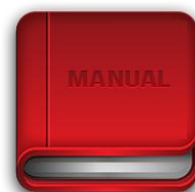


# penomet



The **Penomet** system is a revolutionary new way of enlarging your penis in a quick and effortless way. It is based on the simple science of differential pressure; and lots of it! By utilizing the different gaiters with either the **Advanced Penomet Routine**, or the **Quick Routine**, you'll gain faster than with any other pump in the world; but why?

Simply put, by using different gaiters that produce different differential pressure between the inside and the outside of the cylinder, you don't get stuck on one pressure setting as if there was only one setting. In fact, with the **Penomet** System, you can choose from five different "settings" simply by alternating the gaiters you use, either during your workout, or between days.

## The Gaiter Week

This simple to remember routine involves using a set gaiter for each week, 15-30 minutes a day for five days a week. We always recommend that you start with the lowest colour (purple) and alternate from **Purple 60** to **Blue 65** twice.

- Week 1: Monday to Friday using **Purple 60**
- Week 2: Monday to Friday using **Blue 65**
- Week 3: Monday to Friday using **Purple 60**
- Week 4: Monday to Friday using **Blue 65**
- Week 5: Monday to Friday using **Black 70**
- Week 6: Monday to Friday using **Black 70**
- Week 6: Monday to Friday using **Grey 75**
- Week 6: Monday to Friday using **Black 70**
- Week 6: Monday to Friday using **Grey 75**

Week 7 onwards: Monday to Friday using alternating **Red 80** and **Grey 75**.



**Note:** When doing this workout you maximize the potential growth of your penis by 80% over traditional water or air pumping. However, as with any penis exercise we recommend that if you at any time feel discomfort that you lower either the time you use the device, or change to a lower gaiter setting/routine. The alternating **Purple 60** / **Blue 65** is an intense workout, so if you feel that you need more time with that set, continue that combination for a few more weeks before going to the **Black 70** and stronger gaiters.

## Alternating

By alternating the gaiters you use within the same day or in the same exercise, you greatly improve the potential of your penis to get bigger and maximize the blood flow coming into your penis that is curtail to penis growth by cell devotion for permanent enlargement. This system takes and mixes up the gaiters after a four week program using the **Purple 60** and **Blue 65** gaiters.

- Week 1: Monday to Friday using **Purple 60**
- Week 2: Monday to Friday using **Blue 65**
- Week 3: Monday to Friday using **Purple 60**
- Week 4: Monday to Friday using **Blue 65**

At this point: In this week, we start changing the gaiters on daily basis by using TWO gaiters in each session, or one gaiter twice a day in a 20-30 min. sessions. The gaiter mentioned in each week is the Primary gaiter, and the second one that you use afterwards for 5 minutes is the next higher gaiter number or better.

- Week 5: Primary gaiter to be **Blue 65**. Secondary **Black 70** and **Gray 75**.
- Week 6: Primary gaiter to be **Purple 60**. Secondary **Blue 65** and **Black 70**.
- Week 7: Primary gaiter to be **Black 70**. Secondary **Gray 75**.
- Week 8: Primary gaiter to be **Purple 60**. Secondary **Blue 65** and **Black 70**.
- Week 9: Primary gaiter to be **Blue 65**. Secondary **Gray 75**.
- Week 10: Primary gaiter to be **Gray 75**. Secondary **Red 80**.



**Week 11 onwards:** From this point onwards you can selectively use any gaiter you wish and feel most comfortable with and top it off with even as much as three changes to maximize the blood-flow and pull. Remember to top it off always for at least 5 minutes with the **Red 80** fully compressed (or the gaiter that you max out with).

## Penomet Standard Gains Routine (Force 70 Gaiter)

### Length Portion

**Warming up to the Penomet:** Stretching prior to getting into your **Penomet** is important on a few levels. First, preparing the penile tissue for the intensity of the **Penomet** routine will allow for optimum stretch while in the tube. Pre-stretching this tissue serves to loosen and prepare the penis for the **Penomet**. Adding this into your daily routine will only take 5 minutes but could mean inches in gains.

**Basic Stretching:** In a seated position prepare yourself for your stretching routine. With an ample supply of baby powder (which is amazing for grip) on your hands, grip your flaccid (soft) penis just below the head. Go easy at first and over time, as you become comfortable, increase the stretching strength to 100%.

In each position listed below you will want to stretch. Each position represents an important angle in where penis length gains are made. The Rotary Cranks are simply stretching the penis while your hand performs a circular motion.

Behind the Cheeks is the most extreme stretch position, this is performed by grabbing the penis from behind and stretching up your backside. All other stretches are performed in positions stated. This stretching routine should take no more than 10-15 minutes and it will help you increase your **Penomet** gains immensely.



One Sets of each stretch below

- Straight Down to the Left: 30-seconds
- Straight Down to the Center: 30-seconds
- Straight Down to the Right: 30-seconds
- Straight Down Rotary Stretches: 25-Cranks
  
- Straight Out to the Left: 30-seconds
- Straight Out to the Center: 30-seconds
- Straight Out to the Right: 30-seconds
- Straight Out Rotary Stretches: 25-Cranks
  
- Straight Up to the Left: 30-seconds
- Straight Up to the Center: 30-seconds
- Straight Up to the Right: 30-seconds
- Straight Up Rotary Stretches: 25-Cranks
  
- Behind The Cheeks to the Left: 30-seconds
- Behind The Cheeks to the Center: 30-seconds
- Behind The Cheeks to the Right: 30-seconds

End the length routine with **Penomet** Hardcore Stretches (below). These stretches serve to express inner penis as new, erect length. While you are erect, trace your penis shaft into your body and back towards your anus. There is literally inches in every man just waiting to get out. The amazing suction power of the **Penomet** allows you to stretch and express this inner penis, adding inches to your length!



# Penomet Hardcore Stretches

Get yourself 100% erect and attach the **Penomet**. I like to use water in the chamber but this exercise can be done dry if proper pressure can be found or in the bath or shower.

Pump up to a highest pressure, you will want enough suction that you can pull on the **Penomet** tube with intensity and the **Penomet** stays attached to the penis. This "pulling" on the tube creates an internal stretching that is AMAZING. Once good suction is found you can start the exercise. It may be necessary to repump periodically to keep good suction for these stretches.

## Upward Penomet Expressive Stretches

At an upward angle, using both hands, stretch the **Penomet** chamber upward. You will not be able to go straight up as the tube will get in the way so go as high as possible. Do 3 stretches for 30 seconds each.

## Outward Penomet Expressive Stretches

Again, be sure to have good suction. Stretching straight out in front of you and hold each stretch for 30 seconds.

## Downward Penomet Expressive Stretches

These will feel a bit different as you will be stretching and pulling-pushing against the erection angle (unless you have a low erection angle) either way, this will be the most intense part). Again, be sure to have good suction and perform three 30 second downward stretches.



# Performing the Super-Set Exercise

## Girth Portion

**Penomet Super-Sets:** We have found the perfect method of gaining, eliminating water retention and maximizing tissue expansion. These are called super-sets as they combine 2 exercises to maximize the effort. The combination of Jelqing and the Penomet prove to be the fastest way to gain girth and length. Each exercise is done right after the other without a break, hence the name super-set.

## How to Perform The Jelqing Exercise

1. Put some lubricant (eg. Gun Oil) on both your hands and penis. Your penis should be semi-erect.
2. With the thumb and forefinger of one hand, make an "Okay" sign around the base of your penis and grip it firmly.
3. Now start a milking motion towards the end of your penis.
4. When your milking hand reaches the head of your penis, form an "Okay" sign with your free hand and start milking as you did previously with the other hand. Do not milk the head of the penis.
5. You should be able to use both hands to create a continuous milking action, alternating between hands.



Get yourself 100% erect and attach your **Penomet**. Now pump to maximum pressure and keep pressure high for 5 minutes. Now remove the **Penomet** and go directly into a 5 minute jelqing session. This completes one set. You will want to do a total of 3 sets. Your routine will look like this:

- 5 Minutes in Penomet
- 5 Minutes Jelqing
- 5 Minutes in Penomet
- 5 Minutes Jelqing
- 5 Minutes in Penomet
- 5 Minutes Jelqing

**Expansion:** AMAZING. After one session it is not uncommon to see a temporary gain of more than an inch! With this routine you will be able to make those gains permanent in no time.

***Signature Routine System Created by***

**Mike Salvini (DLD)**

***Founder of Matter of Size***

