

Most people pay a lot for this info.

Welcome to the ground breaking :15 Minute Solution!!! When it comes to penis enlargement sites on the Internet, it is the opinion of the editors of The Penis Enlargement Guide.com that most authors are missing the boat. We believe LESS IS MORE! Do you want to spend countless hours reading about penis enlargement or would you rather have your time freed up to perform the techniques for consistent and substantial gains? There is no method out there that requires 83 moving parts. These other authors are also missing out on providing their readers with any direction for what to do with their material. Well, we've taken care of all that for you. The :15 Minute Solution is a simple 5 exercise, 15 minute a day program that will give you results without all the frustration associated with other available programs! Don't get beat up like our friend shown below!

Enough of the crap...let's learn the techniques that will thicken and lengthen your penis, put an end to premature ejaculation, give you a Prostate Gland that will perform for you into your later years and get you ejaculating like Peter North!

The four exercises are listed below. You may click on any of the exercises and it will jump you down the page to that exercise. After you've learned the techniques go to the table at the bottom of the page and just follow the workout planner! It's all way too easy!

Shoot like a porn star!
Go to GREAT Lengths!
Attain Massive Girth!
Amazing Isometrics!
Kill the "Short Order Cook!"
Shoot like a porn star!

We've put this exercise first for a damn good reason. It's the cornerstone to a healthy, proper functioning reproductive system. Mastering this technique will strengthen your Prostate Gland giving you a healthier, better developed Prostate Gland. Additionally it will improve circulation for enhanced size, give you ROCK HARD erections and the ability to ejaculate WHEN YOU WANT TO, allow multiple ejaculations without ever losing your erection, increase the volume and intensity of your ejaculations, provide improved urine flow, better stamina and give you a stouter-looking penis! We will never be able to emphasize enough how very vital this technique is to a healthy and long life and sex life! This technique is based on the discoveries of a Gynecologist who discovered the PC Muscle and devised an exercise which now bears his name - Kegel.

Yes, "Kegels" were created by a Gynecologist back in the '50's. His goal was to find a way to assist women with the demands of child birth and more importantly to help women recover from the experience quicker so they may sooner be able to tend to their newborn child. He also set out to help women find a natural solution for incontinence both after child birth and as women entered their later years. It's only been in the last 10 - 12 years that the benefits of Kegels have been clinically studied and proven effective for men with the incredible benefits we outlined above.

First, let's find this dude. Have you ever made your penis "move" without using your hands?!? You made it move by flexing your PC Muscle. It's the only way you can do it! If you can't make your penis move (you need this exercise more than you know!) then, next time you urinate, stop the flow of urine by flexing your what? PC Muscle! Now that we've found it we need to know what to do with it!

There's a crucial point of learning to get the most out of doing Kegels - PUT YOUR MIND IN THE MUSCLE! What do I mean by that? Simple. Once you feel where the "flex" is coming from, concentrate on that exact point in your body and nowhere else. It's an old body-building adage to put your mind in the muscle. It's old, but it is still taught today - because it works! It's the single-most effective way to target the muscle DIRECTLY and to KEEP IT IN THE CROSS HAIRS! When you feel the flex in the PC you'll then know HOW to perform a Kegel.

For the :15 Solution you'll be doing Kegels for 2 solid minutes. We've found that you can get just as an effective workout in 2 intense minutes of Kegels as you can from doing as many as 300 reps. The terrifying thing is that a lot of PE Sites will have you doing anywhere from 300 - 600 Kegels every single day - forever! This is ridiculous and it violates everything we know about working out a muscle. You need recovery time or the muscle will ATROPHY (shrink!!!)! With this in mind what you'll do is make a slow, solid contraction, hold for 30 seconds, release and repeat 4 times. That's all that's necessary to effectively work your PC Muscle and gain all the benefits we've already outlined for you above.

Go to GREAT Lengths!

This first enlargement technique is highly effective for lengthening the penis. The premise is simple enough and performing this technique is even easier. All you have to do is gently grasp your Glans (penis head) and pull, without letting up (except as noted below), for 5 full minutes. Here's the technique:

Pull straight out from your body and hold for 60 seconds. Now let go for 5 seconds and shake your penis around to get the blood flowing back into your Glans.

Pull straight towards the floor for 60 full seconds then shake your penis around to get the blood flowing back into your Glans.

Pull straight towards your chin for 60 full seconds then shake your penis around to get the blood flowing back into your Glans.

Pull to the right for 60 full seconds then shake your penis around to get the blood flowing back into your Glans.

Pull to the left for 60 full seconds then shake your penis around to get the blood flowing back into your Glans.

The additional benefits of this exercise is your penis is now well warmed up and prepared for the Massive Girth Technique!

Attain Massive Girth!

This exercise requires a bit more instruction but it's easy to perform once you know the nuts and bolts of the technique. We're going to spend some extra time here because there are some caveats

(warnings) about this technique:

This technique is to be performed in a partially erect state. If you become too aroused during this technique injury to your blood vessels may occur! You will need to stop and allow yourself to "come down" prior to continuing.

This technique should always follow the lengthening technique. Blood spotting, bruising and mild lumpiness (all temporary conditions) may occur without being properly warmed up for this technique.

You'll be gripping your penis firmly for this technique, but again, too firm a grip may cause damage to your blood vessels. You'll have to find a firm yet gentle grip for this technique.

You're going to need a good lubricant for this exercise and maintain the viscosity for the duration of the exercise. We recommend Baby Oil or K-Y Jelly.

Here's how to perform this exercise that will both greatly thicken as well as lengthen your penis:

The first thing to do for this exercise is to attain a partial erection. The purpose of this is to get some blood into the penis - for it's the movement of the blood throughout the penis during this exercise which will expand Your erectile tissue.

Using your index finger and thumb, wrap your penis at the base, way down as close to your testicles as possible.

Gently squeeze your penis with your thumb and forefinger to trap the blood inside your erectile tissue.

Now, slide your thumb and forefinger "ring" down the shaft of your penis towards the glans (penis head).

At the moment your first hand reaches the glans, take your other hand and begin the same process. You'll be alternating hands - right, left, right, left, etc. A single repetition should last a full second before starting with your other hand.

Remember, for now we're just teaching you the exercises. At the bottom of this page is The :15 Minute Solution - the program where we put all the elements of the program together for you and give you a workable plan for implementing these exercises.

Amazing Isometrics!

This is a key technique for realizing consistent gains from years and years to come if you so wish. What this exercise does is it Isometrically expands the smooth muscle tissue found in your penis and it consistently and continually expands the elasticity of the penile tendon making unlimited gains possible! You may wish to use a hand towel for this technique. Here's how to do it:

This exercise requires a full blown erection to perform. Once you are maximized, take the palm of your hand, facing towards the floor and cup it over your glans (penis head). If you wish to use a hand towel it's just as effective and we'll explain how as we go through this.

Now, slowly and gently, push your penis towards the floor. Go as far as you can comfortably go but not further than parallel to the floor. If you're using a towel, gently pull the ends of the towel towards the floor to lower the angle of your penis.

Very slowly, and with great care, begin to flex your PC Muscle by doing a Kegel - just as you learned above in Shoot Like A Porn Star! The secret is to not allow your hand (or towel) to be

moved by your penis as your penis fights against your hand (or towel) to raise back up towards your chin.

Once you attain a solid flex of the PC Muscle through your Kegel hold your Kegel flex and your hand (or towel) in place for 10 seconds then slowly release your Kegel and allow your penis to rise back up by lifting your hand (or the towel) from your penis.

Re attain a maximized erection for the next rep. You should be able to repeat this process 5 times - once per minute - for the :15 Solution.

Relatively simple stuff! Next we're going to look at how you can put an end to premature ejaculation forever!

Kill the "Short Order Cook!"

We know that many men suffer from Premature Ejaculation and even more men wish they could just last longer. This is a fantastic technique that will give you unlimited staying power...you'll be able to cum when you're damn good and ready and never sooner! This exercise is not a part of the :15 Solution...it should be done at a time when you're feeling like having a little fun - solo! Here's how it's done:

Start with some warm-ups. Slowly flex your PC Muscle and release 30 times. On the last flex, hold the contraction of your PC Muscle as long as possible, up to one minute.

Repeat entire process.

Next, massage your penis continually until you're at the brink of ejaculation. The moment you feel the urge, CLAMP DOWN ON YOUR PC MUSCLE AS HARD AS YOU CAN (remember, this is an INTERNAL squeeze!) and take quick breaths in through your nose and out through your mouth. Use the power of your mind to hold back your ejaculation! Keep holding the clamp on your PC until the urge has completely subsided.

Again, you'll want to massage your penis to climax and then CLAMP DOWN ON YOUR PC MUSCLE! Follow your breathing as you did before and your visualization.

Now, do 300 (minimum) PC Flexes as you learned above.

Finally, bring your penis to climax again. This time, let it fly!

Finish up with a nice hot towel wrap.

Above are all the exercises you're going to need for the :15 Solution. If you suffer from premature ejaculation please feel free to work on that on your "off days" from the workout planner below. There's 2 tables below. The first is your :15 Solution Workout. After that is a Workout Planner for integrating the :15 Solution into your Fitness Routine found in The Poor Man's Guide to a Weightless Workout.

THE :15 SOLUTION:

Follow the exercises in the left column - the "X's" indicate the minutes

Exercise: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Go to GREAT Lengths! X X X X X

Attain Massive Girth! X X X X X

Amazing Isometrics! X X X

Shoot like a porn star! X X

INTEGRATING THE :15 Solution WITH YOUR FITNESS PROGRAM:

Here's your overall workout planner:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

WORKOUT AEROBICS WORKOUT AEROBICS WORKOUT AEROBICS OFF DAY

Kill the "Short Order Cook!" :15 SOLUTION Kill the "Short Order Cook!" :15 SOLUTION Kill the "Short Order Cook!" :15 SOLUTION OFF DAY

As you can see by the above chart, on the days you workout you should perform the exercise routine that will end Premature Ejaculation. If you're not a PE sufferer just do your Poor Man's Guide to a Weightless Workout. On your Aerobics day you'll also perform the :15 Solution!

Like we said before, penis enlargement is not brain surgery...it's actually quite simple. We GUARANTEE you'll get better results with the :15 Solution than with any other program available on the market - ANYWHERE!

Since you downloaded this file do us both a favor and join the quick profit down line club at:

<http://www.quickprofitclub.com/joinform.asp?ID=7880>

Sign up with an email address and set a password, simple and free. Thanks.

For free money making opportunities check out:

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