

bathmate®
J U S T A D D W A T E R



Jelq

Max Out

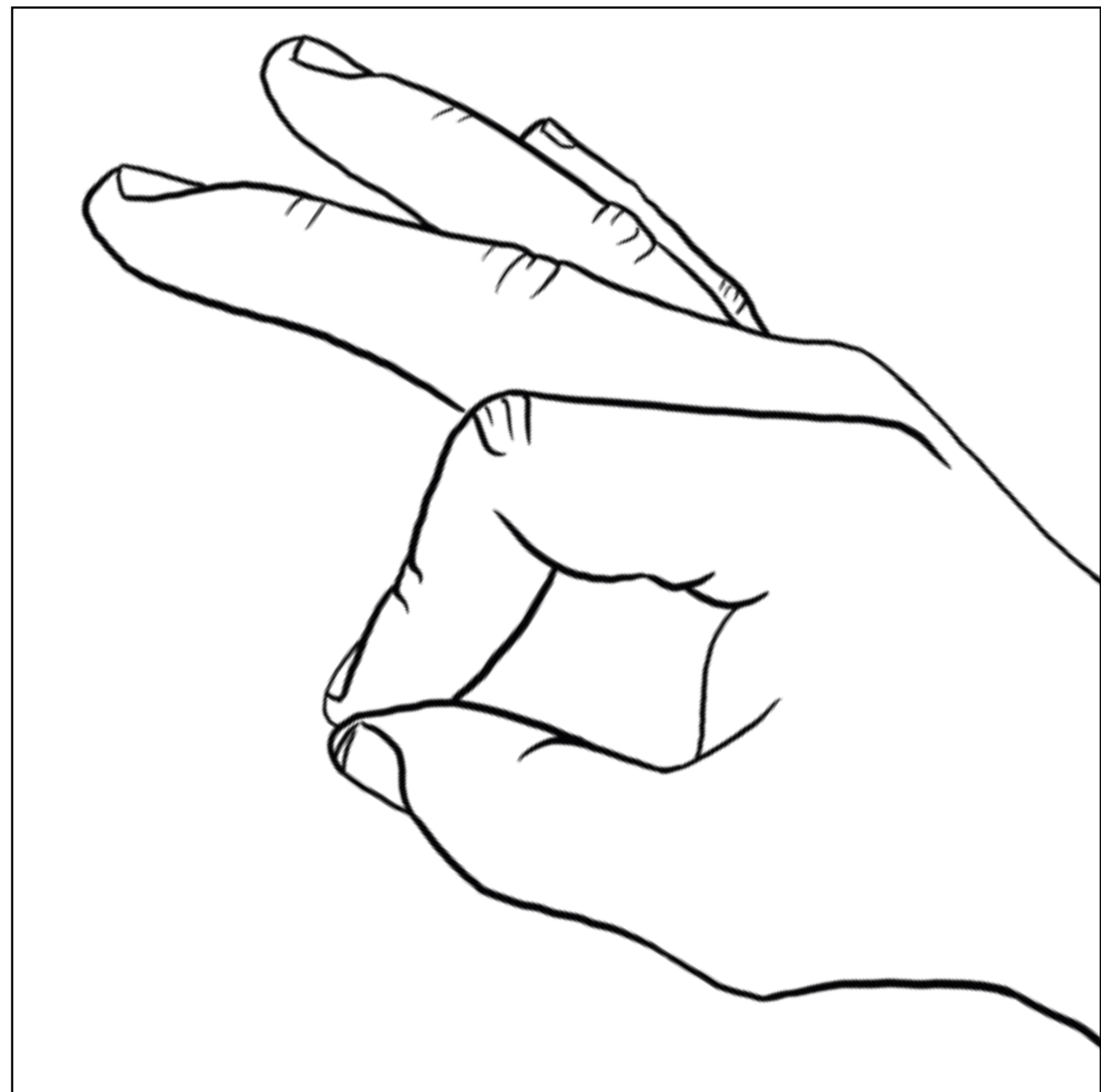
Jelqing Enhancement Serum

U S E R G U I D E

1



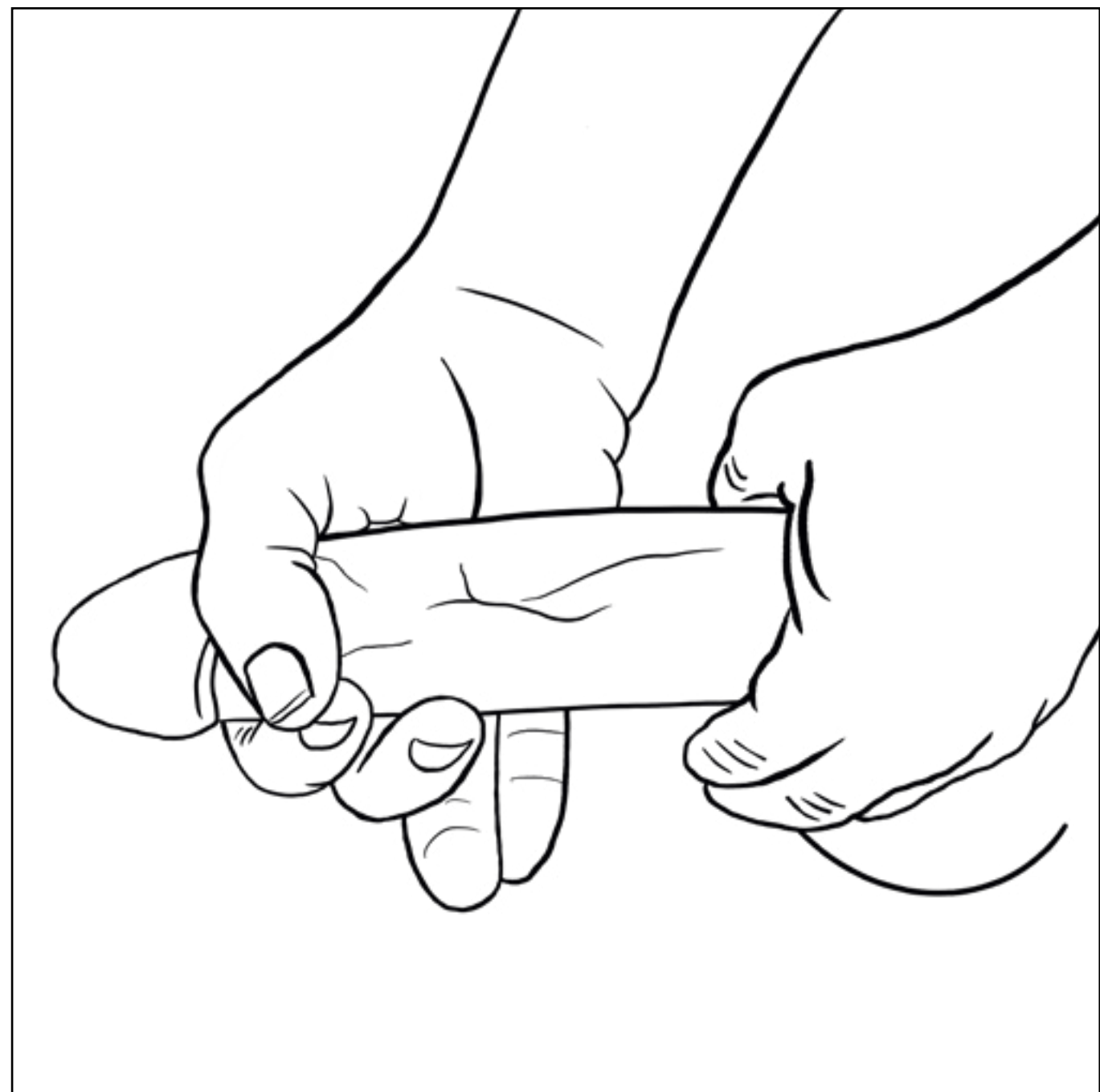
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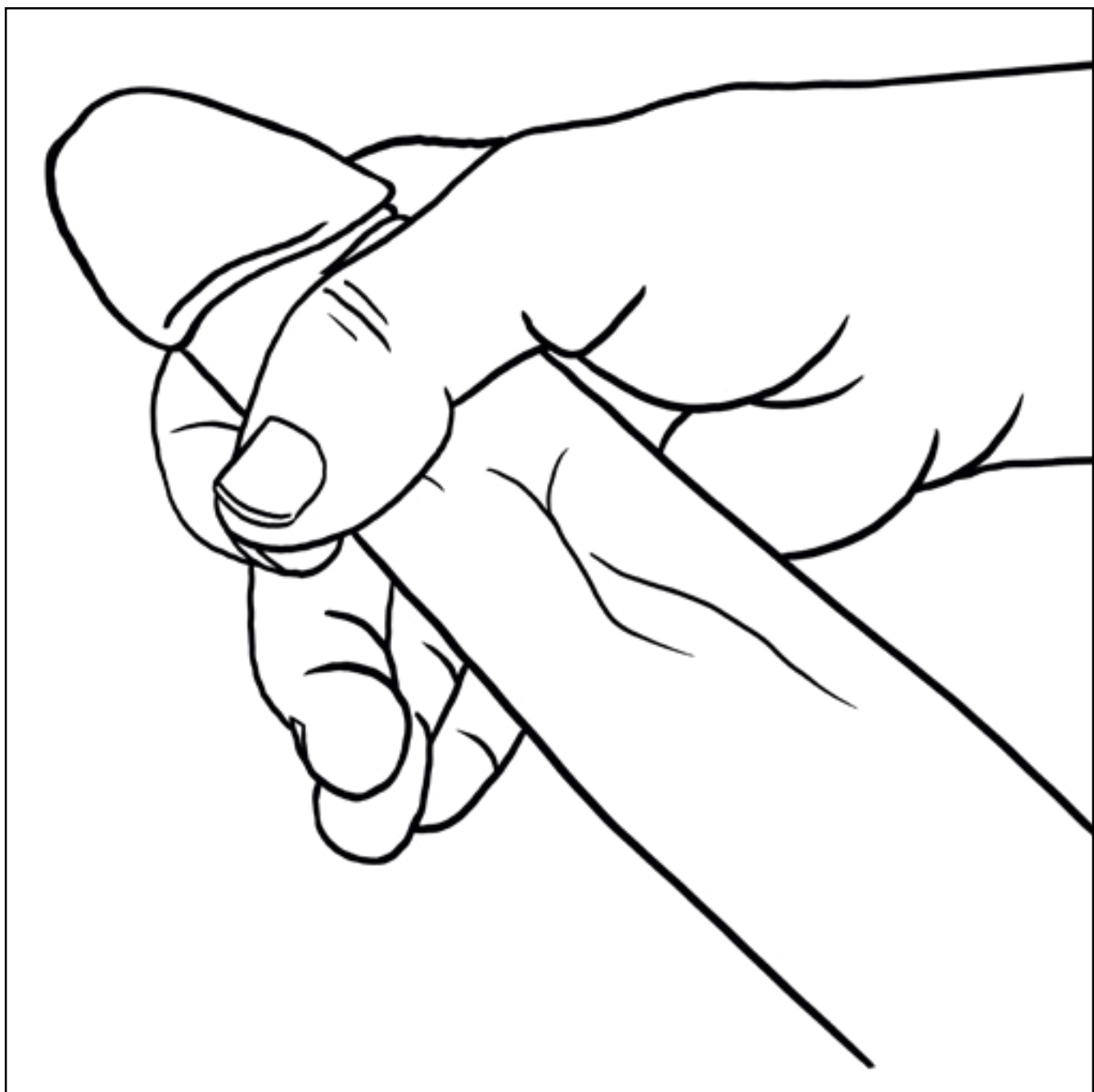
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JELQING

Jelqing is a therapy technique intended to achieve “natural penis enlargement” by increasing blood pressure, circulation and promoting cytokinesis. It is performed by repeatedly stroking the penis in a squeezing motion from the base of the shaft to the corona of the glans.

BEFORE YOU START

Having used one of the Bathmate range of pumps in either the bath or shower your penis will be erect. Allow the erection level to drop to 50 – 75 percent. The penis should be relaxed enough so that it’s easy to push blood through it. Never perform jelqing exercises with a full erection.

THE METHOD

1. Place 1 pump of the Max Out Enhancement Serum on the fingers of one hand. Then Evenly spread the serum along the shaft of the penis
2. OK Grip - Use your thumb and main pointer finger to form an OK-grip
3. Start at Base - Place the grip around the base of your penis, as close to your pubic bone as you can.
4. Move Up - With light pressure on the grip, slowly move it up your penis. The ideal jelqing pressure is one that does not hurt, but effectively pushes blood up the penis.
5. Stop Before Glans - Stop the grip directly before it reaches your glans. You have just completed one jelq! Each jelq should take approximately 2 to 3 seconds.

REPEAT

The jelqing process should be repeated 100 times, alternating hands each time. Jelqing exercises should be carried out 3-5 times per week.

If the penis becomes dry during the process apply more Max Out Enhancement Serum or moisten your hand with water this will reactivate the Max Out Serum.

Once you have completed your workout, you can leave the Max Out Serum to absorb into the skin, this will promote penis growth and condition the skin leaving it soft to the touch.

WARNINGS

- Never jelq with a full erection.
- Stop immediately if the process becomes painful.
- Never jelq the head of the penis.
- Ejaculation should never occur during jelqing.