underwear?

Underwear must be well washed and, preferably, dried under the sun. When they are left with the rest of the dirty clothes, bacteria can rapidly proliferate and infect everything.

Wash your underwear on a daily basis. You must also change them every day. Oh, always remember to not use tight underwear; otherwise you can compromise both quantity and quality of your sperm. Scrotum must be comfortable and ventilated.



The ideal underwear is made of cotton and shaped on the boxer model. Nylon underwear is not efficient to absorb perspiration. And remember: this area must not remain humid!

6 – What to do after having sex?

Men must offer a tender hug to their loved ones. Right after, they have to properly sanitize the genitals and the partner have to do the same. Mucus from woman's natural lubrication combined with sperm generates the perfect environment for bacteria and fungi.

Sexual Health

Before starting, you can talk to your doctor about it, but he'll hardly have information on natural penile stretching or knowledge about exercises for the male pelvic floor; even if it is a simple contraction exercise. This does not excuse the need of a full check up to measure your hormone levels or a consultation with an urologist. If you want to discuss a specific issue, you can go to a sexologist.

Take the opportunity and ask for a prostate exam so you can prevent cancer. Nowadays this is a very common verification and can extend your sex life.

Never forget to wear condoms if you are going to have anal sex. A way of protecting your penis from bruising is applying a lot of lubricant.

If you have sensibility issues or some kind of discomfort when using condoms, try to masturbate wearing a condom so you'll get used to it and your performance will certainly improve.

It's important to do as advised in order to get the expected results. With patience and perseverance, as well as performing the whole process, your sexual health will be benefitted.

PenisFit

The technique is an evolution of massage and penile stretching combined with exercises that help to focus and strengthen muscles under the bladder, responsible for controlling urination; besides of feeding tips, hygiene and sexual health, as previously mentioned.

PenisFit takes into account that, before giving yourself to the exercises, you need to have a healthy diet, rich in minerals, vitamins and proteins, because what you eat has a direct impact on how your penis works.

Hot water in the shower promotes dilation of blood veins and better irrigation of penis' cavernous bodies, favoring the increase of length and thickness.

The massages basically consist in caressing the penis, applying movements that mimic the sexual act; almost a masturbation but without getting to the climax. Use some sort of lubricant (the ones with hot or cold effect can be even more effective). Besides expanding knowledge and control over pleasure, it promotes the penis' strengthening. This is the authentic penile weightlifting.

Before starting to practice PenisFit , remember to measure your penis, so you can monitor the results of this incredible technique.
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How the exercise can help to increase your penis' size?

Although male reproductive system is composed by several organs, the penis performs a very important role. This is why many men want to increase its size and improve their sexual experience.

The famous blue pills can give us a hint of how to enhance erection and about the efficacy of **PenisFit**, after all these medicines relax blood vessels all over the body. The action focused on the penis helps to relax and expand cavernous bodies, which are filled with blood and produce a better erection.

Initial Considerations

The **PenisFit** set of actions includes physical exercises, healthy feeding, hygiene, hydration and several penile maneuvers taught in this book help to increase the size and improve the penis' general performance. But only the constancy of these procedures being practiced over, at least, six months allow a significant change to be observed.

When regularly practicing the exercises, penile chambers can start to absorb greater amounts of blood, thus increasing penis' length and thickness.

One of the purposes of this technique is creating a tension force, stretching the tissues responsible for the male genital erection. Traction resistance can cause a gradual tissue growth increasing.

Exercises to make the penis grow naturally function with a combination of:

Warming up

Penis' stretching exercises: a technique that helps to improve penis' length.

Functional exercises: a technique that consists in "milking" the penis.

Strength exercises: a technique used to increase penis' blood flow.

Relaxation



Let's start the PenisFit Gym

Warming up

Stretching exercises can help you to feel more comfortable with your penis and also to start the **PenisFit** series of exercises.

Warming up before starting any kind of exercise is fundamental because it increases blood flow towards your penis. For example, you cannot start the series of functional exercises if your penis is not warmed up.

Do not make the mistake of losing a warming up routine because it can cause bruises and nerve damage.

If you think warming up is inconvenient, simply do the **PenisFit** exercises while you take a hot shower. Warm water has the same effect of a warm towel, and you can easily massage your penis in a semi erected stage during your shower.

By the way, the best place for you to do your penile exercises is in the shower. It is much more convenient and you're not at risk of being interrupted. The warming up must be done every single day.

How to warm up

Step 1: Pour hot water on a hand towel (or other soft fabric) until it's completely soaked. Squeeze out the water in excess but leave a sufficient amount to keep the hot temperature.

Step 2: Massage your penis until it is semi erected (something about 50%). If you prefer, this can also be done in the shower, using soap, while you touch yourself.

Step 3: Wrap your penis with the hot towel and cover both axis and glans entirely.

Step 4: Make from 10 to 15 contractions (contract your penis like you do when you're holding back urine, but make sure to empty your bladder before starting) with the towel wrapped on the penis so that blood flows and capillary vessels expand, getting ready to the exercise.

Step 5: Take off the towel and dry up your penis. Now you're ready to begin your exercise routine.

Warming up must take around five minutes and, after finishing your exercises, remember to complete a relaxation routine. It seems to last forever, but 10 extra minutes to guarantee your health and penile virility is a really small commitment.

Stretching

Normal stretching: hold the penis body one centimeter under the glans. Then, slightly stretch the penis with force enough to feel it stretching out, but without causing pain. Keep the position for 20 or 30 and relax. In sequence, repeat the movement pulling the penis upward, downward, to the left and to the right.

Inverted stretch: put the thumb of both hands one centimeter under the glans and the other fingers under the penis to support it. Slightly pull the skin backwards using your thumbs, without moving the other fingers, until you feel the skin stretching and without feeling pain. Keep the position for 20 seconds and relax.

Rotating elongation: with the forefinger and thumb of one of your hands grab the penis one centimeter under the glans. Pull your penis outwards until you feel a slight pressure. Rotate your penis to one direction for 10 to 15 seconds, then repeat the movement to the contrary direction. Repeat this step from 5 to 10 times, rotating three times to each side.

Repeat all the steps from 5 to 7 times, resting for 5 seconds between each repetition.

Do it every day.

Functional exercises

Step 1: Make an O shape using your thumb and forefinger.

Step 2: Place this O shape at the base of your penis.

Step 3: Tighten this O shape until you feel a slight pressure on the penis' axis.

Step 4: Slowly move thumb and forefinger towards the glans, until you reach the tip.

If it is painful, reduce the pressure.

Repeat this once a day for about 20 or 30 minutes.

You can apply a little moisturizer or lubricant on your fingers. And remember that the main movement is upwards and then downwards.

Strength exercises

Pelvic floor exercises enhance pelvic muscles strength. These exercises are commonly known as Kegel exercises. Women practice Kegel exercises when preparing to and recovering from childbirth. Kegel also helps to improve cases of urinary incontinence and sexual health.

Kegel exercises help to strengthen the cavernous bulb muscle, which is very important because it performs three specific tasks: it allows the penis to receive blood during erection; it pumps during emissions; and also helps to empty urethra after urination.

Some studies suggest that these pelvic floor strengthening exercises can help to restore bladder control after prostate surgery. Some men they are also an aid in treating erectile dysfunction and preventing premature ejaculation. They can even increase orgasm intensity.

So, let's take a look on them.

Basic strengthening exercise

The best method to identify your pelvic floor muscles (pelvic inferior part) is to interrupt urine flow several times in the middle of urination. The muscles you need to constrict in this process are the ones you have to exercise. This is the Kegel contraction.

This simple contraction is going to work your pelvic floor muscles and, if you are doing it right, you'll notice your penis "jumping" a little.

You can also be sure of making the correct exercise by putting two fingers behind your testicles and feeling if the muscles over there are constricted.

You can also try to put a finger in your anus and try feeling your muscle.

Practice contractions

Start by lying on your back until you feel the contraction of your pelvic floor muscles.

When you get used to it, do the exercises sitting and standing up.

Contract the muscles of your pelvic floor from 3 to 5 seconds.

Relax from 3 to 5 seconds.

Repeat the cycle of contraction/relaxation 10 times.

Keep your other muscles relaxed. Do not contract your muscles anywhere else (abdomen, leg or gluteus) nor raise your pelvis. Softly place a hand on your belly so you can feel any undesired abdominal action.

Gradually magnify contractions and relaxations' duration. Work your way until you reach a cycle of 10 seconds.

Try to do at least 30 to 40 Kegel exercises every day. Dividing them during your day is better than do it all at once. Since they are discreet exercises that can be noticed by no one but yourself, try to do some of them while you wait at a stop sign, in an elevator, or when you walk to the bakery.

Practice contractions and short releases from 2 to 3 seconds (also called "fast movements") as well as the longest ones.

After finishing your set of exercises, you are going to need a time to relax your penis. Some exercises put much pressure on your organ and this is normal. But, as it happens with every other muscle, it's important to relax afterwards and restore a healthy blood flow.

Post workout relaxation technique

Step 1: Immediately after finishing your routine, massage your penis using a moisturizer and applying deep movements with your thumb and forefinger. Don't forget to be gentle. Start at the base and slowly move towards the glans.

1 to 2 minutes should be enough to relax your penis and treat its skin with the necessary vitamins and moisturizers. Keep in mind that this is a relaxation and not a warming up. So, do it for less than 2 minutes and go slow.

Step 2: Take the towel you used on the warming up and soak it again in hot water.

Step 3: Wrap the towel around your penis, allowing the warm and humidity to relax and restore nature blood flow to your penis. Temperature must be relaxing and not too hot to harm or arouse you.

Five minutes of cooling off using the towel method is enough to relax the tension created during your workout routine.

Any moisturizer is good for your relaxation, but my advice is using one specific for dry and damaged skin, with deep hydration power and vitamin E.

If you want to, one hour after relaxation, you are ready to have sex!

In 24 hours, you can repeat your **PenisFit** routine.

Potential risks and complications

Being too rough with your penis can cause deep tissue bruising or damage ligaments that connect your penis to your body. Such lesions can spoil your ability of having or keeping an erection.

Stretching exercises can cause:

Itchiness;

Small contusions or discoloration;

Red spots on your penis' axis;

Numbness;

Vein rupture.

Consult your doctor if these symptoms persist for more than a few days or if they are severe. Your doctor can evaluate your symptoms and advise you in relation to your next steps.

When will I see results?

Your results depend on your approach and practice consistency.

The exact time for clear results is not clear. But with constant practice, **PenisFit** can be observable about 6 months after starting the routines.

Conclusion

If you are interested in experimenting **PenisFit**, we would like to emphasize that a “big” penis is not necessary for a satisfactory sex life. Your body is something wonderful and beautiful just like it is.

Significant partners will care more about you than in relation to the size of your body parts. Male and female bodies are constantly under the media scrutiny, which tends to push people to a low self esteem and unrealistic expectations.

In fact, most of the men trying to increase penis' size have false perceptions of their penises being below the average. Almost all men overestimate the size of a normal penis. There is no such thing as an inadequate penis' size so this “craving” for increasing it, most of the time, is unnecessary.

Studies show that more than 85% of women are completely happy with their partner's penis' size!

Increased anxiety about your penis' size can lead to future sexual difficulties. This is why it's always better learning to accept your body before attempting to any drastic alteration method. However, if you choose to try **PenisFit**, be sure of understanding all instructions, following the routines, and being careful about safety precautions with your penis.

If you have doubts or worries about your penis' size, talk to your doctor.

Learning how your penis responds to stretching and other stimulation forms can help you to feel more comfortable with your body. You can also notice changes on its appearance or performance over time.

Immediately search for a doctor if you feel pain or discomfort during **PenisFit** or if you notice any change on your erectile function.

AND, ABOVE EVERYTHING, LOVE YOURSELF!

WRITER:

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