

## An Important Final Word

There you have it. Everything you need to acquire your desired penis size and hardness has been laid out for you. You didn't even have to use your Credit Card. If you found it helpful, and would like to help keep this site growing, donate (you can either donate through PayPal or Amazon--links to both are found in the bottom left corner) An important final word about moving up in time and intensity

Increasing the intensity is essential to gaining. However, the worst thing you can do is rush into building a penis bigger than your grandmother's Thanksgiving Turkey. Wanting a bigger penis is perfectly normal for a man, but obsessing over it is unhealthy and even dangerous.

Before you speed through the advanced exercises quicker than Britney Spears speeds through boyfriends, you should realize that less is more (yes, again!), especially in the beginning. So, slow down there, Mr. Schwarzenegger ...The penis is mans true best friend. Treat your best friend with the respect he deserves. Don't overwork him. Relax -- the gains will come in time. If you move up too quickly, you are liable to do more harm then good.

When exercising the penis, you'll want to steadily increase the time and intensity. This increase should be gradual. To do this, approach penile exercising as you would approach running long distances. If you've never ran more than a few miles, you wouldn't attempt running a marathon -- you would hurt yourself. In most cases, you would begin running just a few miles, and overtime train your body to run long distances. Exercising the penis follows the same concept: start out light and work your way up.

Moreover, start out with a set schedule, and move up accordingly. Adjust yourself to your needs. If you are gaining, there is no rush to add more time; if you are not gaining, then try increasing the time and intensity. With that being said, the beginner's Routine is a guideline; it does not have to be followed with exact precession.

&ldquo;He that can have patience can have what he will.&rdquo; -- Benjamin Franklin; inventor, scientist, politician, and more.

One last thing: once you reach your goal, contact us. Tell us what you gained and your new feelings about your gains. We want to hear your success story!

Up next: Beyond The Guide