

JelQZ



POCKET FIELD EDITION

THE GROWTH GUIDE

Understand it. Train it. Track it.
The whole method, condensed for daily reference.

CONDENSED METHOD · DAILY REFERENCE · JELQZ.COM
EDUCATIONAL MATERIAL — NOT MEDICAL ADVICE.

HOW IT WORKS

The shaft holds three columns of erectile tissue. The two upper chambers — the **corpora cavernosa** — hold roughly **90%** of the blood during an erection, and a tough sheath (the **tunica albuginea**) caps how much they can hold.

Training applies gentle, repeated stretch and pressure so the tissue slowly adapts to hold a little more over time. **Growth happens during rest** — not during the session. Good form and consistency do the work, not intensity.

THE 5 NON-NEGOTIABLES

- 1** Semi-erect only — **½ to ¾ firm**. Never at full erection.
- 2** Keep pressure **off the top midline** (the dorsal nerve).
- 3** Stop every stroke **before the head** (glans).
- 4** Always lubricate; moderate pressure. **Never soap or shampoo.**
- 5** Stop at any **pain, numbness, tingling or discolouration.**

Warm up before every session. Rest days are part of the program, not a break from it.

WARM UP & STRETCH

WARM UP — EVERY SESSION

- Wring out a warm (not scalding) cloth; wrap the shaft ~1 min; repeat 2–3 times.
- Dry off, then apply a skin-safe, long-lasting lubricant (JELQZ jel / wrapz or similar). Revive water-based lube with a little water.

STRETCH — ~5 MIN, FLACCID

- Grip below the head — firm enough to hold, never tight enough to cut circulation; keep off the top nerve.
- Pull straight out to a comfortable, painless stretch and hold ~30 s. Cycle the direction: straight, up, down, left, right.
- **V-stretch:** while holding a straight stretch, press a finger lightly into the base of the underside to form a shallow "V." Ease off at anything sharp.

THE JELQ & FINISH

THE JELQ — THE CORE EXERCISE

- Bring to **semi-erect** ($\frac{1}{2}$ – $\frac{3}{4}$ **firm**) and lubricated. 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, repeat in a smooth rhythm. Start short and easy; build duration gradually.

Never jelq at full erection — forcing blood through a rigid shaft can cause vascular injury.

KEGELS (PC MUSCLE)

- Find it by stopping your urine midstream. Squeeze & release in sets of 20; add long holds up to 30 s; build over time. Do them anywhere.

WARM DOWN

- Massage the shaft ~1 min with soft, circular motions, then re-apply the warm towel.

THE WEEK & MEASURING

THE WEEK

- Train **at least 3 days a week**. Take **at least 2 full rest days** — growth happens in recovery.
- Sleep 7–8 hrs, hydrate, eat well, keep trimmed. A body in poor general health won't adapt well.

MEASURE YOUR BASELINE — NEAREST MM, SAME WAY EACH TIME

- **Flaccid / erect length:** hold parallel to the floor, press the ruler to the pubic bone, measure along the top to the tip.
- **Girth:** measure erect — wrap a tape (or string, then lay it on a ruler) snug at the mid-shaft, same point every time.
- Re-measure **no more than twice a week** — day-to-day readings fluctuate; weekly comparisons show real change.

12-WEEK TRACKER

3+

DAYS / WEEK

2+

REST DAYS

2*

MEASURE / WK MAX

WK

DATE

FLACCID

ERECT

GIRTH

SESS

1

2

3

4

5

6

7

8

9

10

11

12

Tip: same mid-shaft point, same conditions each time for comparable readings.

WHEN TO STOP

STOP & REST IF YOU GET

- Bruising or pinpoint red spots · pain or swelling · numbness or tingling (dorsal nerve) · any discolouration. Persistent pain — see a doctor.

SEE A UROLOGIST FOR

- New curvature or a palpable lump · pain during erection · a flaccid penis that stays semi-rigid · loss of erectile function · size distress that affects daily life.

AD RED FLAGS — DON'T GET SOLD

- "Guaranteed inches" · "doctors hate this"
- Before/after photos with no context
- Countdown timers that reset · hidden recurring billing



**TRAIN SMART.
STAY PATIENT.**

UNDERSTAND IT · TRAIN IT · TRACK IT

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This guide is a condensed summary for general educational and informational purposes only. It is **not medical advice** and makes no guarantee of any physical result. Penis enlargement is not supported by strong clinical evidence, and aggressive or improper technique can cause bruising, pain, or vascular and nerve injury. Train conservatively, never during a full erection, and consult a doctor or urologist before starting if you have any health condition or concern. You accept all risk for how you use this information.