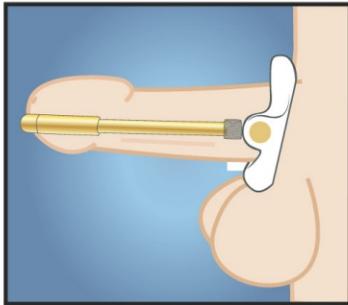
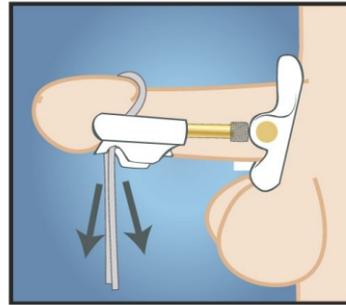


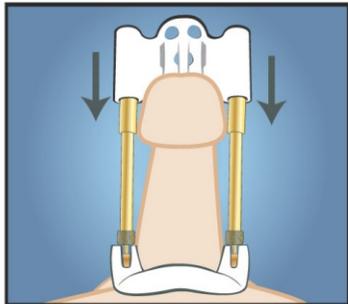
SMP Enlarger Directions



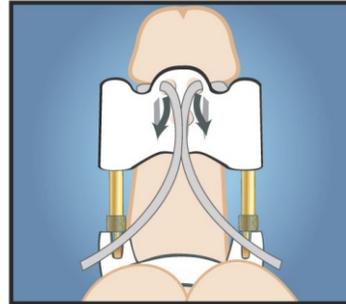
1) Place base piece around the penis and slide down until comfortably resting on the body. Metal extension rods should be pointing up, and away from the body.



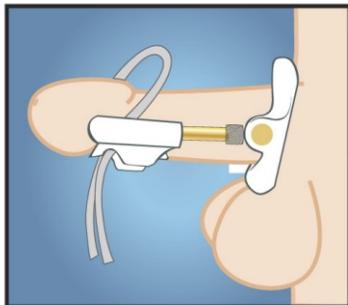
4) Pull silicone hosing tightly around the head of the penis and through the holes of the head piece



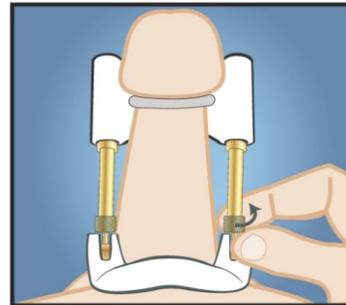
2) After the bottom base piece is in position, slide the top head piece with rubber hosing to the end of the extension rods.



5) Once hosing is pulled tautly through the head piece holes, insert remaining hosing into the provided hosing channel slots.



3) Once the head piece is in place, extend the rubber hosing to a length that will fit snugly around the head of the penis.



6) Once the device is securely placed onto the penis, adjust the extension rods by slowly turning the grooved section (alternating sides to remain even) until you receive a tension level that is comfortable, yet taut.

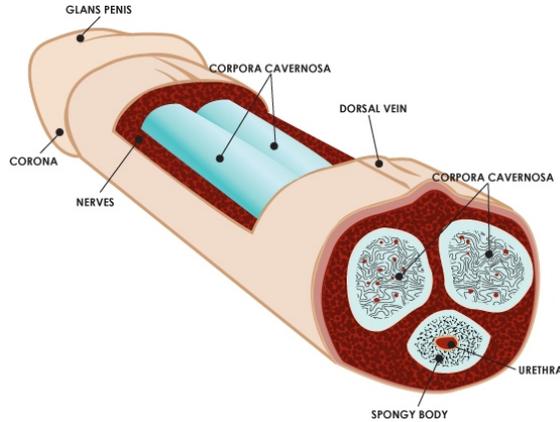
The tension placed by extending the rods out should give the penis a feeling of slight discomfort, but should not be painful. Be very careful to not overextend the rods during the initial use phase. If at any time you feel acute or sharp pain, remove the device and wait several days before attempting to use your enlarger again.

Many people use a piece of Baby Wipes or gauze (not supplied) wrapped around the silicon hose to add comfort to the skin around the head of your penis. Do not use more than four hours (divided in several shorter sessions) per day in the beginning. Once the adjustment period has completed, the device can be worn up to 9 hours a day. *Remember to take 1 to 2 hour breaks in between these longer sessions.*

Health and safety are of utmost importance, which is why we recommend properly following the instructions as outlined. If you get an erection when applying the SMP Enlarger, don't worry it is common.

How it Works

The SMP Enlarger increases both penis length and girth by using traction, from its spring loaded steel rods, to assist the body's natural ability to change and develop under physical influence. If you subject the penis to constant stretching the cells will begin to divide and multiply, thus increasing tissue mass. This is a similar technique that African tribes have been using for years to enlarge their ears and lips.



When an erection is achieved, the brain releases a hormone which sends blood to the penis, filling the erectile tissue. The blood spaces in your Corpora Cavernosa fill to the maximum, giving you an erection. This means that the penis size is effectively limited by the size of your Corpora Cavernosa.

Training Schedule

DAYS	ADJUSTMENT LEVEL	HOURS OF USE
1 st - 7 th Day	Standard size of the SMP Enlarger	Up to 3 Hours a Day
8 th - 14 th Day	Increase rod length by 1/8" per day on each side. (Roughly 3 rotations.)	Up to 6 Hours a Day
15 th - 22 nd Day	Continue to increase rod length by 1/8" per day on each side. (Roughly 3 rotations.)	Up to 8 Hours a Day
23 rd Day - Desired Length*	Maximum extended length	Up to 9 Hours a Day

*Can take up to 6 months

Maintenance Period (Once desired Length has been achieved)

DAYS	ADJUSTMENT LEVEL	HOURS OF USE
Week 1	Maximum Extended Length	6 Hours a Day
Week 2	Maximum Extended Length	3 Hours a Day
Week 3 - Ongoing	Maximum Extended Length	1 Hours a Day

Maintenance

To maintain the benefits achieved by your SMP Enlarger, you should slowly reduce the hours of use in 1/3 increments every week until it reaches a minimum of 1 hour daily. For example: If you used the device for 9 hours during your enlarging period, when you decide to stop the program you should do it gradually using first for 6 hours the whole week then 3 hours in the following week and finally 1 hour daily.

Safety

By paying attention to your body and watching for symptoms of over-extension, you will enjoy a safer and more comfortable experience. The following symptoms can be indicative of over-extension:

Blisters can be a sign of too much pressure on the penis for a prolonged period of time. Most commonly these are edema areas or fluid retention spots. They should disappear shortly (within a few minutes) after you take off the device.

Broken capillaries and/or slight bruising of the penis are likely signs of over-extension. Bruising can occur when too much pressure is applied during the training process. It is also possible to experience bruising if the recommended time for each session is exceeded. We recommend that you take rest periods and days off to allow yourself to heal. These rest periods will allow you to continue using the SMP Enlarger safely and comfortably.

Red sores on the penis are also signs of over-extension. This can happen when the penis has been stretched to far or for too long. We recommend that you take rest periods and days off to allow yourself to heal. When resuming use it is suggested to adjust in smaller increments to limit over extension. These rest periods will allow you to continue using the SMP Enlarger safely and comfortably.

The SMP Enlarger will help you meet your goal. Have patience. Go slow. If you follow our guide, take recommended breaks as suggested, you will achieve your desired results.

Progress Tables

WEEKS	ADJUSTMENT	ERECTION LENGTH	FLACCID LENGTH	ERECTION CIRCUMFERENCE	FLACCID CIRCUMFERENCE
0	- -				
1	- -				
2	- -				
3	- -				
4	- -				
5	- -				
6	- -				
7	- -				
8	- -				
9	- -				
10	- -				
11	- -				
12	- -				

**You must include the daily 1 hour maintenance period.