



THE ULTIMATE ROUTINE

GET HARDER

LAST LONGER

INCREASE SIZE



WELCOME TO THE ULTIMATE ROUTINE

When starting out in male enhancement and penis enlargement you may feel like you have an immense amount of information, but are still not sure where to start.

This is where The Ultimate Routine comes in.

This routine has been designed for those starting out in the male enhancement game who are ready to buy some products and commit to this journey.

It's for those looking for a straightforward plan that is easy to follow but will still get you real results in erection quality, sexual stamina, and of course, penis size.

Features of The Ultimate Routine:

- Clear layout so it's easy to follow
- Broken down into weeks for easy reference
- Penis enlargement, sexual stamina and erection quality methods are separated so you know when you're working on what
- Designed, tried and tested by Mike, Founder of Total Man

Ready to start seriously working on enhancing your sexual performance?

Then let's get into it!



Mike
Total Man

SOME LEGAL STUFF

Please note that this routine is subject to our [Terms of Service and Disclaimer](#), which can be found on our [website](#).

This routine involves doing some weird and wonderful things to your penis. We've done our best to provide you with a routine that allows you to not only achieve the best gains in a realistic timeframe, but also in a way that reduces your risk of injury as much as possible.

In saying that, those risks are always present which is why you'll find that our Disclaimer specifies that you participate in The Ultimate Routine and use the products and guidance provided by Total Man at your own risk, assuming all liability should an injury occur.

Alright, now let's get into the good stuff!

COMING UP

<u>USING THE ROUTINE</u>	5
<u>FITTING THIS IN WITH YOUR SEX LIFE</u>	6
<u>YOU'VE GOT TO BE ABLE TO GET HARD</u>	7
<u>SEXUAL STAMINA</u>	8
<u>ACTIVE VS PASSIVE PENIS ENLARGEMENT</u>	9
<u>DEVICES VS MANUAL METHODS</u>	10
<u>SIGNS YOU NEED TO REST</u>	11
<u>THE KEY IS PROGRESSIVE OVERLOAD</u>	12
<u>WE'RE WITH YOU EVERY STEP OF THE WAY</u>	13
<u>GOALS AND TIME COMMITMENT</u>	14
<u>MEASURING YOUR GOALS</u>	15
<u>EQUIPMENT</u>	16
<u>WEEK 1</u>	17
<u>WEEK 2</u>	18
<u>WEEK 3</u>	19
<u>WEEK 4</u>	21
<u>WEEK 5</u>	23
<u>WEEK 6</u>	25
<u>WEEK 7</u>	27
<u>WEEK 8</u>	29
<u>WEEK 9</u>	31
<u>WEEK 10</u>	33
<u>WEEK 11</u>	35
<u>WEEK 12</u>	37
<u>WEEK 13</u>	39
<u>PROGRESSING FROM HERE</u>	41
<u>YOU MADE IT! THANKS FOR BEING A PART OF THE CHANGE</u>	42
<u>APPENDIX 1</u>	43
<u>RESOURCES AND LINKS</u>	45

USING THE ROUTINE

KNOWING WHAT TO DO

Weeks are broken down into Erection Quality, Stamina and Penis Enlargement (PE) so you know what you're working on, when.

All of these areas require very different approaches and although they interrelate there are specific ways we want you to work on each. If you're ever in doubt of how to do a technique, see the [Resources and Links](#) page at the back of The Routine as tutorials are listed there.

WEEK 3

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ: 2 second Kegel / pelvic floor holds, seated or standing
(5 minutes) **70 reps x 3 sets**

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator
(10 minutes) **Aim to get the edge of climax at least 3 times**
Can climax on the 4th time if you wish

PROGRESSING EACH WEEK

Each week there will be progressions in the different pillars hardness, stamina and size. Please note that any changes from the previous week are **BOLDED** for you to easily see.

If ever a week feels too challenging for you, you can repeat that week before progressing on to the next week. You'll learn more about fatigue and knowing when to rest in other upcoming sections.

EMBEDDED LINKS

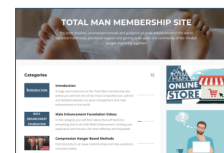
We've thrown some links into this document for ease of use for you so if you're on your phone or a computer you'll be able to easily jump to what's being referenced.

WE'RE WITH YOU EVERY STEP OF THE WAY

TUTORIALS, EDUCATION AND COMMUNITY

The FREE [Total Man Membership Site](#) is great to check out alongside your penis enhancement journey as it has **UNCENSORED** tutorials on both manual methods and a variety of male enhancement devices, showing you how to use them both safely and effectively.

Our [YouTube Channel](#) also contains a heap of content on all things male enhancement and health.



FITTING THIS IN WITH YOUR SEX LIFE

PENIS ENHANCEMENT SHOULD NEVER GET IN THE WAY OF YOUR SEX LIFE

Guys often ask us if they need to alter their sex life or even refrain from having sex or masturbating while they're working on their goals for fear of hindering their progress. We're here to tell you that there is nothing to be worried about.

We assure and ENCOURAGE you to get between the sheets with your partner or for solo play whenever you feel moved to. Some of the techniques you'll learn will actually be applicable during sex too!

At the end of the day, this routine is not only improving your sexual performance, but also your overall sexual satisfaction, the health of your relationship with your partner/s, and the relationship you have with yourself as well. That's a lot harder if you're not having sex or masturbating!

COMMUNICATION

What we will say is that if you do have a partner, we highly recommend you having a conversation with them about what you're getting into.

Penis enhancement is a long-term commitment and will involve you needing some alone time and hanging some weird things off your penis. We think it's best they are aware and hopefully on board before you get started.

WEEKLY SEX CHALLENGES

In line with staying frisky, you'll find a sex challenge attached to each week. They target various areas of sexual performance and health, as well as incorporating your enhancement work into the bedroom.



YOU'VE GOT TO BE ABLE TO GET HARD

Before you get into things, just a note on erections.

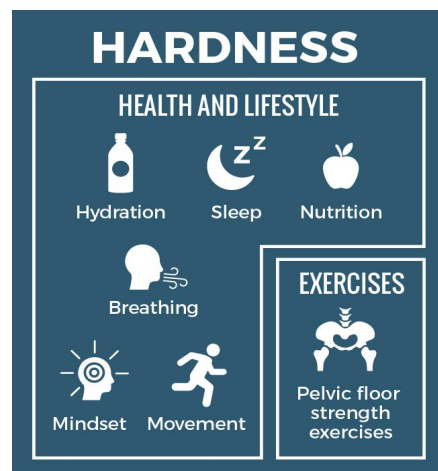
Being able to get a decent erection is a prerequisite to starting any penis enlargement techniques. There is no point increasing the size of your penis if you can't get it up in the first place, or are unable to maintain an erection.

If this is something you struggle with, we recommend following the 'Erection Quality' part of The Routine from 'Week 1' for as long as you need, and if a week feels almost too hard, repeat it until you feel ready to move to the next week.

We also encourage you to look at other health and lifestyle factors that could be improved. Stress, poor nutrition, low hydration and mental health issues are all examples of factors that can influence your ability to get or maintain an erection.

There are also additional videos on the [Total Man Membership Site](#) and [YouTube Channel](#) that go through techniques to improve hardness if you feel you need more information.

Once your erection quality has improved to a point where you can achieve a moderate hardness and maintain that hardness during masturbation or sexual intercourse for at least 5 - 10 minutes, you are ready to move on. Go back to 'Week 1' and begin again, this time including the penis enlargement and sexual stamina work.



SEXUAL STAMINA

If you're able to get hard, sexual stamina follows in terms of importance to improving overall sexual function. A big dick is something, but if you're only lasting 30 seconds, it's of little use!

We roll in stamina work from week 3 to give you a couple of weeks to get into the groove of your penis enlargement (PE) work.

Active and passive PE can be relatively 'hands-off' with the jelqing feeling more like an exercise than something to get you aroused. This means that you're more likely to be able to do it when there are other distractions such as other people being home.

Stamina work, on the other hand, is all about challenging your arousal with the goal of almost getting to climax and then backing off. This means you'll want to set the mood and know that you have the time and space to put this work in.

Throughout The Routine, stamina work is set for 3 days a week. You can fit this in whenever you can regardless of when you have done your PE work. If the timing works for it to be on the same day then go for it. As with sex, it won't hinder your PE results.

We just recommend that you try to have a day in between your stamina sessions to have them more evenly spread across the week. This allows for more consistent training which is always more conducive to achieving the goals you want.

If you have a partner, we also encourage you to communicate where you're at with your stamina training and even roll it in when you're getting intimate with them.



ACTIVE VS PASSIVE PENIS ENLARGEMENT

ACTIVE PENIS ENLARGEMENT & FATIGUE

Active PE involves stretching and challenging the tissues of the penis by hanging weights or creating tension through other devices. At the right amount of tension, not too much and not too little, active PE work will cause microtears in the tissues of the penis. This is achieved best when we reach 'fatigue', which can be best described as an INTENSE stretch with a DULL ACHE that should NEVER HURT.

After a session, the body works to repair these microtears to make the penis stronger and therefore able to withstand that same amount of stretch without getting damaged next time. In the healing process, new cells are laid down, and over time that is what makes increasing penis size possible.

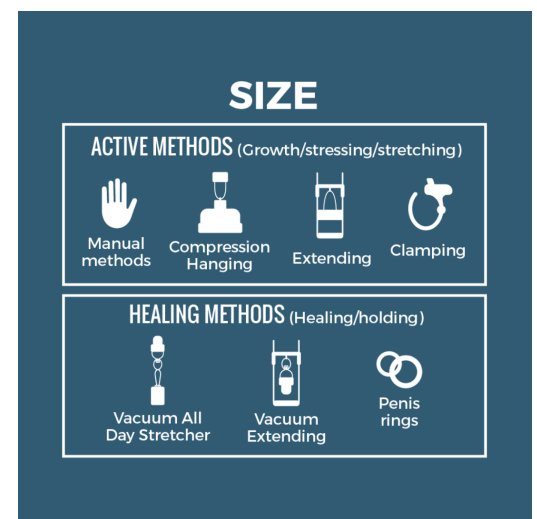
Each week there are 2 active PE workouts. The first is compression hanging which you need to do to achieve any results. The second is clamping, which is optional but highly recommended. If you're doing both options, we hope that you can find the time to do them one after the other, but if you need to do your clamping session later in the day that's also fine.

PASSIVE PENIS ENLARGEMENT

Passive PE involves keeping your penis in a lengthened position immediately after your active PE session and can be the difference between good and great results.

Remember the laying down of new cells during tissue healing that we talked about? Well by keeping the penis in a certain position, our body works to lay down those new cells in the direction it's being held. Hello length gains!

Passive work is highly recommended, even if it's not for the full duration specified in The Routine as it does so much to assist you in reaching your penis enlargement goals.



DEVICES VS MANUAL METHODS

“Can I achieve the same goals without using devices and only using manual methods such as jelqing and stretching?”

This is a question many guys ask.

For some, it can be a desire to save some dollars, and for others, it's the thought that it will be easier just using your hands as opposed to setting up all of these different penis contraptions.

Let's get this clear. You CAN achieve your penis enlargement goals without the use of devices. So why have we created The Routine with a huge compression hanging focus?

There are two main reasons for this:

- 1) Firstly, devices are OBJECTIVE as you can measure how much load you're putting your penis through. This makes progressive overload much easier to achieve each week.

Although this is possible to guess progressive overload with manual methods, it's impossible to be objective which runs the risk of results taking longer, or you injuring yourself by going too hard too soon.

- 2) Secondly, penis enlargement work takes TIME, with us working towards >2 hours of active work by Week 13. This is absolutely achievable with manual methods alone but the difference is whether or not you have your hands free.

Devices allow you to get the time in that you need to adequately stress the penile tissues for the best results while allowing you to have your hands free. You can do work, scroll through socials, watch a movie, or even stand and make dinner if you want to. You're much more likely to stick to a program that allows you to multi-task.

SIGNS YOU NEED TO REST

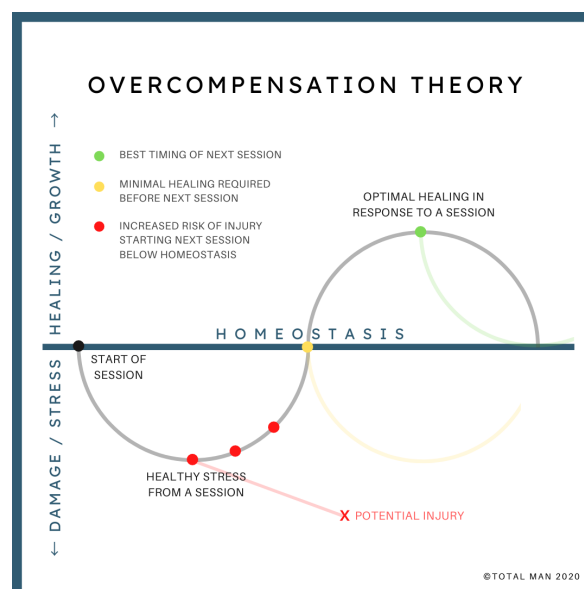
Penis enlargement work isn't foolproof, and with the fine line between a good amount of fatigue and injury, sometimes we can push things a little too far.

Here are some physical signs that your penis may need to rest a bit longer before your next session.

- You reach fatigue in your warm up or your first hanging set
- You're unable to get any amount of erection after a session (Note: not being able to get 100% hard after an active PE session is normal)
- You can see visible bruising of the skin
 - ◆ Arnica oil is great to aid in skin healing
- Skin irritation that limits the amount of weight you're able to hang in your next session
- Swelling of the skin to double its usual thickness (the skin, not your penis!)
- Pain of any kind that 'doesn't feel right'

Please know that this list is not exhaustive and you should always listen to your body. If something doesn't feel right, it's probably a good idea to rest.

It's important to take the time to rest if you need to, to avoid injury or a significant setback in your PE training. You ideally should feel the same, if not better, going into your next PE session (as indicated by the yellow and green dots in the 'Overcompensation Theory' below).



THE KEY IS PROGRESSIVE OVERLOAD

This section is all about how to safely progress your active PE work to continue to challenge our tissues (causing those microtears to prompt the laying down of new cells) while minimising the chance of injury.

Progressive overload is the gradual but continuous increase of load placed on the penis each week, and in this routine this is done via compression hanging.

For the best results balanced with a reduced risk of injury, you want to **increase your overall training volume by 20-30% each week.**

In the first few weeks when weights are relatively light and sets are low, we do progress above the 30% recommendation as it's not practical to go up by such small increments, but once we get to weeks 3 and 4 we follow the 20-30% guideline.

“So, I’m expected to calculate this myself?”

This is often where we lose people and they resort to either:

- Increasing too much too soon, causing too much damage and sometimes injury
- Not increasing weights enough, which results in a plateau in their PE results

The good news is, we’ve created a ‘calculator’ of sorts for you to download and use once you progress past the final week of The Routine.

You begin by simply entering the number of days, sets, and amount of weight used in your most recent week. This will then show the 20-30% increase in total volume that you’re aiming for in the upcoming week.

Next, enter your planned number of days, sets, and amount of weight for the next week and the formula should let you know if you’re hitting the optimal amount of overload. See the example of increasing to 5 days.

PROGRESSIVE OVERLOAD CALCULATOR	
CURRENT WEEK	
Days per week	4 days
Hanging weight	6 kg/lb per set
Sets	5 sets
Total volume	120 kg/lb for the week
MIN/MAX TOTAL VOLUME INCREASES	
20% increase (min)	144 kg/lb for the week
30% increase (max)	156 kg/lb for the week
UPCOMING WEEK	
Days per week	5 days
Hanging weight	6 kg/lb per set
Sets	5 sets
Total volume	150 kg/lb for the week
KEY	
Minimal change compared to current week (<20%)	
Correct progressive overload (20-30%)	
Too much increase (>30%)	

GOALS AND TIME COMMITMENT

GOALS

Be able to achieve 100% erection quality

Have sexual stamina of at least 30 minutes

Increase the size of your penis length and girth by 30%



COMMITMENT

Total time: 6 months to 2 years

Weekly: Beginning with 3 days per week

Progressing to 6-7 days per week

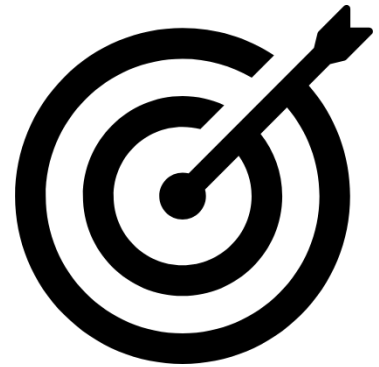
Each session: Beginning with 60 minutes of active and 4 hours of passive work

Progressing to >2 hours of active and >12 hours of passive work

MEASURING YOUR GOALS

What can be measured can be improved.

Having a goal is great, but it's pretty useless if you have no way of truly determining whether you've achieved it. Hence why we encourage you to take some baseline measures before you get started.



ERECTION QUALITY

We know that taking measurements of erections isn't accurate, so we recommended taking the International Index of Erectile Function questionnaire ([Appendix 1](#)) to get a score that you can compare when you do it again at a later date. If you're already functioning at 100%, you'll likely get a full score of 30.

STAMINA

The only real way to measure stamina is by timing how long you can last while being sexually stimulated, without implementing any techniques to last longer. For most men, it's best to do this upon penetration until climax but you can also time yourself masturbating if you prefer. Just ensure that you measure in the same way at the beginning of The Routine and when you measure later on. If you're timing yourself during sex, please ensure you communicate what you're doing and why with your partner. Whipping out a stopwatch can be a mood killer!

PENIS ENLARGEMENT

It is so important to accurately measure your penis length and girth so that you can be sure if you are making gains. It's not as simple as just propping your dick next to a ruler. It's also important you measure in the same way when you do it again. Check out this video on how to do it right: [Measuring your penis.](#)

EQUIPMENT

REQUIRED ITEMS

- Compression Hanger
- Vacuum Hanger and All Day Stretcher (ADS)
- Clamp
- Adjustable electronic heat pad/heat pack
- Good quality medical grade silicone sleeves, > 10 inches
- Heavy-duty bandage
- Hanger plate
- Weight plates, kg or pounds
 - ◆ Kilograms: 1x 5kg, 2x 2.5kg, 2x 1kg, 2x 0.5kg
 - ◆ Pounds: 1x 10lb, 2x 5lb, 2x 2.5lb, 2x 1.25lb
- Oil (coconut oil recommended)
- Micropore tape

OPTIONAL EXTRAS

- Penis Extender (for vacuum or compression)
- Dry Penis Pump
- Pulley system (for table hanging, optimal straight out stretch)



[Total Man Full Kit](#)



[Total Man Growth Kit](#)

WEEK 1

SEX CHALLENGE | WEEK 1

Spend time touching and/or kissing > 5 different areas on your partner before penetration, or on yourself before masturbation

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ: 1 second Kegel / pelvic floor holds, seated
(3 minutes) 50 reps x 2 sets

PENIS ENLARGEMENT

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

PE WARM UP: Jelq at 50% erect, 5 second strokes - 5 minutes total
(10 minutes) Stretch out up, down, left, right and out again - 30 seconds each
Heat pad on medium to high around penis - 2 minutes

ACTIVE PE 1: Compression hanging (1 - 2kg or 2 - 4lb) for 15 minutes
(60 minutes) Followed by jelq at 70% erect, 3 second strokes - 5 minutes
3x rounds of above (compression followed by jelq)

ACTIVE PE 2 (OPTIONAL): After 'Active PE 1', ideally immediately but can be later in the day
(10 minutes) Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes)
Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute

PASSIVE PE: Immediately after active PE
(2 hours) Vacuum ADS, up to 1kg or 2lbs of tension - up to 2 hours
Alternative: Vacuum extender or passive healing sleeve

WEEK 2

SEX CHALLENGE | WEEK 2

Doggy style your partner's legs apart. You'll feel bigger to them, and you'll last longer as their pelvic floor will be more relaxed.

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ: **2 second** Kegel / pelvic floor holds, seated **or standing**

(3 minutes) **60 reps** x 2 sets

PENIS ENLARGEMENT

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

PE WARM UP: As per Week 1

ACTIVE PE 1: Compression hanging (1 - 2kg or 2 - 4lb) for 15 minutes

(80 minutes) Followed by jelq at 70% erect, 3 second strokes - 5 minutes

4x rounds of above (compression followed by jelq)

ACTIVE PE 2 (OPTIONAL): After 'Active PE 1', ideally immediately but can be later in the day

(15 minutes) Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes)

Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute

2x rounds of above (clamping followed by jelq)

PASSIVE PE: Immediately after active PE

(2.5 hours) Vacuum ADS, up to 1kg or 2lbs of tension - **up to 2.5 hours**

Alternative: Vacuum extender or passive healing sleeve

WEEK 3

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ: 2 second Kegel / pelvic floor holds, seated or standing

(5 minutes) **70 reps x 3 sets**

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: **Edging - stroking or using a vibrator**

(10 minutes) **Aim to get the edge of climax at least 3 times**

Can climax on the 4th time if you wish

[Tutorial - How to edge properly](#)

SEX CHALLENGE | WEEK 3

Keep your eyes closed the whole time you're getting frisky, whether you're getting intimate on your own or with a partner

PENIS ENLARGEMENT

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

PE WARM UP: As per Week 1

ACTIVE PE 1: Compression hanging (**1.5 - 2.5kg or 3 - 5lb**) for 15 minutes
(80 minutes) Followed by jelq at **90% erect**, 3 second strokes - 5 minutes
4x rounds of above (compression followed by jelq)

ACTIVE PE 2 (OPTIONAL): After 'Active PE 1', ideally immediately but can be later in the day
(15 minutes) Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes)
Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute
2x rounds of above (clamping followed by jelq)

PASSIVE PE: Immediately after active PE
(**3 hours**) Vacuum ADS, up to 1kg or 2lbs of tension - **up to 3 hours**
Alternative: Vacuum extender or passive healing sleeve

WEEK 4

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ: 2 second Kegel / pelvic floor holds, seated or standing

(10 minutes) **While in ADS on low tension**

80 reps x 3 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(15 minutes) Aim to get the edge of climax **at least 4 times**

Can climax on the 5th time if you wish

SEX CHALLENGE | WEEK 4

Let's get hard. Try using a penis ring during sex or masturbation to help maximise your erection quality.

PENIS ENLARGEMENT

FREQUENCY:	4 days - eg. Monday, Tuesday, Thursday, Friday
PE WARM UP:	As per Week 1
ACTIVE PE 1: (80 minutes)	Compression hanging (1.5 - 2.5kg or 3 - 5lb) for 15 minutes Followed by jelq at 90% erect, 3 second strokes - 5 minutes 4x rounds of above (compression followed by jelq)
ACTIVE PE 2 (OPTIONAL): (20 minutes)	After 'Active PE 1', ideally immediately but can be later in the day Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes) Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute 3x rounds of above (clamping followed by jelq)
PASSIVE PE: (4 hours)	Immediately after active PE Vacuum ADS, up to 1kg or 2lbs of tension - up to 4 hours Alternative: Vacuum extender or passive healing sleeve

WEEK 5

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ: 2 second Kegel / pelvic floor holds, seated or standing

(10 minutes) While in ADS on low tension

90 reps x 3 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(15 minutes) Aim to get the edge of climax **at least 4-5 times**

Can climax on the 5-6th time if you wish

SEX CHALLENGE | WEEK 5

Stamina strategy. If sex feels too good, explore ways to change to positions that are less stimulating, without getting out of flow.

PENIS ENLARGEMENT

FREQUENCY: 4 days - eg. Monday, Tuesday, Thursday, Friday

PE WARM UP: As per Week 1

ACTIVE PE 1: Compression hanging (**2 - 3kg or 4 - 6lb**) for 15 minutes
(80 minutes) Followed by jelq at 90% erect, 3 second strokes - 5 minutes
4x rounds of above (compression followed by jelq)

ACTIVE PE 2 (OPTIONAL): After 'Active PE 1', ideally immediately but can be later in the day
(20 minutes) Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes)
Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute
3x rounds of above (clamping followed by jelq)

PASSIVE PE: Immediately after active PE
(**4.5 hours**) Vacuum ADS, up to **1.5kg or 3lbs** of tension - **up to 4.5 hours**
Alternative: Vacuum extender or passive healing sleeve)

WEEK 6

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ 1: 2 second Kegel / pelvic floor holds, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

ACTIVE EQ 2: 1 second Kegel to 2 second reverse Kegel, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(20 minutes) Aim to get the edge of climax at least 6 times

Can climax on the 7th time if you wish

SEX CHALLENGE | WEEK 6

Now that your erections and stamina are on the improve, let's turn the focus to your partner by exploring their G- or P-spot.

PENIS ENLARGEMENT

FREQUENCY: **5 days - eg. Monday, Tuesday, Thursday, Friday, Saturday**

PE WARM UP: As per Week 1

ACTIVE PE 1: Compression hanging (2 - 3kg or 4 - 6lb) for 15 minutes
(80 minutes) Followed by jelq at **90 - 100% erect**, 3 second strokes - 5 minutes
4x rounds of above (compression followed by jelq)

ACTIVE PE 2 (OPTIONAL): After 'Active PE 1', ideally immediately but can be later in the day
(20 minutes) Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes)
Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute
3x rounds of above (clamping followed by jelq)

PASSIVE PE: Immediately after active PE
(5 hours) Vacuum ADS, up to 1.5kg or 3lbs of tension - **up to 5 hours**
Alternative: Vacuum extender or passive healing sleeve

WEEK 7

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ 1: 2 second Kegel / pelvic floor holds, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

ACTIVE EQ 2: 1 second Kegel to 2 second reverse Kegel, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(25 minutes) Aim to get the edge of climax **at least 8 times**

Can climax on the 9th time if you wish

SEX CHALLENGE | WEEK 7

Edging during sex. Talk with your partner about how stimulated you're feeling, including when you feel you need to slow down.

PENIS ENLARGEMENT

FREQUENCY: 5 days - eg. Monday, Tuesday, Thursday, Friday, Saturday

PE WARM UP: As per Week 1

ACTIVE PE 1: Compression hanging (**3 - 4kg or 6 - 8lb**) for 15 minutes
(80 minutes) Followed by jelq at 90 - 100% erect, 3 second strokes - 5 minutes
4x rounds of above (compression followed by jelq)

ACTIVE PE 2 (OPTIONAL): After 'Active PE 1', ideally immediately but can be later in the day
(20 minutes) Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes)
Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute
3x rounds of above (clamping followed by jelq)

PASSIVE PE: Immediately after active PE
(**5.5 hours**) Vacuum ADS, up to 1.5kg or 3lbs of tension - **up to 5.5 hours**
Alternative: Vacuum extender or passive healing sleeve

WEEK 8

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ 1: 2 second Kegel / pelvic floor holds, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

ACTIVE EQ 2: 1 second Kegel to 2 second reverse Kegel, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(25 minutes) Aim to get the edge of climax **at least 9 times**

Can climax on the 10th time if you wish

SEX CHALLENGE | WEEK 8

Toy time. Let's add a vibrator in to challenge your stamina. Use it on yourself and/or your partner to get you both feeling good.

PENIS ENLARGEMENT

FREQUENCY: 5 days - eg. Monday, Tuesday, Thursday, Friday, Saturday

PE WARM UP: As per Week 1

ACTIVE PE 1: Compression hanging (3 - 4kg or 6 - 8lb) for 15 minutes
(100 minutes) Followed by jelq at 90 - 100% erect, 3 second strokes - 5 minutes
5x rounds of above (compression followed by jelq)

ACTIVE PE 2 (OPTIONAL): After 'Active PE 1', ideally immediately but can be later in the day
(20 minutes) Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes)
Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute
3x rounds of above (clamping followed by jelq)

PASSIVE PE: Immediately after active PE
(6 hours) Vacuum ADS, up to 1.5kg or 3lbs of tension - **up to 6 hours**
Alternative: Vacuum extender or passive healing sleeve

WEEK 9

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ 1: 2 second Kegel / pelvic floor holds, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

ACTIVE EQ 2: 1 second Kegel to 2 second reverse Kegel, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(25 minutes) Aim to get the edge of climax **at least 10 times**

Can climax on the 11th time if you wish

SEX CHALLENGE | WEEK 9

All about them. Let's take the focus off lasting longer and getting harder during sex. Spend some time just pleasing your partner.

PENIS ENLARGEMENT

FREQUENCY:	6 days - eg. Mon, Tues, Wed, Thurs, Fri, Sat
PE WARM UP:	As per Week 1
ACTIVE PE 1: (100 minutes)	Compression hanging (3 - 4kg or 6 - 8lb) for 15 minutes Followed by jelq at 90 - 100% erect, 3 second strokes - 5 minutes 5x rounds of above (compression followed by jelq)
ACTIVE PE 2 (OPTIONAL): (20 minutes)	After 'Active PE 1', ideally immediately but can be later in the day Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes) Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute 3x rounds of above (clamping followed by jelq)
PASSIVE PE: (8 hours)	Immediately after active PE Vacuum ADS, up to 1.5kg or 3lbs of tension - up to 8 hours Alternative: Vacuum extender or passive healing sleeve Option: Wear ADS overnight if active PE is done in the evening

WEEK 10

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ 1: 2 second Kegel / pelvic floor holds, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

ACTIVE EQ 2: 1 second Kegel to 2 second reverse Kegel, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(25 minutes) Aim to get the edge of climax at least 10 times

Can climax on the 11th time if you wish

SEX CHALLENGE | WEEK 10

Stamina test. Try positions with your partner's legs together. Their pelvic floor is tighter which will feel better for both of you.

PENIS ENLARGEMENT

FREQUENCY:	6 days - eg. Mon, Tues, Wed, Thurs, Fri, Sat
PE WARM UP:	As per Week 1
ACTIVE PE 1: (120 minutes)	Compression hanging (3 - 4kg or 6 - 8 lb) for 15 minutes Followed by jelq at 90 - 100% erect, 3 second strokes - 5 minutes 6x rounds of above (compression followed by jelq)
ACTIVE PE 2 (OPTIONAL): (20 minutes)	After 'Active PE 1', ideally immediately but can be later in the day Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes) Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute 3x rounds of above (clamping followed by jelq)
PASSIVE PE: (10 hours)	Immediately after active PE Vacuum ADS, up to 1.5kg or 3lbs of tension - up to 10 hours Alternative: Vacuum extender or passive healing sleeve Option: Wear ADS overnight if active PE is done in the evening

WEEK 11

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ 1: 2 second Kegel / pelvic floor holds, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

ACTIVE EQ 2: 1 second Kegel to 2 second reverse Kegel, seated or standing

(10 minutes) While in ADS on low tension

50 reps x 5 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(25 minutes) Aim to get the edge of climax at least 10 times

Can climax on the 11th time if you wish

SEX CHALLENGE | WEEK 11

Loving texts. A gentle shoulder rub. Eye contact. Explore less sexual ways of planting the seeds of love making during the day

PENIS ENLARGEMENT

FREQUENCY:	6 days - eg. Mon, Tues, Wed, Thurs, Fri, Sat
PE WARM UP:	As per Week 1
ACTIVE PE 1: (120 minutes)	Compression hanging (4 - 5kg or 9 - 11lb) for 15 minutes Followed by jelq at 90 - 100% erect, 3 second strokes - 5 minutes 6x rounds of above (compression followed by jelq)
ACTIVE PE 2 (OPTIONAL): (25 minutes)	After 'Active PE 1', ideally immediately but can be later in the day Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes) Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute 4x rounds of above (clamping followed by jelq)
PASSIVE PE: (11 hours)	Immediately after active PE Vacuum ADS, up to 1.5kg or 3lbs of tension - up to 11 hours Alternative: Vacuum extender or passive healing sleeve Option: Wear ADS overnight if active PE is done in the evening

WEEK 12

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ 2: 1 second Kegel to 2 second reverse Kegel, seated or standing

(20 minutes) While in ADS on low tension

100 reps x 5 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(25 minutes) Aim to get the edge of climax at least 10 times

Can climax on the 11th time if you wish

SEX CHALLENGE | WEEK 12

Let's get blood flowing upstream. Spend more time on your back during sex or solo play to challenge keeping your erection hard.

PENIS ENLARGEMENT

FREQUENCY:	6 days - eg. Mon, Tues, Wed, Thurs, Fri, Sat
PE WARM UP:	As per Week 1
ACTIVE PE 1: (140 minutes)	Compression hanging (4.5 - 5.5kg or 10 - 12lb) for 15 minutes Followed by jelq at 90 - 100% erect, 3 second strokes - 5 minutes 7x rounds of above (compression followed by jelq)
ACTIVE PE 2 (OPTIONAL): (25 minutes)	After 'Active PE 1', ideally immediately but can be later in the day Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes) Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute 4x rounds of above (clamping followed by jelq)
PASSIVE PE: (12 hours)	Immediately after active PE Vacuum ADS, up to 1.5kg or 3lbs of tension - up to 12 hours Alternative: Vacuum extender or passive healing sleeve Option: Wear ADS overnight if active PE is done in the evening

WEEK 13

ERECTION QUALITY

FREQUENCY: Daily - whenever you can

ACTIVE EQ 2: 1 second Kegel to 2 second reverse Kegel, seated or standing

(20 minutes) While in ADS on low tension

100 reps x 5 sets

STAMINA

FREQUENCY: 3 days with rest day in between - eg. Monday, Wednesday, Friday

STAMINA WARM UP: Stretch out up, down, left, right and out again - 30 seconds each

ACTIVE STAMINA: Edging - stroking or using a vibrator

(25 minutes) Aim to get the edge of climax at least 10 times

Can climax on the 11th time if you wish

PENIS ENLARGEMENT

FREQUENCY:	Daily - unless you feel you need a rest
PE WARM UP:	As per Week 1
ACTIVE PE 1: (140 minutes)	Compression hanging (5 - 6kg or 11 - 13lb) for 15 minutes Followed by jelq at 90 - 100% erect, 3 second strokes - 5 minutes 7x rounds of above (compression followed by jelq)
ACTIVE PE 2 (OPTIONAL): (25 minutes)	After 'Active PE 1', ideally immediately but can be later in the day Clamping, 5 minutes (alternative: pumping at 3 - 5 InHg, 5 minutes) Followed by jelq at 70 - 90% erect, 1-2 seconds strokes - 1 minute 4x rounds of above (clamping followed by jelq)
PASSIVE PE: (> 12 hours)	Immediately after active PE Vacuum ADS, up to 1.5kg or 3lbs of tension - > 12 hours Alternative: Vacuum extender or passive healing sleeve Option: Wear ADS overnight if active PE is done in the evening

PROGRESSING FROM HERE

ERECTION QUALITY AND STAMINA

From here, erection quality and stamina training is maintenance work.

If you want a prolonged climax and harder erections to always be a part of your sex repertoire, you need to keep up the Week 13 intensity. We hope that will be life long!

You can vary the erection quality work by using an extender, your ADS, or light weights with your compression hanger to challenge yourself and mix things up.

Stamina training can always be varied by trying new toys and devices to get your arousal and stimulation to greater heights. You can also continue to challenge your stamina during sex with a partner too.

Having good quality health and lifestyle choices will also allow you to sustain your erection quality and stamina as a healthier body will always have a better functioning penis. This is even more important as you get older and other factors start to work against you.

PENIS ENLARGEMENT

To continue your PE gains you need to at least maintain the Week 13 intensity, which means essentially daily training, a decent weight for hanging, taking the time to do all of your sets to true fatigue, and maximising your gains with your passive PE.

To progress further you'll want to apply the principles of [progressive overload](#) as explained at the beginning of this routine. Please refer back to that section to reacquaint yourself with how to calculate adding no more than 20-30% total volume to your training per week moving forwards.

Remember there's our [calculator](#) for you to download and use too.

YOU MADE IT!

If you've made it to this point, you've gone further than most who decide to start on male enhancement. Good on you man!

We hope you've been making some good progress and have begun to see some gains in hardness, sexual stamina, and penis size. Remember that those goals stated in the beginning can take up to 2 years of consistent training so stick at it!

Regardless of whether you're progressing well, or aren't making the gains you expected, we'd love to hear from you. Send us an email at totalmancoaching@gmail.com with the details of any achievements you've made and/or issues you've had so far so we can not only help you out if needed but celebrate the gains you've made too!

THANKS FOR BEING A PART OF THE CHANGE

Here at Total Man, our mission is to empower men to be the best version of themselves through enhancing their sexual performance, relationships and their health.

We have a vision where all men are contributing their best self to the world, and we all know we do that much better when we're killing it in the bedroom.

Thanks for showing up and working on yourself. The world needs more men like you!

APPENDIX 1

International Index of Erectile Function (Modified by Total Man - 'Erectile Function' questions only)

These questions ask about your erection function problems over the last **four weeks**.

In answering the questions, the following definitions apply:

- Sexual activity includes intercourse, caressing, foreplay & masturbation
- Sexual intercourse is defined as sexual penetration of your partner
- Sexual stimulation includes situations such as foreplay, erotic pictures, etc.
- Ejaculation is the ejection of semen from the penis (or the feeling of this)
- Orgasm is the fulfillment or climax following sexual stimulation or intercourse

**OVER THE PAST 4 WEEKS
CHECK ONE BOX ONLY**

<input type="checkbox"/> Q1	How often were you able to get an erection during sexual activity?	0 No sexual activity 1 Almost never or never 2 A few times (less than half the time) 3 Sometimes (about half the time) 4 Most times (more than half the time) 5 Almost always or always
<input type="checkbox"/> Q2	When you had erections with sexual stimulation, how often were your erections hard enough for penetration?	0 No sexual activity 1 Almost never or never 2 A few times (less than half the time) 3 Sometimes (about half the time) 4 Most times (more than half the time) 5 Almost always or always
<input type="checkbox"/> Q3	When you attempted intercourse, how often were you able to penetrate (enter) your partner?	0 Did not attempt intercourse 1 Almost never or never 2 A few times (less than half the time) 3 Sometimes (about half the time) 4 Most times (more than half the time) 5 Almost always or always
<input type="checkbox"/> Q4	During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?	0 Did not attempt intercourse 1 Almost never or never 2 A few times (less than half the time) 3 Sometimes (about half the time) 4 Most times (more than half the time) 5 Almost always or always
<input type="checkbox"/> Q5	During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?	0 Did not attempt intercourse 1 Extremely difficult 2 Very difficult 3 Difficult 4 Slightly difficult 5 Not difficult
<input type="checkbox"/> Q15	How do you rate your confidence that you could get and keep an erection?	1 Very low 2 Low 3 Moderate 4 High 5 Very high

APPENDIX 1 continued

Scoring the IIEF Questionnaire

The score for your answers is indicated by the number beside the option you chose.

For example, in Question 1 if you answered 'Sometimes', your score would be 3 for that question.

Once you have tallied your 6 scores out of 5, you will get a total score out of 30, with 30 indicating the highest erection function.

Please make note of this score for future reference.

To see the full IIEF Questionnaire with the additional sections of orgasmic function, sexual desire, intercourse satisfaction, and overall satisfaction see this link:

https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/iief.pdf

RESOURCES AND LINKS

TOTAL MAN LINKS

[Total Man FREE Video Library and Blog](#)

- [Foundational Videos](#)
 - ◆ [What is male enhancement?](#)
 - ◆ [How to Measure an Increase in Penis Size Properly](#)
 - ◆ [How to Measure Penis Size with a Pump](#)
- [PE Hanging, Extending and ADS Tutorials](#)
 - ◆ [Maintaining your sleeves](#)
 - ◆ [Compression hanging tutorial](#)
 - ◆ [Vacuum chamber methods tutorial](#)
- [Device-free techniques for length](#)
 - ◆ [Jelqing tutorial](#)
 - ◆ [Manual stretching tutorial](#)
- [Device-free techniques for girth](#)
- [Videos on improving erection quality](#)
 - ◆ [How to do Kegels](#)
 - ◆ [Kegel pull tutorial](#)
- [Videos on improving sexual stamina](#)
 - ◆ [How to Edge Properly](#)
- [Penis pumping, rings and clamps](#)
 - ◆ [Introduction to penis pumping](#)
 - ◆ [Clamping tutorial](#)

Other links:

- [Total Man Chat Room](#)
- [Total Man Full Kit](#)
- [Total Man Growth Kit](#)
- Email Total Man at totalmancoaching@gmail.com

RESEARCH PAPER

- [Non-invasive methods on penile lengthening \(review\)](#)



Be the man you know you can be