

**Please read and understand these instructions before using the device.**

Warning this programme is not designed for beginners. It is important that the user is familiar with and able to withstand the vacuum pressure needed to be able to suspend weights. If you have previously used a Vacuum Developer then you can start this programme immediately. If you haven't (or are unsure) then we advise you to complete a Vacuum Development Programme first.

This product has been purposely designed to allow the user to attach weight to the penis. We advise caution in its use. If the instructions are followed properly it is perfectly safe. The manufacturer nor his agents can be held responsible for improper use.

It may be useful to keep a log of times, weights and vacuum pressures as you use this product.

Please practice with the device before attempting to hang weight off it. This product relies upon a gripping effect between your penis and the inner acrylic sleeve of the cylinder. Without this grip you will not be able to suspend weights from the cylinder.

The grip is achieved by creating a vacuum around the penis, which then expands to fill the available space, pushing it against the inner sleeve.

You should practice entering the cylinder in a flaccid state, pulling the cylinder into your body to create a seal and then pumping with the pump until the penis expands. You may need to lubricate your penis very slightly to help with entry but do not use too much or else the cylinder will slip off your penis.

Once you are satisfied you have achieved gripping pressure (i.e. you have expanded width ways and the cylinder is kept in place by grip on the shaft) then you may proceed to hanging weight off the device. You may need to pump during the process as the extra weight may allow air to be drawn into the cylinder during use.

If not you can remove the tube from the top of the cylinder by pressing the release button on the side of the coupling. The vacuum will remain in the cylinder until you release it by unscrewing the coupling and hook slightly. **DO NOT OVERTIGHTEN THE COUPLING, OR THE THREAD WILL BECOME DAMAGED.** If you leave the tube attached to the cylinder, the vacuum can be released by pressing the button on the side of the pump.

Add a modest amount of weight - 1/2 Kilo(500ml) to begin with. Suspend the bag from the hook, supporting it and releasing the weight slowly until it is fully suspended. Practice using this amount of weight until you can suspend it for long periods of time without it slipping off. The optimum exercise time is one hour but you should build up this time by approx. 5-10 minutes a week.

Once you are happy with this weight move onto 1 Kilo (1 litre). Ensure that you are comfortable with it before increasing weight further. Ideally you should build up to about 3-4 Kilos weight adding about 1/2 Kilo (500ml) per week, but this is not possible for everyone. It is better to find your optimum weight and be able to maintain a regular exercise routine than to try too much. Avoid hurting yourself and having to stop for a few days to recover.

If at any stage the shaft feels uncomfortably tight in the sleeve, the foreskin or the shaft behind the glands swells beyond the point you could comfortably extract yourself from the cylinder then please stop the exercise straight away. The same applies if you experience reddening, overheating or pins and needles in the penis. Always wait at least 24hrs or until symptoms subside before starting again.

You may need to shave some hair at the base of the penis if you are unable to create a seal against your body. Also apply lubricant around the base of the penis to help with the seal, but be careful not to over lubricate the shaft.

## MOST COMMONLY ASKED QUESTIONS.

**Q.** Nothing happens when I pump.

**A.** First, check the equipment is working properly. The easy way to do this is to hold the cylinder against the thigh or stomach, pump a few times and you should feel the vacuum pulling on the skin. If this does happen then the equipment is working okay and you need to improve the seal. If you are not getting a vacuum this way check that the valve where the tube is attached to the cylinder, is screwed down tight enough. **DO NOT OVERTIGHTEN THE VALVE, OR YOU WILL DAMAGE THE THREAD IN THE CYLINDER.** Also, check the trigger pump is working. The simplest way to do this is to take the tube off the cylinder and just have it attached to the pump. Put your thumb over the open end of the hose and pump a few times, again you should feel the skin being sucked into the tube slightly and the vacuum should register on the gauge. If you are confident the equipment is working okay, then it must be the quality of the seal against the skin.

**Q.** How can I make a good seal?

**A.** Use plenty of good quality lubricant. Apply it to yourself around the base of the penis, or directly onto the rim of the cylinder. Be careful not to lubricate the shaft as this will make it difficult to hang any weight without it slipping off. You can also improve the seal by shaving or trimming the pubic hair from around the base of the penis. If you still have difficulty then you can use an adjustable rubber seal to help initially, but we recommend you do not add weight whilst using a seal.

**Q.** My foreskin becomes tender and swollen after working with the device?

**A.** You are working with too strong a vacuum or for too extended a time, and this is causing the water found naturally in the body to be drawn into this delicate skin. Stop exercising until the swelling goes down (usually overnight) and then start again using less pressure and a shorter time. You must build up your exercise time very gradually.

**Q.** My penis is bruised and / or spots have appeared?

**A.** The same applies as above. Reduce both pressure and time and build up more slowly. You must have completed a basic development programme before commencing with this device.

**Q.** When I add weight to the hook, the cylinder is pulled off?

**A.** This is caused by the penis not having a sufficient grip on the cylinder. Make sure you have increased width ways to fill the inner cylinder part making it quite air tight. It should feel similar to a fist gripping the penis shaft, firmly but not tight. This overall grip means that when added, the weight is equally distributed and not just hanging painfully off one part of the penis. Do not add any weight until you have achieved this grip. or use less lubricant.

# Superstretch<sup>2</sup>

## Instructions For Use.