

Penis Enlargement Glossary of Terms & Acronyms

PENILE EXERCISING ACRONYMSADS: All Day Stretching Device. Common All Day Stretchers include extenders and light weights that hang from the penis. You can find the popular All Day Stretchers in our penis enlargement device directory.

BPFSL: Bone Pressed Flaccid Stretched Length. Refers to a type of measuring of the flaccid penis. To measure BPFSL, stretch your flaccid penis out as far as possible (while it is in its stretchiest state, usually right after a warm up). Then measure from pubic bone to the tip of the head, with the ruler pressed into the bone.

BPEL: Bone Pressed Erect Length. Refers to a type of measuring: From pubic bone to the tip of the head, with the ruler pressed into the bone.

COG: Circle of Gains. A term coined in the penis enlargement book, *Exercising The Penis*. The Circle of Gains is made of up the three essential principles of penile exercising: Obtain Adequate Rest, Gradually Increase the Intensity, and Watch Your "Body Clues."

EG: Erect Girth. Most often refers to the erect girth measurement, which is in circumference. For example, My EG goal is 6 inches.

EQ: Erection Quality. A high or strong erection quality means you have "strong, firm and hard" erections. A weak or low erection quality means you have "weak, soft and not very hard" erections.

EVO: Acronym for Essential Vein Oil, a penile exercising lubricant. EVO was created by a penile exerciser who uses the online alias Eroset.

NBPEL: Non-Bone Pressed Erect Length. Refers to a type of measuring: To barely press the ruler against the skin when measuring length; not pressing the ruler into the pubic bone.

PE: The acronym for one of the following, depending on the context: premature ejaculation, penis enlargement, or penile exercising. In the penile exercising community, PE most often stands for natural penis enlargement.

SM: The acronym for the penis "smooth muscle." Contrary to popular belief, the penis is roughly half muscle.

PENILE EXERCISING TERMS AND LINGO

Adequate rest: Obtaining adequate rest is one of the three principles in the "Circle of Gains" found in the penis enlargement book *Exercising The Penis*. Obtaining rest while penile exercising is important as it allows your penis to heal and grow.

Base: The base of the penis. Most often on this site, the base refers to the first visible part of the penis near the pubic bone. For example, Encircle the base of your penis with an OK-grip. However, anatomically speaking, the base of the penis is at the foundation of the inner penis, which is inside the body and above the perineum.

Body Clues: Paying attention to your "body clues" is one of the three principles in the "Circle of Gains" found in the book *Exercising The Penis*. Listening and following your body clues is absolutely vital to healthy and effective penile exercising.

Bone pressed: To measure from pubic bone to the tip of the head, with the ruler pressed into the bone.

Bulbocavernosus muscle: One of the chief pelvic floor muscles; also known as the BC muscle or the bulbospongiosus muscle. Along with assisting the process of erection, the bulbocavernosus muscle compresses the urethra, typically to empty it of residual semen or urine.

Bulbospongiosus muscle: Another name for the bulbocavernosus muscle.

Cementing: Involves weaning yourself off a penile exercising routine in an effort to make your penis enlargement gains permanent.

Circle of Gains: A term coined in the penis enlargement book, *Exercising The Penis*. The Circle of Gains is made of up

the three essential principles of penile exercising: Obtain Adequate Rest, Gradually Increase the Intensity, and Watch Your "Body Clues."

Collagen: A protein that makes up the connective tissue within the penis.

Conditioning: Characterized by a penis that is highly adapted to penile exercising. Penis enlargement growth often slows down as result of being conditioned. Conditioning can often be undone by taking a long break to decondition the penis.

Clamping devices: Penis enlargement devices that work by clamping off the base of the penis, restricting blood flow and causing the penis to expand outward. See the Clamping 101 Advanced Penis Enlargement Guide.

Corpora cavernosa: The two top chambers of the penis; largely composed of collagen and smooth muscle. Hardens upon erection.

Corpora spongiosum: The bottom of the penis; holds the urethra. Stays semi-soft upon erection.

Darkening effect: Also known as discoloration. Darkening is a fairly common side effect that involves the penis, or parts of the penis, becoming darker.

Deconditioning: A break from penile exercising that reverses the effects of conditioning. An effective deconditioning break typically lasts six to twelve weeks.

Discoloration: See darkening effect.

Dry jelq: To jelq without lubrication. See the jelq in our free penis enlargement guide.

Ejaculate: To discharge semen.

Engorged: Filled with blood.

Erect exercises: An intense form of penile exercising that involves the erect penis. Not advised for the at least six months, and definitely not for beginners.

Erectile dysfunction: The inability to achieve or maintain an erection.

Erection level: How engorged your penis is. The erection levels run from 0 to 100 percent and together make up the erection gauge. The higher your erection level, the more erect you are.

Fat pad: Refers to the fat that is positioned in front of your pubic bone. The smaller your fat pad, the more visible penis you have.

Flaccid: The state of the penis when it is not erect; soft; a zero percent erection level.

Frenulum: The slender strip of skin on the underside of the penis that joins the shaft to the head.

Glans: The head of the penis; the anatomical part of the penis where urine and semen are discharged.

Gradually increase intensity: Gradually increase the intensity is one of the three principles in the "Circle of Gains" found in the penis enlargement book *Exercising The Penis*. The keyword here is gradual, as many men up the intensity way before their penis is ready.

Grower: A man whose flaccid penis is small and dramatically grows upon erection. Opposite of a shower.

Intensity: The amount of force used; a measure of the amount of strength you are using when penile exercising.

Intensity Level: Helps you decipher how intense the exercise is. The higher the Intensity Level, the higher the intensity.

Ischiocavernosus muscle: One of the chief pelvic floor muscles; also known as the IC muscle. The ischiocavernosus muscle contributes to erection by compressing the inner penis, which squeezes blood into the outer penis.

Jelq: A penile exercise that involves milking the blood throughout your penis. The jelq helps build penis length, girth, and hardness. See the jelq in our free penis enlargement guide .

Jelq Device: A device that increases the intensity of your jelqs. See the jelq device.

Kegel: (pronounced KAY-gul) An exercise that uses the pelvic floor muscles. The Kegel has an array of benefits, particularly increased hardness. See the Kegel in our free penis enlargement guide.

Manual exercises: Penile exercises that use only the hands, opposed to exercises that use a penis enlargement device.

Mid shaft: The middle of your penis; half way between your base and your glans.

Natural penis enlargement: The enlargement of the penis through penile exercising.

Nocturnal erections: Random erections that take place during your sleep, most often in the REM stage of sleep.

Non bone pressed: To barely press the ruler against the skin when measuring length; not pressing the ruler into the pubic bone.

Overhand grip: Refers to the position of your grip, in which your fingers are facing the floor.

Overtraining: Occurs when a man penile exercises more than his penis can handle. Overtraining inhibits penis enlargement growth and leads to negative PIs (such as weak erections). See the Physiological Indicators (PIs) article for ways to avoid overtraining.

Penile: Of or relating to the penis.

Penile exercising: The act of exercising the penis.

Penile exerciser: A man who penile exercises.

Penis enlargement: The enlargement of the penis. The most popular penis enlargement methods include penile exercising, the use of a device, and surgery. Our penis enlargement guide shows how to use penile exercises as a way for enlargement.

Penis enlargement device: A device designed to enlarge and exercise the penis.

Perineum: (pronounced pear-uh-NEE-um) The region between the anus and testicles.

Petechiae: The medical name for spots that form on the penis. The spots are typically red and are fairly common in the beginning. They often occur due to jelqing.

Peyronie's disease: Curvature of the penis caused by plaque formation inside the tunica. Peyronie's disease typically forms during adulthood and dissipates within one to two years.

Phallus: Of or relating to the penis.

Pincher grip: A grip that forms a "pinching" hand gesture; places less pressure on the underside and the head of the penis. Looks as if you are pinching the penis.

Plateau: When penis enlargement gains come to a halt.

Point of no return: The point in which semen starts moving through the urethra. Ejaculation is inevitable once you reach the point of no return.

Post-micturition dribble: A condition in which urine consistently dribbles from the penis at the end of an urination session.

Prostate: Refers to the prostate gland, which is an organ that encircles the urethra at the base of the bladder. The prostate gland controls the release of urine and secretes the alkaline fluid that holds semen upon ejaculation.

Pubic bone: The bone that is located directly above your penis, right below your abdomen.

Pubococcygeus muscle: (Pronounced PEW-bo-cox-uh-GEE-us) A hammock-like muscle that extends from the pubic bone to the tailbone. Both males and females have a "PC" muscle.

Shock routine: Penile exercising for several hours in one day in an effort to jumpstart penis enlargement gains or break a plateau. Shock routines are too intense for beginners. After a shock routine, you take a break for at least several days, and quite possibly a week or more.

Shower: A man whose penis is typically highly engorged and good for show (in accordance to size). A shower has a

flaccid penis that doesn't grow much upon erection.

Skeletal muscles: Striated muscles that are usually voluntary (smooth muscle is typically involuntary). Skeletal muscles include the biceps, quadriceps, abdomens, and other muscles. The pelvic floor muscles, located at the base of the inner penis, are skeletal muscles. You can strengthen these muscles and improve your sex life by using the Kegel.

Shaft: The main body of the penis.

Sporadic exercising: Randomly exercising the penis; following no specific routine.

Spotting: A moderately common side effect in the beginning in which spots (often red) form on the penis; medically known as petechiae.

Tunica: A strong, tendon-like tissue that covers the corpus chambers within the penis.

Urinary incontinence: A condition that involves the involuntary excretion of urine, often in relation to another underlying medical condition. Urinary incontinence is more common in women than in men.

Urinate: To discharge urine; to go pee.

Urethra: The canal that semen and urine discharge from.

Vasodilator: A drug or nerve that opens the blood vessels and increases blood flow.

Warm up: A method of heating the penis prior to penile exercising. A warm up increases probability of growth, decreases side effects, and decreases chances of injury. Learn how to warm up here.

Wet jelq: To jelq with lubrication. See the jelq in our free penis enlargement guide.