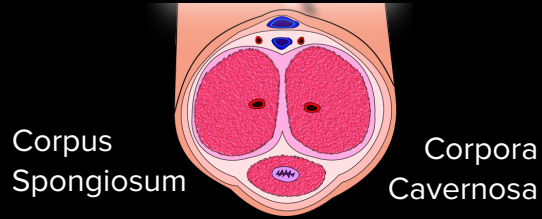


HUMAN PENIS ANATOMY



Penis is made up of 3 main areas, 2 large chambers on the top (The technical term for this is the Corpora Cavernosa) and 1 smaller chamber on the bottom (the Corpus Spongiosum).

When we gain an erection, the penis fills with blood, filling these three chambers. The Corpus Spongiosum is the chamber used mainly when we urinate and ejaculate. The Corpora Cavernosa however, is the main blood holding chamber of the penis. This is where 90% of all blood is retained each and every time we gain an erection.

Penis enlargement exercises are designed to break down the cell walls of the Corpora Cavernosa by forcing blood into them, each time this stretches the cells larger than normal. The penis then repairs itself by growing these cells back, larger and stronger each time, this allows the penis to hold more blood which expands the erectile tissue and over the course of a few weeks, results in a larger, stronger and fitter penis.

SELF-CARE

CUT YOUR PUBIC HAIR. SLEEP 8 HOURS A DAY AND USE JELQZ WRAPZ. EAT HEALTHY (IT'S IMPORTANT TO NOTE THAT A BALANCED DIET THAT INCLUDES A VARIETY OF FRUITS, VEGETABLES, LEAN PROTEINS, AND WHOLE GRAINS CAN HELP ENSURE YOU'RE GETTING THESE VITAMINS AND MINERALS) DRINK LOTS OF WATER. DO NOT MASTURBATE. HAVE A GOOD STATE OF MIND, A POSITIVE ATTITUDE IS ESSENTIAL BE 100% DEVOTED TO THE PROCESS.

JELQZ JEL

DYI enhancement Lub Jel mix 1 part of: Ginseng, Pine pollen, Yohimbine, Maca, Ginkgo, Horny goat weed, Olive oil, Onion, and Aloe Vera.

To purchase JELQZ exclusive and patented wrapz

To get access to exclusive deals of up to 50% off your first order, and support, for how to videos and resources
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Jelqz is not liable or responsible for any loss, damage, injury or ailment caused or alleged to be caused, directly or indirectly by the information or lack of information, or use or misuse of the exercises, methods or techniques described in this guide.

Jel4z

THE GROWTH GUIDE



Prep

Hot Towel Warm-up

You should begin your daily workout with this procedure. This is not really an exercise, but a prerequisite. What the "hot towel warm-up" does, is draws blood to the area of your penis, increasing the blood flow and making the skin slightly elastic. This also ensures a good grip for the exercises you good grip for the exercises you

Mindset

Perform the exercises somewhere relaxing and comfortable, with good support for your back. Turn on some soothing music and block out all of the negative and distracting thoughts in your mind. Lubrication: When performing the jelqing exercise, you will need to apply a lubricant (ky jelly) on your penis.

Stretching Exercises

After the Hot Towel warm-up, proceed to performing a stretching exercise. Gently pulling your penis on a regular basis can produce incredible size gains, just as exercising muscles will make them larger. These exercises stretch your penis while also stretching the erectile tissue. These are the exercises for lengthening your penis both in its flaccid and erect state.

Cooldown

Clean and dry off your penis, then apply the Wrapz to lock-in the progress you have made.

©JELQZ

Growth Gospel

The Wrapz are designed to lengthening utilizes all day comfort tension technology along with continuous contraction to gently and effectively grow the penis.

It's patent Counter-traction mechanisms proves dual action tension and traction.

Providing years of results in just a few weeks.

The key to growing the penis is to stretch and create tension to the erectile tissues of both corpus cavernosa and spongiosum which make up the majority of the penis mass. This stretch or expansion will take place with Wrapz all day in the flaccid, semi- flaccid, or erect state. No matter who you are, it will work for you. Tension and force will make your erectile tissues grow because it has no choice but to respond. You must be patient. It will take a few weeks before these accumulated permanent results



are noticed. When you first engage in penis enlargement your flaccid size will increase rapidly for about the first 2 inches. At this same stage you will gain roughly 1 inch in erect size. The final result of this

program are gains of 3 to 5 inches, but you must follow the program requirements.



Exercises

Lo'Jack

3 sets, 10 reps

In a flaccid state, with your right hand, grip the penis and pull it forward and away from your body, with your left hand encircling the based of penis force energy into the head, then rotate in small circles while pulling outward, Up, Down, Side (x2)

Secret: Pull further each time, focus your energy and blood flow.

Jelqz

1000 strokes a twice a day

Apply lubrication to the flaccid penis shaft make the "A-OK" sign with the thumb and forefinger of both your hands. grip tightly around the base of your penis. Now starting from the base, glide front hand down outward on the shaft touching the penis all the way from the base to the head. Alternate hands in a smooth rhythmic ("milking") motion.

Secret: Do 1 set Flaccid and 1 set semi-erect.

Alpha Stretch

Hold for 2 to 5 minutes

Hold head of penis with one hand from the underside of penis grab forearm of hand holding penis. If this is done correctly the penis should be stretched over the forearm of the hand holding the penis head.

Secret: Kegel's are the key for multiple orgasms!

7 days a week