

penisenlargementguide.org
Revealing the Truth about Penis Enlargement



Achieving Maximum Gains

The
Multi-Angled Approach to
Penis Enlargement

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Introduction

The Purpose of this Guide

Unless you are already familiar with us, the first question you will probably have is

“Who and what is the Mens-Network?” [[PenisEnlargementGuide.org's Forum](#)]

With **over 50,000 registered users**, [the Mens-Network](#) is one of the largest online communities dedicated to discussing issues which relate to male sexual health. We believe that for centuries there has been an inequality between the sexes when it comes to dealing with self improvement, especially in sexual health.

This is no less true in today's world, it is now seen as commonplace and acceptable for women to have, and discuss, breast enlargement and other forms of cosmetic enhancement. We too believe this is perfectly right, and would not seek to change people's attitudes towards this at all; however we feel the same should be able to be said of male enhancement.

Penis enlargement is still viewed with wide scepticism from many quarters, down in part large number of companies that have attempted to cash in on man's insecurities with 'magical' herbal pills claiming to add ridiculous gains to the size of the penis. It has not helped that many of these companies have turned to dubious promotional measures, such as spam email, to help boost their sales and bank accounts.

We are here to help bridge this gap, dispel the myths and provide the information about **the products and techniques that really do work**. Our community is made up of newbie's and 'old pros' and everyone in between, all of whom enjoy coming together to **share the benefits of their experiences**.

Before we leave you to carry on your reading, let us tell you something that will probably be the best thing you have heard this year:

SAFE, EFFECTIVE, NON-SURGICAL PENIS ENLARGEMENT IS POSSIBLE

That is not to say that all methods are the same however, and that is really the point of this e-book.

Here we give you the facts on how your penis is built, how the effective methods do work, provide clear warnings on the techniques to avoid and give you the information on which are worth investing your time, and possibly money, following.

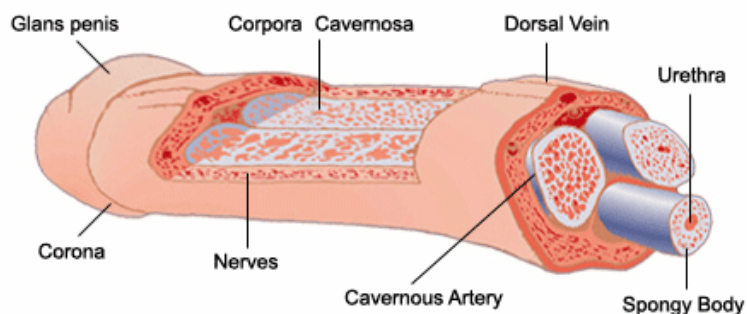
The Anatomy of the Penis

The penis is as complex as any other part of the human body, despite a deceptively simple appearance. Moreover, since the two functions of the penis are well-known to men and women alike, there is a tendency to think that everybody knows everything worth knowing about it.

However, there are always a few questions left unanswered or some obscure bit of information that nobody bothers to remember and which may become interesting in a certain context.

Basically, the human penis is made up of two parts: the shaft and the glans (also known as the head). The shaft is not a muscle as some have suggested. It is made of three columns of tissue, one of which continues forward to form the glans. These columns are called the Corpus Spongiosus, which forms the underside of the penis and the glans, and the Corpora Cavernosa, which are two chambers of tissue located next to each other on the upper side of the penis.

The shaft is covered in skin, while the glans supports the loosely attached fold of skin known as the foreskin. The foreskin is attached to the underside of the penis, in an area called the frenum. And, lastly, the penis is traversed from base to tip by the Urethra. This canal serves as a passage for both urine, produced in the bladder, and the sperm, produced in the testes.



Erection is achieved by filling the two Corpora Cavernosa chambers with blood. Unlike some other mammals, humans have no erectile bone and have to rely instead on engorgement with blood to reach erection.

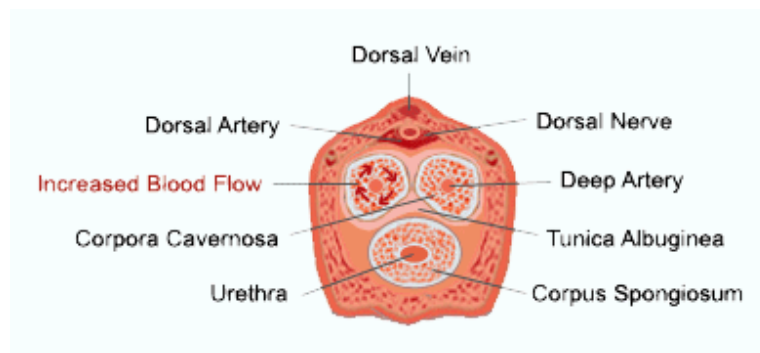
When the erection is triggered by sexual stimulation, the arteries that bring blood to the penis dilate in order to increase blood flow. The sponge-like Corpora Cavernosa fills up with blood, which makes the penis stiff. The stiffer tissues constrict the veins that carry blood away from the penis in order to maintain the erection.

Every male baby is born with a full set of reproductive organs. However, these organs are not fully developed and remain so until the boy enters puberty.

At puberty, usually between the ages of 10 and 14, the pituitary gland starts secreting hormones that induce the testicles to produce testosterone. This is the hormone that controls all the physical and many of the psychological traits that define man.

Its presence ensures the development of bigger bones and higher muscle mass in men. It is also responsible for the increase in penis and testicles size, the apparition of pubic hair and the deeper tone of the male voice.

The penis stops growing at the end of puberty, which comes around the age of 18. However, there are many environmental factors that may delay or accelerate the onset or the end of puberty. This means that some men may experience penis growth beyond the age of 18.



A common urban myth that almost everyone has heard, is the idea that penis size is linked to the size of another body part. The most common versions of this myth focus on the size of hands, feet, nose or overall height to determine the size of the penis. Actually, there is no such link.

Although the development of the penis in the embryo is controlled by the same genes as the limbs, penis growth at puberty is entirely governed by testosterone and has nothing to do with the other parts of the body.

Some men are born with big penises. This is an undisputed fact of life whose causes are still a mystery to science. As stated above, there is no correlation between penis and body size.

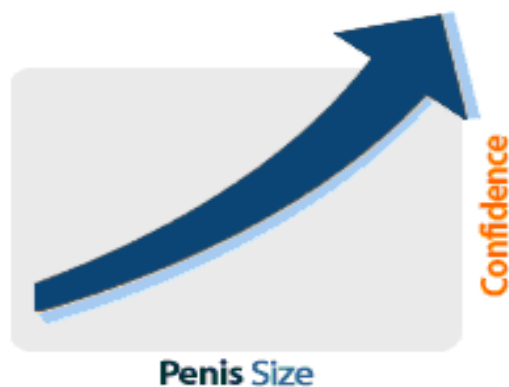
Studies conducted on bats have shown that the sexual organs and the brain require large quantities of energy to develop. At some point, the developing embryo decides whether it wants a bigger brain or a bigger set of sexual organs. However, science is still at a loss to understand how the decision is made and why.

Psychological Benefits of a Bigger Penis

The face of a man is usually an open book to most women. They can read practically anything in our faces. I've known ladies who could tell the size of my penis, bank account and the status of my sex life by taking only one look at me. Of course, the look was followed by the lady's departure in the opposite direction.

Failure always leaves a mark on your face, just like success does. And women can read those marks awfully well. It's even worse when you have a small penis and failure tends to follow failure in a pattern that grows bigger every day.

The first thing women notice about a man is his confidence level. A stoop-shouldered man with a downcast look has very little chance of actually getting a date from a decent-looking lady.



On the other hand, a broad-chested guy with a confident look in his eyes and a swagger in his step is sure to **catch the eye of most women**. He may not get every single pretty girl, but he'll sure as hell be noticed by each and every one. Trust me, nothing gives a man more confidence than a big penis. A man who knows that the schlong dangling in his pants is big enough to **satisfy any woman** walks around with an "I don't have a care in the world" kind of aura.

You can bet your life that women notice that. Women don't care a lot what a man says, since most men have little to say that interests a woman. But they pay strict attention to

the subtle signs in a man's attitude. Women think: "If he looks confident, then there must be something about him that makes him so confident. This could be interesting".

A big penis is your ticket to that show of confidence that is not an act or a sham, but the real thing. Are you suffering from low-confidence and anxiety? Are you afraid that women may look down on you? Then **penis enlargement is the solution for you**. The minute you stop worrying, it's their turn to be anxious.

A big penis has a lot of benefits and no downside that I can think of. Well, maybe if you decide to increase your penis size to 9 or 10 inches; that could be a problem. But if you stick to a nice 8 inches, then you'll reap all the benefits. **Increased confidence, greater stamina in bed, better control of your ejaculation, longer sex sessions and more pleasure for you and the lady, all these can be yours.**

Anxiety, depression and low self-esteem have no chance against a big penis and rock-hard erections that last much longer than before. Women will be impressed by the hefty dick that just keeps going and men will eye the bulge in your pants with envy. Now that's what I call turning the tables!

Is Penis Enlargement Really Possible?

Many people are keen to dismiss all forms of penis enlargement as a scam or myth, even though they have no basis other than hearsay on which to make these assumptions.

Body modification is not a new concept, throughout history primitive tribes have used weights, various objects and exercises to force parts of the human body to change size and achieve a new look.



The women of the Paduang tribe use metal rings to lengthen their necks, while the people from other tribes hang weights from their lips, ear lobes or other body parts in order to alter their appearance.

In fact even the penis itself was been the subject of this practice with some tribes linking the results to the persons position within the tribe or their manhood initiation rites. Whilst these early techniques were crude and unscientific, often involving simple unregulated weight hanging, there can be **no debate** that they worked.

As man has developed and left behind many of its early beliefs and superstitions, these practices have become less and less common, and in today's modern world very few people are left using them.

What has not been lost however, is the underlying principal of how these effects are created. The human body is an amazing creation, far more complex than the most expensive and powerful supercomputer ever built, and has an incredible ability to adapt under pressure.

What these primitive techniques were doing, perhaps unknowingly, was exerting the force of traction on the body in order to facilitate growth or change.

Modern medicine is no stranger to traction either, it is used in traditional orthopaedic surgery to encourage bone growth needed for certain conditions and in plastic surgery for tissue expansion to cover cutaneous defects, burns, and areas of hair loss.



And it is on this principal that **modern medicine has been able to provide a safe, effective solution** to an age old problem that will never go away, man's desire and determination to increase the size of his penis.

The answer to the question is **YES, penis enlargement really is possible!** You may be surprised that despite the fact there is still widespread scepticism, there are **clinically proven, medically backed and non-surgical solutions** to penis enlargement.

That is not to say that every method advertised is safe and effective however. Carry on reading to find out the techniques that should definitely be avoided and what your options are when looking for **a solution that genuinely will provide real results.**

Don't Waste Your Time and Money – The Methods to Avoid

Penis enlargement is one of the world's fastest growing industries. Unfortunately as a result of this, several products have crept onto the market with the aim of making a quick buck and benefiting from man's natural insecurities, irregardless of whether the product is a safe and effective choice for a larger penis. Here we will give you a brief guide on which methods you need to avoid if you are going to successfully and safely enlarge your penis.



Weights are probably the oldest penis enlargement technique around, and this technique has changed very little from the methods used by the early tribesmen. Whilst it can not be disputed that it will facilitate growth, it is certainly not a method you should consider.

Widely regarded as one **of the most dangerous forms of penis enlargement**, there are a wide variety of risks involved mainly due to the large amount of weight needed to create a lasting effect, and the unregulated, uncontrolled nature of the force it exerts on your penis.

Known dangers of this method include; impotence, ligament damage, painful erections, deformity and stretch marks. Whilst effective to some degree, there is no safe, medically backed weight hanging solution available for penis enlargement.



Another common option for the misinformed man is the penis pump, popularised in by modern media in films like Austin Powers many believe this to be a safe, effective and proven method to enlarge the penis.

Unfortunately, despite their popularity, this is simply not the case. Pumps are used to treat erectile dysfunction for certain conditions such as diabetes, however these are usually referred to as vacuum pumps rather than penis pumps and are only offered as a solution when all other methods have been unsuccessful.

The theory of a penis pump is that it draws extra blood into the penis and may give the appearance of a slightly larger penis, however the effects of pumps are temporary, they will help gain an erection for a few minutes but will doing very little to enlarge the penis in the long term.

Pumps are not only ineffective at providing long term size gains, but they also come complete with a series of dangers for any man that chooses to use them. For starters the mechanical forcing of blood into the penis is difficult to control and therefore often results in severe bruising, blisters and even burst blood vessels within the penis.

Repeated use can bring on impotence when the body begins to rely on mechanical stimulation to produce an erection; further risks include deformation and diseases.



Next up is the 'magic pill scam' that is often reported in the media. Penis pills have popped up for sale all over the internet, often with wild claims of adding several inches, curing impotence and ending premature ejaculation.

Don't you think that if a pill could really do all of this then the medical community would be knocking down doors to prescribe them to the individuals who need them?

The truth is that pills cannot enlarge the penis by themselves.

Pills work by promoting blood flow around the body and especially to the penis, this may help to speed up increase the results of other techniques, although there is only anecdotal evidence of this and no solid scientific evidence to support the theory.

If you do decide you want to try penis pills then at best they should only be viewed as a supplement to other techniques, if you hope to see results from pills alone then don't be surprised when you are disappointed.



And last of all, surgery, the latest penis enlargement technique to emerge. Again this can provide some results however the risks involved are huge.

Any surgery carries a risk of complication and this is especially true for penis enlargement. Any mistake here could mean impotence and the end of your sex life, and that's only for starters.

Many patients develop scarring and retraction leading to deformation of the penis, not exactly the desired outcome. Even when the surgery is a success the patients are often disappointed with the results as they have not increased as much as they would have expected.

I have yet to see a surgeon who will guarantee results; they simply will not, which shows that even the professionals carrying out the treatment do not have complete confidence in what they are doing.

By all means look into surgery; perhaps you will be one of the lucky ones who are completely satisfied with the results. However, bear in mind that surgery is not only the most expensive option, but also one of the riskiest. Furthermore, surgery gone wrong is often irreversible; surely it makes sense to try a natural solution first?

By following our advice you can achieve gains that not only match, but surpass the best results that surgery can provide, and all at a fraction of the cost. Not only that but you will not be risking your most important organ to such risks by doing so.

Advice for Beginners

The first thing that you should keep in mind when starting your penis enlargement program is that you need to put your willpower behind this. Just like everything else, you have to stick to penis enlargement to see results.

Don't start on something just to find out two weeks later that it bores the hell out of you. **Penis enlargement works** only if you strive to do the exercises right and stick to a regular routine.

Bone up on knowledge. Yes, you got that right. Just like everything else (I never tire of this phrase), you need to know as much as possible about penis enlargement. This is the best way to see where others have failed and to understand what is it you're doing and why you're doing it.



Before your exercise session, measure your penis with a ruler (see next section). Don't exaggerate! This is something you aren't going to show to anybody else (unless you want to) and there's no reason to lie to yourself.

If you exaggerate now, you won't be able to correctly identify gains in the future, which usually leads to de-motivation and failure. Don't measure yourself too often, once every four or six weeks is enough to show you how much you've gained.

Don't expect results to appear overnight. It may take a month or more for the first gains to show up. Just stay the course and you'll **reach your goal**. The penis is tissue and not

muscle, so whereas muscles are fast to grow in size as a response to a genuine need, the penis is simply tissue and it takes much longer to force tissue to expand.

Veterans are always willing to share with beginners what they've learnt in months and years of penis enlargement. Experimentation and expert advice are the best way to **maximize your gains** and help your penis enlarge faster. Just make sure you are always careful and not rushing into anything. Nobody wants injuries to spoil the party.

The Mens-Network Forum is the perfect place to meet up and discuss what may otherwise be a somewhat difficult subject to find other like-minded and experienced people. With over 40,000 members on hand to share their experiences you can get the answers to your questions from those who have achieved their goals and know first hand the best methods and techniques to help you do the same.

Measuring the Penis

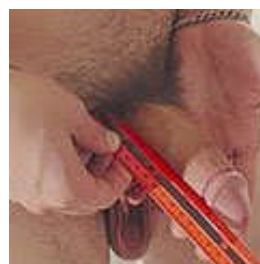
Before you begin any penis enlargement you need to make sure you know how to correctly measure your penis.

Measuring the Flaccid Length

The flaccid length of the penis can be dictated by many things, including the temperature. This might mean contradicting results depending on the temperature of the situation that you are in. Flaccid gains are often the first gains you will notice when performing penis enlargement exercises. To keep results accurate we have a certain standardized way of measuring the flaccid penis.

To measure accurately it is important that you measure from the side of the penis. Stand up straight and extend your flaccid penis in front of you (it important NOT to stretch it), your penis should now be parallel with the floor. Place the ruler next to your penis so it is slightly pressing against the pubic bone.

The ruler and your penis should be parallel with each other. Measure to the tip of the head in millimetres or inches (whichever you are more comfortable working with). The important thing is that you always measure the same way and do not change your measurement units.

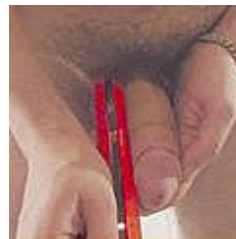


Measuring the Erect Length

The erect length is what most men are interested in. Again it is best to measure from the side of the penis. This method is the standardized method that researchers use to measure the "average penis size" which is incidentally between 6" - 6.5" erect length.

Firstly make sure you have a 100% erection where you would consider it the "most erect". Hold your penis below the head and place the ruler next to it with your other hand. The ruler should be slightly pressing against your pubic bone. Measure to the nearest millimetre and it is important that you do not EXAGGERATE the measurement. If anything it is recommended that you round down.

Measure from the base to the tip of the head and make a note of your measurement.



Measuring the Flaccid Girth

The girth can be extremely awkward to measure because many people have different size girth measurements depending on which part of the penis that you measure. The standardized way is to measure in the centre of the penis shaft.

When flaccid hold your penis out in front of you and wrap a tape measure around your penis. Do not pull the tape measure too hard, pull it to a reasonable level and remember this amount of pull for the next time you measure. The average flaccid girth size is between 3"-4". In our photographs the model has a large flaccid length and girth and it is likely that yours will be smaller.

Measure around the penis and make a note of your measurement.



Measuring the Erect Girth

Make sure your penis is 100% erect and then proceed with the measuring. Hold your penis out in front of you so it is parallel with the floor. With your other hand place the tape measure around the penis making sure not to pull too tight. The average erect girth is 5" - 5.5" according to recent surveys.

Measure around the penis and make a note of your measurement.



Tracking Your Gains

Of course, the reason you are embarking on a penis enlargement exercise program is because you want to **increase the size of your manhood**. Therefore it makes sense to keep a track on your gains. You can use a table like the one show below to record your starting measurements and then update them every 4-6 weeks. By keeping track you will help to keep yourself motivated when you start to see the gains you were hoping for!

	Start	Date and Measurement									
Flaccid Length											
Erect Length											
Flaccid Girth											
Erect Girth											

reaction capacity of the tissues which causes cellular multiplication, or **enlargement of your penis** to you and me!

The major, and crucial, difference is that traction provided is **constant and regulated** providing a **safe, controlled and measurable force** that does not carry the same inherent risks as unregulated weight hanging.

Penis Enlargement Exercises

Penis enlargement exercises are based on the principal of applying an intensive amount of pressure to the penis over a short period of time, in order to facilitate growth.

Like traction based enlargement, it is a technique that has evolved from early practices, with the Jelq being one of the best recognised and longest serving practices for those wishing **to develop a larger manhood**.

Today's modern routines and **exercises have evolved** beyond one simple technique and now there are numerous techniques all target differing gains, and differing levels of experience.

As well helping to promote an increase in the length and girth of your penis, exercises have also been developed to provide a host of other sexual health benefits. This includes exercises to help with **premature ejaculation, obtain erections on demand, improve stamina and control**, and help to **correct a curved penis**.

Combining these Methods for Maximum Gains

It is by combining these two methods that the most truly remarkable results can be seen. These two methods both provide safe, effective solutions on their own, however when **used together they are an unbeatable combination.**

The traction based stretcher provides a slow constant and measured force whose effect is directly related to the amount of time you wear it for, it is also regulated meaning you can not target differing gains. Whilst this is **the most effective method** to add to the length of your penis, we do not live in a perfect world and there may be limitations in your schedule meaning you cannot wear the device as much as you would like to.

If you are using the stretcher alone this would mean a loss in potential gains for the period where it is not worn, and slowing down your progress in achieving your goals. By combining the slow traction of the stretcher with the intensive pressure from an exercise program it means that you can develop an enlargement routine that truly moulds itself around your lifestyle and schedule. When it is not convenient to wear the stretcher for as long as you would like you can intensify your exercise routine to make up for the lost time.

Sample Exercises

In order to get you going we've included descriptions of a couple of the most basic exercises. These two are essential in both basic and expert routines and provide an idea of what's involved when performing penis enlargement exercises.

The Wake Up Cloth

The warm-up is **ESSENTIAL**. You should never leave the warm-up out of your routine as this will lead to gains being minimal. It is also a good idea to finish off a workout with a "warm down" which would be, for example, the procedure below repeated. A thorough warm-up not only helps with the effectiveness of your exercises but also helps prevent against injury by promoting greater blood flow.

To perform this warm-up you will need a cloth or small towel and access to warm water. Firstly find an ample sized face cloth. Wet it with warm water until it is soaked through and hot, but still manageable. Then wrap the cloth around your penis and testicles. This may feel strange and slightly painful, but this ends quickly enough and is easy to get used to.

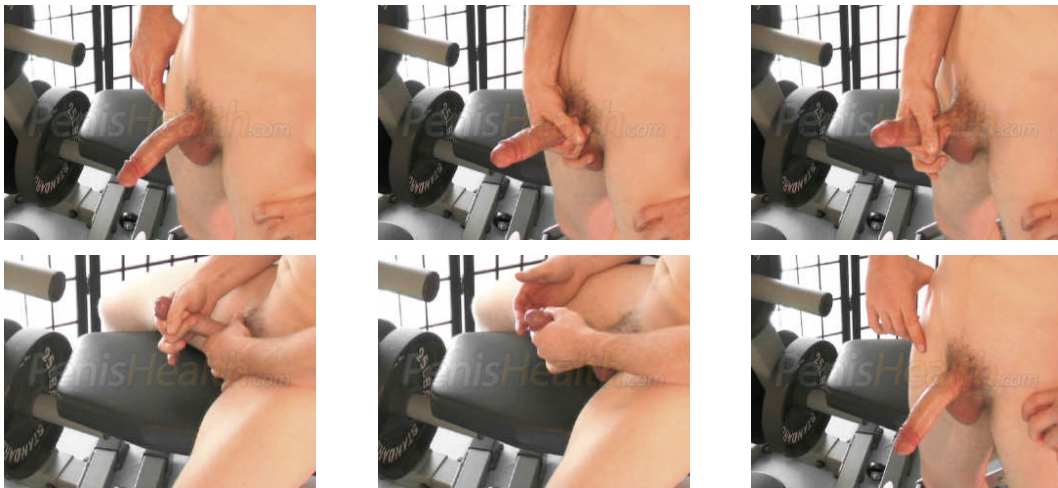


Keep the cloth in place for 1 minute. When 1 minute is up run the cloth under the hot tap and repeat the procedure once again holding it for 1-2 minutes. If after the 2-3 minutes you feel you are ready to exercise, continue with your workout. If not then re-apply until you feel loose enough to continue with your workout.

The Jelq

This exercise is one of the core exercises penis enlargement exercises. The Jelq supposedly originated in the Arabic culture. The story goes that a large penis was seen as a mark of power and Arabians did this exercise to enlarge their penis. Whether this is true or not is irrelevant, the fact is this exercise works.

As with most of the exercises, the jelq must be preceded by an appropriate warm up. Apply lubrication (baby oil works well) and start with a partially (70-80%) erect penis, then grasp your penis between your finger and thumb using the 'OK' sign (refer to pictures) thus trapping all loose blood in your penis. Firmly move your fore finger and thumb down the penis pushing the blood into the head of the penis. The general concept is: the more blood accumulates the thicker and larger the head becomes.



Starting with your preferred hand (in this case the right hand) milk downwards from the base towards the tip, as your right hand nears the head grab the base with your left hand and release your right hand as you reach the penis head. Follow the same procedure again, this time milking with your left hand and grabbing with your right - a sort of pass-over system. This gorges the cells and when they are repaired they are able to hold a lot more blood. The Jelq exercises can be done either sitting down or standing.

What to do next – Achieving your gains

Buyers Beware – What to look for when selecting a professional solution

There are some websites which advocate that you look for free or 'home made' solutions. For stretchers this is particularly dangerous as it involves using a mechanical device which has had no safety testing and could cause very serious damage should it break or go wrong. Professional stretching devices are manufactured using **medical grade materials** and have been tested to ensure they are fit for their purpose and do not cause any side effects.

With exercises there is also free information available however this is basic at best and often only available in written form, meaning you can easily misinterpret, or misunderstand, how to perform the exercise properly. Like any exercise, **it is crucial** that you are performing it correctly, so as not to injure or damage your body.

A professional program provides full video and pictorial guides to each exercise ensuring you know exactly how to do it correctly. They also adapt and update their exercises based on the feedback of their users so you will always have the most up-to-date and effective information.

Whatever you decide to do next we would always recommend you choose a professional solution to help achieve your gains and there are some simple steps you can take to ensure that you are choosing a reputable company:

1. The company should offer a telephone number on their website for you to contact them with any questions before you buy. If they don't then this suggests their customer support is limited and you may have trouble reaching them if you have a problem.
2. The solution offered should be believable and honest – if it claims to offer you 3 inches plus in only a few weeks then it is almost certainly a scam or at best grossly over selling its potential benefits. Remember anything that seems too good to be true – probably is, don't waste your money!

The AndroPenis device, originating from Europe, was one of the original to hit the market. As well as being sold commercially it is used in hospitals by medical organisations across the globe for the treatment of Peyroniess disease (penis curvature) and a post surgical aid to minimise retraction and scarring from Phalloplasty.

It is manufactured to the ISO13485:2003 and ISO90001:2000 standards for **Quality Management** and has been **classified by the European Union** as a medical device class 1 which bears the **CE mark**. This means you can be completely confident that you are using a device of the highest quality that is fit for its intended purpose.

In clinical trials the AndroPenis extender has been proven to provide additional inches to both the length and girth of the penis and also to correct up to 70% in penile deviations and curvatures. Whilst there are other models available you can be confident that with the SizeGenetics System you are receiving the **highest quality medical device** available.

The second part to the system it's the included membership to the PenisHealth exercise program. This is the premier online exercise program and is backed up by Lativio's excellent 24 hour telephone support team.

PenisHealth membership gives you unlimited access to:

34+ award winning techniques

All of the common exercise you'd expect as well as secret exercises that are unique to PenisHealth.

100+ Demonstration Videos

Professionally produced to DVD quality, these are not the normal camcorder filmed, grainy, unclear videos that you find on other sites. Each video also features voiceover instructions so you know exactly how to perform the exercise correctly.

200+ Step by Step Pictures

Enabling you to see at a glance whether or not you are doing things correctly. Again these are professionally produced so they are extremely clear and high quality and, of course, unique to PenisHealth.

Pre-Set Workout Routines

Over time you will probably develop a routine that suits your needs the best, however to get you going there are included workout plans that have been researched and tested and are proven to provide the ultimate basis from which to start your journey.

Free Program Updates

This is not some limited time trial membership that you receive, its full unlimited membership meaning you can carry on using the Members area for as long as you want. The program is constantly evolving and adding new features based on their customer feedback and all updates are provided at no extra cost.

As you can see, the SizeGenetics System is an unbeatable combination of the highest quality solutions. If you are insecure about your penis size, you should know that you don't have to be.

SizeGenetics is here to help and is the ideal solution for anybody looking to:

- Add inches to their penis length
- Add inches to their penis girth
- Correct up to 70% in penile deviations and curvatures
- Improve ejaculation control
- Increase Erection strength and Hardness
- Improve self-confidence and self-esteem.

[If you are interested in any of these benefits then we would certainly recommend you click here to visit the SizeGenetics System Website for more information.](#)

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Disclaimer

You should consult with an appropriate medical advisor before attempting any form of exercise programme. It is therefore recommended that **before** commencing this exercise programme that you consult with a doctor and satisfy yourself as to whether this programme is suitable for you.

This PenisHealth exercise programme is provided as general information and educational purposes only. This exercise programme is not intended, and should not be construed, as medical advice. The information contained in this exercise programme is general in nature and is therefore not tailored to any particular factual situation or any individual. It should not be used to diagnose or treat any illness, metabolic disorder, disease or health condition. Should you have any concern about your health you should contact a doctor who can provide medical advice specific to your needs.

Use of this programme and the information contained within it is at your sole discretion. You should follow the instructions carefully. Incorrect use of this programme may cause harm or discomfort. If you suffer any adverse affects from carrying out the programme you should cease use immediately and seek the advice of a doctor.

In using this exercise programme you may experience one or more of the following side effects:- Blood spots, bruising, rashes, thrombosis of the veins, strained ligaments, fluid accumulation (adema), stretch marks, and temporarily weaker erections.

You should cease to use the exercise programme immediately if any form of side effect is experienced and you should seek the advice of a doctor.

In participating in any type of exercise or exercise programme, there is a possibility that some form of physical injury may result. This exercise programme is no different. In engaging in this exercise or exercise programme, you agree that you doing so is voluntary and at your own risk.

Accordingly, in using the exercise programme you confirm that you are doing so entirely at your own risk and in providing this information to you Lativio LLP has excluded its liability to you to the fullest extent permissible in law.

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