

A.J. "Big Al" Alfaro

A.J. "Big Al" Alfaro is considered by many to be the authority on matters of male enhancement and strengthening. Since 1999, Big Al has helped more than a quarter of a million men achieve improved sexual health, fitness, and their penis enlargement goals. Alfaro is also an avid powerlifter with an extensive background in personal fitness/strength training, martial arts, nutrition and kinesiology.

Big Al has been featured on MSNBC, CNN, Salon.com, The "Jon Melichar Show," The Boston Phoenix, PE Magazine, AltPenis Research, Weekly Wire, and Men's Wellness News.

Clients have said, "Big Al is the DOCTOR of penis enlargement!" Regarding Big Al's advice, Raymond Roberts, M.D., said "I heartily recommend Big Al's program for penile enlargement."

Alfaro is also the author of "How To Get Incredibly Huge and Super Strong Naturally".

When he's not working, Alfaro enjoys spending time with his family, practicing Freestyle Martial Arts, bodybuilding, powerlifting, reading and fishing.

Looking for penile exercising coaching?

Let Big Al help. As the creator of the "For Men Only!" line of guides, e-books and online support systems, Alfaro has developed and deployed innovative new concepts and techniques that have revolutionized the world of natural penile enhancement. Learn more.