

# **Your Size Matters Premium Penis Pumping Kit**

## Getting Started

The first step in using your new Size Matters enlargement system is to understand how it works. Remove components from the box and find the quick-release valve to the right of the pressure gauge. If at any time you need to relieve pressure, press this quick-release valve and then remove your penis from the pumping cylinder.

## To Prep

First, make sure that your pubic hair is trimmed so that there is a secure seal between your penis and the cylinder to ensure a proper vacuum occurs for maximum enlargement. Next, warm your genitals by wrapping your penis and scrotum in a warm towel or take a warm shower or bath so the tissue is relaxed and blood flows easily to the penis. Your penis needs to be fully erect before pumping to achieve the best results, so masturbate using a water-based lubricant until you have a full erection.

## To Pump

For the best results in increased length and girth, follow the pump schedule as listed below this paragraph. Make sure your penis is thoroughly lubricated, and also lubricate the inside of the cylinder. Next, attach the end of the hose from the gauge into the cylinder chamber and insert your erect penis. Slowly squeeze the trigger to suck air out of the tube and create a vacuum. Steadily increase pressure in the cylinder so that the gauge reads between -5 and -10 psi (units of pressure), depending on your comfort. DO NOT exceed -10 in pressure, and DO NOT increase pressure too quickly. (If pain or discomfort occurs, discontinue use for at least 24 hours.) During the last couple minutes of pumping, increase pressure by 2–3 psi. To stop pumping, press the quick-release valve and remove your penis from the pumping chamber. In between sets, gently masturbate to keep blood flowing and maintain an erection. After you have completed a pumping set, wash your genitals to avoid any irritation.

## Schedule

Below outlines a twelve-week pumping schedule as well as how to maintain your enlargement. Allow yourself a day or two in between pumping so that the penile tissue is able to heal. Each session involves pumping and massaging/masturbating in between pumps; repeat as stated.

**Weeks 1–2:** Two sets of 10-minute twice a week; massage in between sets.

**Weeks 3–4:** Two sets of 15-minute twice a week; massage in between sets.

**Weeks 5–6:** Three sets of 10-minutes three times a week; massage in between sets.

**Weeks 7–8:** Two sets of 15-minute and one 10-minute set three times a week; massage in between sets.

**Weeks 9–10:** Three sets of 15-minute three times a week; massage in between sets.

**Weeks 11–12:** Two sets of 15-minute and one 20-minute set three times a week; massage in between sessions.

**Maintenance after week 12:** For one week pump for 20 minutes (20-minutes and massage afterward) every other day; the next week pump for 15 minutes every other day;

the third week pump 10 minutes every other day; the fourth week pump 10 minutes twice a week. At the conclusion of four weeks, use the pump once a month for 20-30 minutes (broken into two 10- or two 15-minute sets, masturbating in between sets) to maintain the new size of your penis.

### Additional Info

Cylinders should be cleaned with a mild anti-bacterial soap after all sessions of the day are completed. It is recommended that you take vitamins/supplements while using the enlargement system to help your penile tissue regenerate.

### **WARNING**

Never exceed a pressure of -10 ppi. Do not pump for longer than 30 minutes per individual session. Do not use immediately after taking blood-thinners, aspirin, or medication for erectile dysfunction. Side effects vary and can be avoided when pump is used properly and with caution. Cease use if you notice any abnormal or painful swelling, skin irritation, or discoloration.

**Consult a physician before use.**

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