

BEFORE YOUR PUMP SESSION

- Familiarize yourself with the pump and how to operate, knowing where the quick release valve is. This is the black button to the right of the pressure gauge.
- For a better pumping seal it is recommended to trim or shave your pubic hair at the base of your penis.
- Warm your body, penis and scrotum. This will relax the tissue and draw blood into the vessels. A warm bath, shower will work. You may also use a heating pad.
- Massage and gently stretch the penis and scrotum for up to five minutes.
- Generously lubricate the head, shaft and base of the penis. For a secure seal, apply a lubricant directly on the pubic hair. Always use a water based lubricant for ease of cleanup. If you find that you are not achieving a proper seal, apply petroleum jelly only around the rim of the cylinder.
- You must be at your maximum erect state to begin using the system.

STARTING THE PUMP SESSION

- Attach the MALE CONNECTOR of hose to FEMALE CONNECTOR of cylinder. Most likely you will need to push fairly hard, as the bottom of the female connector is spring-loaded and can become stuck.
- Place your erect lubricated penis in the penis pumping cylinder.
- Gently begin squeezing the trigger to gradually increase pressure in the cylinder to -5 to -10 depending on how long you have been using the system. DO NOT EXCEED -10 IN PRESSURE. You should never feel pain or discomfort. If swelling, discoloration or pain occurs, release the pressure immediately and discontinue pump usage for at least 48 hours.
- During the final 3 minutes of using the system, increase the pressure by 2-3 mercury inches of power but not to exceed -10.
- When the session is complete, press the quick release valve to release pressure and remove penis from cylinder.
- Wash your penis after each pump session. Itching may occur if you do not clean all lubricated areas thoroughly.
- Secure the Penis Strap around the penis and scrotum. The strap should be worn for 45 minutes to an hour after the pump session. This allows the penis to remain semi-erect after the session by maintaining a fair amount of blood in the penis thus assisting the enlargement process.

PUMP SCHEDULE

Pumping 3 times per week is a great schedule because it gives the penile tissue a day between pump sessions to recuperate and rebuild. Customers found better success with 2 days pumping and resting on day three, and repeated accordingly. Follow the pumping duration as listed below so that the increase in pumping and pressure is gradual over a period of time. Increase the pressure by 2 mercury inches on the weeks listed below but ONLY if it is comfortable to do so. Remember never exceed -10 in pressure.

Weeks 1 thru 4: Pump for 10 minutes - massage- pump for 10 minutes – massage – pump for 10 minutes.

Weeks 5 thru 8: Pump for 15 minutes - massage- pump for 10 minutes – message – pump

for 10 minutes

Weeks 9 thru 12: Pump for 15 minutes – massage – pump for 15 minutes – massage - pump for 10 minutes

Weeks 13 and Longer: Pump for 15 minutes – massage – pump for 15 minutes – massage - pump for 15 minutes – massage – pump for 15 minutes

By continuing this program, you have a higher chance of achieving your enlargement goals. Some customers have seen results in the size and/or girth as early as 4-6 weeks, yet it has taken others months to reach their maximum potential. Individual results will vary.

ADDITIONAL INFORMATION

Vitamin supplements are highly recommended to assist in tissue rebuilding.

To maintain maximum enlargement size after completion of this program, use the pump once a month for minutes.

Cylinders can be cleaned with a mild non-abrasive (preferably anti-bacterial) soap.

Always use clean cylinders. Do not share dirty cylinders with friends.

If you experience swelling after a pump session, it can be caused by any of the following four scenarios:

1. You are not fully erect when beginning the pump session.
2. Using too much pressure. Try reducing the pressure slightly
3. Pumping in the same cylinder for more than 15 minutes
4. Not properly massaging the penis after a pump session.

WARNING

This system can maintain high levels of pressure, which if improperly used can result in injury. Read instructions thoroughly BEFORE using. NEVER EXCEED A PRESSURE OF -10. Individuals who had surgery or other surgery in the abdominal area within the past 6 months or have an implant should consult a physician before using. Avoid taking aspirin, blood thinning drugs or Viagra® several hours prior to a pump session.

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