

**MANUAL
OF THE
PENIS**

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FIRST INITIAL STEPS

Hello, In the first part of this guide, you will learn, first hand, what are the concepts and definitions of the most important parts that make up the anatomy of the human penis. This type of knowledge will help you understand what happens in the muscles that surround the penile region, as well as the testicles and the pubococcygeus muscle.

Remember that Iron Tonic training must be carried out for at least 30 days to obtain the best result.

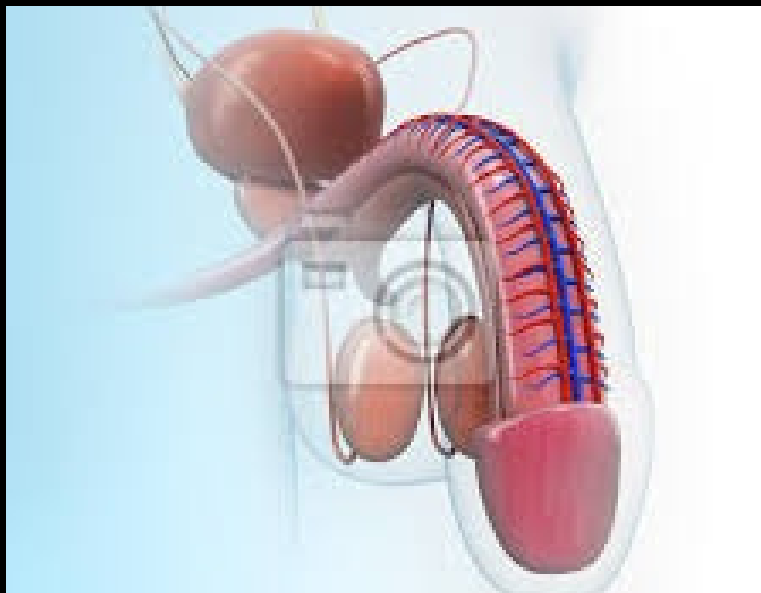
FIRST INITIAL STEPS

You're probably asking yourself, "Why do I have to read about my own anatomy?" I'll tell you right now why. It is very important to apply yourself to the subject, because the more information you have about the penile structure, the more likely you are to obtain the results you are hoping for through the Jelq technique.

Your sexual organ and all the underlying tissues, in addition to the muscles and glands, are structurally connected in such a way that you can perform numerous activities: producing sperm, feeling sexual pleasure, having orgasms, providing pleasure to others, urinating, as well as producing various types of hormones that your body needs (mainly to make all these activities carried out successfully).

Furthermore, it is responsible for producing the hormone responsible for beard growth and regulating body mass, which is considerably greater in men than in women. Your sexual organ and all the other parts of your body that are associated with it are part of a fascinating set of mechanisms made to work together and that sustain the perfect balance that is the human body.

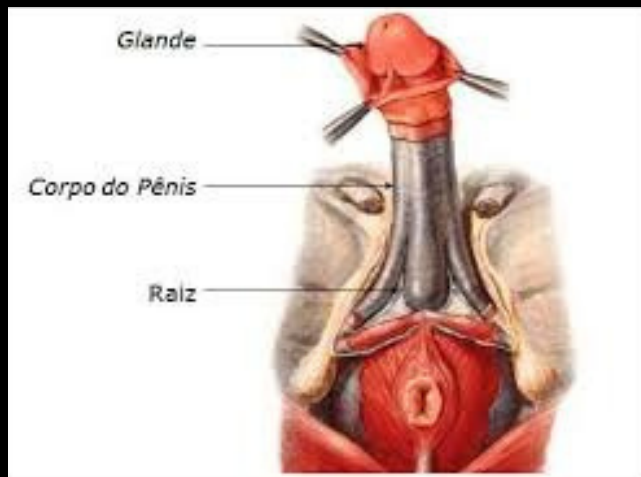
PENIS ORGAN



In humans, the penis has dimensions that can vary from person to person. On average, they vary between 9-16 centimeters (flaccid) and 13-15 centimeters (erect). Furthermore, it is made up of two more types of tissue, known as corpora cavernosa and a corpus spongiosum.

At its end, there is also a small slit, the urethra, which is the channel responsible for draining sperm and urine. Biologically, the penis has two basic functions: reproduction and excretion. Your penis is the most well-known part of the entire grouping of sexual organs.

PENIS ORGAN



The external part of the organ is divided into three parts:

Head (known as the Glans): This is the most sensitive point on the entire penis. When it is in a flaccid state, the glans is surrounded by a piece of skin called the foreskin, which serves to protect this most sensitive part of the organ.

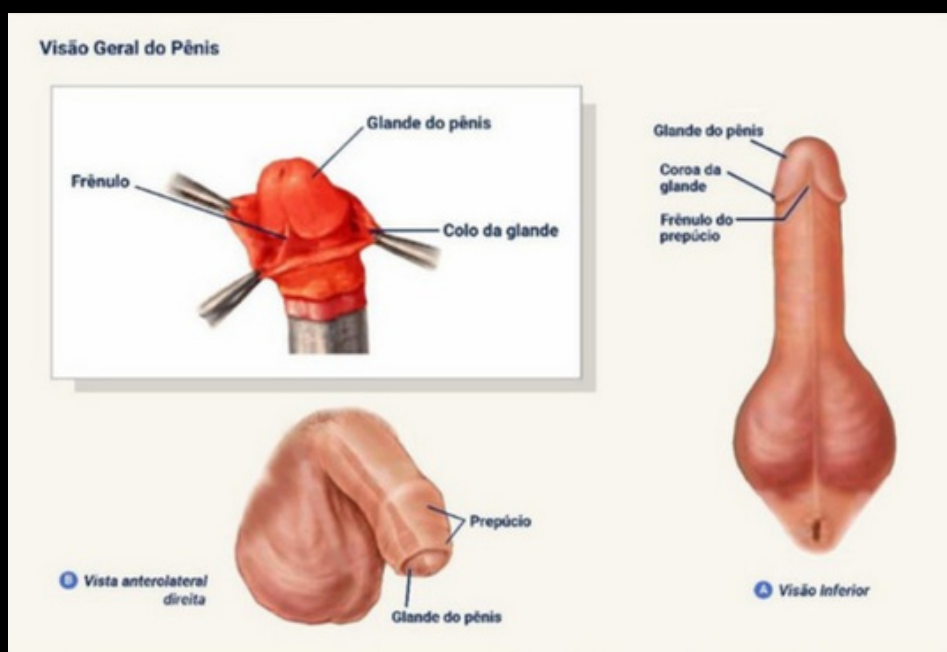
Body: This is just the phallic extension of the organ.

Root: This is the part of the organ that is located internally in the human body.

Let's go?

CROWN

The ridge that runs all the way around the base of the glans is called the crown, and just at the front is the frenulum, which is that little piece of skin, which for some men is extremely sensitive.



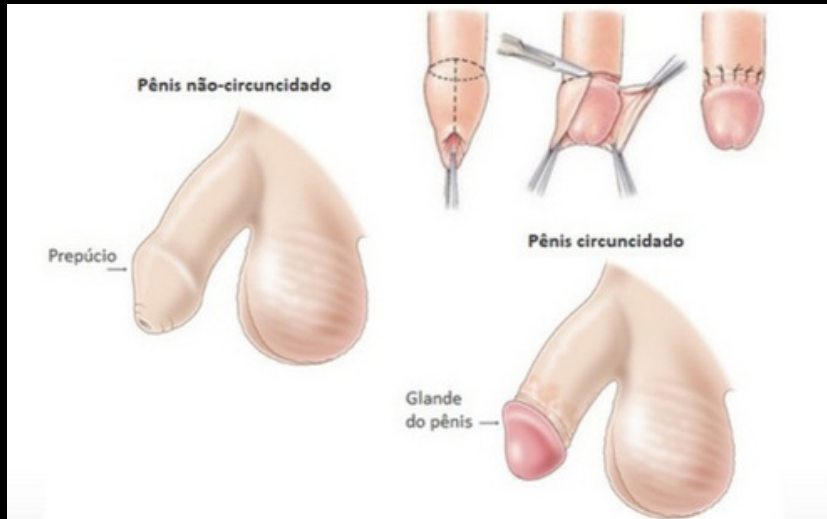
PENIS BODY

This is the part that most concerns and interests men when it comes to the size and thickness of the member. "Is mine big, thick or long enough?" Well, the shaft of the penis appears to be wrinkled and has a darker skin color than the rest of the skin when the penis is erect. When it becomes erect due to blood flow, it is possible for it to reach dark red, purple or bluish tones, and this variation is completely normal.

FORESKIN

This is the part that worries and interests men the most when it comes to the size and thickness of the member. "Is mine big, thick or long enough?" Yes, the shaft of the penis appears to be wrinkled and has a darker skin color than the rest of the skin when the penis is erect. When it becomes erect due to blood flow, it is possible for it to reach dark red, purple or bluish tones, and this variation is completely normal.

WHAT IS THE IMPORTANCE OF CIRCUMCISION?



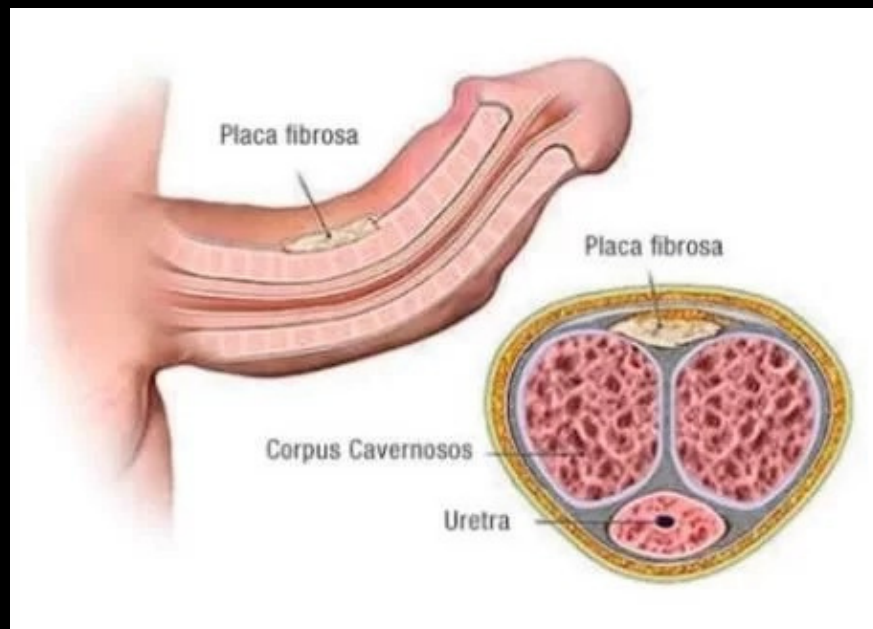
In general, it is medical reasons that lead parents to circumcise boys as soon as they are born. This helps protect them against urinary tract infections, prevents penile cancer, reduces the risk of sexually transmitted diseases and also prevents the foreskin from squeezing the glans (phimosis).

Now that you're familiar with the outside of the penis, how about we learn what's on the inside? If you've always wanted to know the entire path taken by blood to achieve an erection, the time has come to learn.

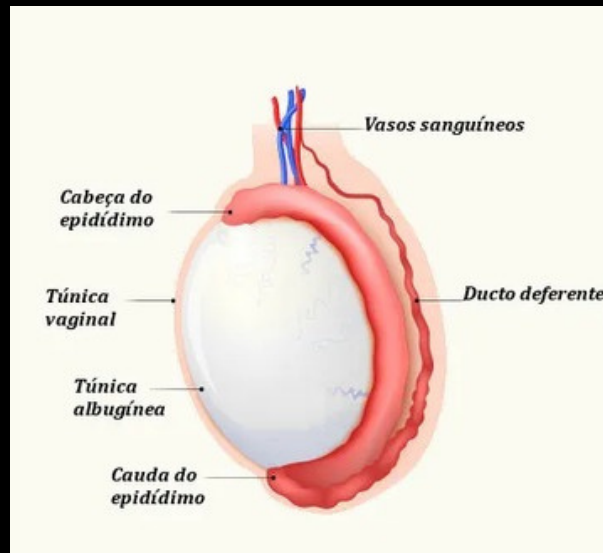
CORPUS CAVERNOSUM AND CORPUS SPONGIOSUM

These two parts of the penis are areas where the tissue is quite spongy and soft. They fill with blood, causing the man to achieve an erection. Both the corpus cavernosum and spongiosum are responsible for expanding the muscle so that blood flow passes freely between them. If this does not happen, no man would be able to achieve an erection.

Tip: It is the corpus cavernosum and spongiosum that you should pay the most attention to, as it is the muscle that you will massage most in the penis enlargement technique.



TESTICLES



Now let's pay a little attention to the testicles. Yes, I know you may also be wondering why, but I'll let you know right away that the testicles are wrapped in a very important muscle, called the scrotum.

This "sac" is located just below the penis and serves precisely to protect the testicles. It is very likely that you have already had the experience of seeing how this muscle works to protect the testicles, especially if you have already taken a cold shower and realized how in order to keep them healthy. The scrotum wrinkled completely when warm and

TESTICLES

All this care concerns the production of sperm, which are essential for the reproduction of the species. Therefore, it is necessary to always keep them at a warm temperature, avoiding extremes of hot or cold.

The testicles do two things. Firstly, they are responsible for the production of testosterone, which is the primary sex hormone, as mentioned previously, they also act in the production of sperm, which are essential for reproduction.

Each of the testicles has a small gland that is situated just above them, called the epididymis. This is a small space where your sperm is held until they are mature and ready to be expelled. The small channels that are connected to it serve as conductors that carry the sperm out of the epididymis towards the prostate, so that they can be mixed with other fluids, so that, finally, they can be ejaculated through the urethra.

Quick note about the prostate: This gland is the size of a walnut and produces about a third of the fluid that is expelled from your body when you ejaculate. The prostate also surrounds the urethra. Some problems related to the gland can lead to a considerable increase in it, developing benign or malignant tumors, even causing erection problems and others.

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