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THE GROWTH GUIDE

Understand Your Body, Then Grow It

This guide strips the JELQZ method down to what matters: how the penis responds to training, the exercises themselves, and a simple way to track your progress. Work through it in order. Consistency, good form, and rest do the work — not intensity.

Train at least three days a week, warm up before every session, and stop the moment anything hurts. Results are gradual and vary from person to person.

How Training Works

The shaft holds three columns of erectile tissue. The two upper chambers — the *corpora cavernosa* — do roughly 90% of the work, filling with blood during an erection. Their capacity is what limits size.

Enlargement exercises apply controlled stretch and pressure so these chambers fill slightly beyond their normal limit. The tissue then repairs during rest, adapting to hold a little more blood over time — the same stress-and-recover loop behind any physical training.

Because growth happens during recovery, rest days are part of the program, not a break from it. Quality of each repetition matters far more than volume.

STEP 1

Measure Your Baseline

Before your first session, record where you start so you can compare later. Measure to the nearest millimetre and always measure the same way.

Flaccid length

Standing, hold the penis parallel to the floor. Press a ruler against the pubic bone at the base and measure along the top to the tip of the head.

Erect length

With knees locked, angle the erect penis parallel to the floor, press the ruler to the pubic bone, and measure along the top to the tip.

Girth

Always measure erect. Wrap a cloth tape (or a string you then lay against a ruler) snugly around the mid-shaft. Use the same midpoint every time.

Re-measure no more than twice a week. Day-to-day readings fluctuate; weekly comparisons show real change.

STEP 2

Warm Up – Every Session

Never train cold. Heat increases blood flow, loosens tissue, and lowers injury risk.

- Soak a washcloth in warm-to-hot (not scalding) water and wring it out.
- Wrap it around the shaft for about a minute; repeat two or three times.
- Dry off before applying lubricant.

Lubrication

A long-lasting, skin-safe lubricant reduces friction during jelqing. Water-based lubes can be revived with a little water. Never use soap, shampoo, or anything that stings or dries the skin.

STEP 3

Stretching

Stretching targets length by gently lengthening the suspensory ligament and tissues. Do it flaccid. Grip below the head — firm enough to hold, never tight enough to cut off circulation — and keep pressure off the dorsal nerve along the top of the shaft.

Basic directional stretch

Pull the flaccid penis straight out to a comfortable, painless stretch and hold ~30 seconds. Repeat, easing slightly further each time, cycling the direction — straight, up, down, left, right — for about 5 minutes total.

V-stretch

As you hold a straight stretch, press a finger gently into the base of the underside to create a shallow “V.” This concentrates tension on a targeted section. Keep it light — this adds force, so ease off if you feel anything sharp.

STEP 4

The Jelq

This is the core exercise — a slow “milking” motion that pushes blood into the chambers. Lubricate first.

The motion

- Bring the penis to a **semi-erect** state — about half to three-quarters firm. Never jelq at full erection.
- Make an “OK” ring with thumb and forefinger at the base.
- Glide the ring slowly up the shaft with light, even pressure — like milking — stopping just before the head.
- Release, switch hands, and repeat from the base in a smooth, rhythmic alternation.
- Start short and easy. Build duration gradually as your body adapts.

IMPORTANT

Do **not** jelq at full erection — forcing blood through a rigid penis can cause vascular damage. Keep it semi-erect, keep pressure moderate, and stop immediately at any pain, numbness, or discoloration.

STEP 5

PC (Kegel) Exercises

The pelvic-floor (PC) muscle supports erection strength and control. To find it, stop your urine stream midflow — that muscle is the one you train.

- **Clamps:** squeeze and release in sets of 20, building over time.
- **Long holds:** clamp and hold for up to 30 seconds.
- **Stair-steps:** tighten and loosen in small increments.

These can be done anywhere, cost nothing, and also support long-term urinary and sexual health.

STEP 6

Warm Down & Rest

Finish every workout by restoring circulation and helping tissue recover.

- Gently massage the shaft for about a minute using soft, circular motions.
- Apply a warm towel again, as you did in the warm-up.

Rest is non-negotiable

Growth happens while you recover, not while you train. Take at least two full rest days each week with no exercises, sleep well, stay hydrated, and eat properly. A penis in poor general health won't perform or adapt well either.

Realistic Expectations

Be honest with yourself about what training can and can't do:

- Evidence for permanent enlargement from exercises is limited. Treat any “guaranteed inches” claim — including from pills and pumps — with skepticism.
- Pumps can temporarily firm an erection but don't reliably add permanent size; pills are largely unregulated and unproven.
- Genetics sets most of your baseline. Training, blood flow, diet, and overall fitness are what you can actually influence.
- Progress, if it comes, is slow — think months of consistency, not days.

If you have pain, an existing condition, or ongoing concerns about size or sexual health, talk to a doctor or urologist. Confidence and a healthy self-image matter at least as much as any measurement.

Progress Tracker

Measure twice a week and log it. Watching the numbers move week to week is the best motivation there is.

WEEK	DATE	FLACCID	ERECT	GIRTH	SESSIONS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Tip: keep girth at the same mid-shaft point and measure under the same conditions each time for comparable readings.

THE JELQZ METHOD

Train Smart. Stay Patient.

Born out of frustration with pill-popping and painful gimmicks that don't work, JELQZ focuses on consistent, controlled technique and honest tracking. Show up, warm up, train gently, rest — and let the work compound.

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