

A final word, I really enjoyed bringing you this Handy Guide to Penis Pumping. All my research and product testing has taught me a lot and has given me a greater appreciation of the pump culture. I hope you feel the same way. I trust that the advice I offer will help you avoid costly mistakes by purchasing the wrong pump for you.

Good Luck

Pumpers Paradise Team

<http://www.pumpersparadise.net/pumpersguidekits.html>

A Brief Guide To Penis Pumping



Compiled by the Pumpers Paradise Team

<http://www.pumpersparadise.net>

Don't forget to use the link on the back page of this guide to get a discount on your Penis Pump kit

The penis pump was invented in early 20th century Europe as a "treatment" for impotence, or as we currently know it: erectile dysfunction. The device was simple, an airtight cylinder that created a vacuum within the chamber. Insert a limp penis - pump, pump, pump and tada! - An impressive erection resulted. There was a problem, however. When the vacuum was eliminated and the cylinder removed the "fake-erection" drained away nearly as quickly as it arrived. It was only a matter of time until the inventor discovered that one needed to constrict the flow of blood back into the body once the penis was engorged. And so the earliest forms of the penis pump and modern cock ring (or constriction ring) were born at about the same time. This is an important part of the story. Because successful pumping, either to treat ED or to work on that illusive endowment enhancement, will depend on the use of both pump and ring. But we'll teach you more about that later.



Before we get too far ahead of ourselves, I think we'd better take a closer look at the mechanics of a penis pump. Every penis pump has basically the same three features: A cylinder (or vacuum chamber), a pump attached to the cylinder to create the vacuum, and a release valve to eliminate the vacuum. But that's where the similarities end. There seems to be an endless array of pumps on the market. Prices range from around £15 to over £600. What accounts for the disparity, you might wonder? Well, any number of factors.

The Mustang Penis Enlargement System
Very simple to use and can produce some astonishing results.

Start

Big results!!

Finish

While you are inside the tube you will want to remain erect, porn is a great way to do this. Also you will want to do kegals and you will want to milk the tube up and down slightly. Milking for me is the most efficient way for me to remain erect in the pump. Milking the tube is basically gripping the tube and trying to pull it away from the base of your penis, only shift the tube about a ½ to 1 inch up the shaft. As you will notice that milking the tube causes the pressure to increase and then go back to where you had a steady even pressure. So don't pull up to high or hard, two things could happen, your pressure will go up really high, or you will lose your airtight seal.

Between sets you will want to either do your choice of manual exercises, this will ensure that fresh blood is supplied to the penis every 10 to 15mins or so or edging. this is very important if you would like a pump to assist in the growth of your penis. You will notice that after a pump session that you will hang thicker and fuller throughout the day. You will after time notice that your flaccid hang is always feeling heavier, looking longer and feeling thicker.

So to sum it all up a productive workout should involve the following.

1. Safety
2. The correct size tube / tubes.
3. Being erect as possible for the duration of the workout.
4. Proper execution
5. A fresh supply of blood going to the penis every 10 to 15mins.

Cylinder



Let's start with the three things each pump has in common. First, the cylinder: These babies come in numerous sizes. Virtually all are made of transparent plastic; so you can see what's happening to your penis while you're working the pump. The more expensive ones are made of a strong polycarbonate material. The cheaper models are fashioned from a reasonably lesser grade of plastic. Consider for a moment what's going to happen inside the cylinder. You're going to insert your Penis, form an air tight seal at the base of your penis, and using the pump, you'll create a vacuum. Sounds simple enough? Well it is, except, if the cylinder is made of crappy plastic the vacuum will split or even shatter the plastic cylinder, rendering the pump useless. So lesson number one: When purchasing a pump, look for a thick plastic cylinder, one that will stand up to a vacuum. Visit www.pumpersparadise.net for your kit, cylinders, hand pumps.

Hand Pump Mechanism



Second, the hand pump mechanism: This is attached to the cylinder and it is responsible for drawing the air out of the chamber to create the vacuum. Again, sounds simple enough, right? Wrong! For as many different kinds of cylinders there are out there, there's an even more startling assortment of hand pumps. These range from the simple squeeze ball type of pump to the elaborate motorized pump mechanism. Scary, huh? As I mentioned above, the job of the pump is to create the vacuum in the chamber. A feeble pump won't be able to do the job, and your pumping days will end even before they begin.



Some of the more elaborate pumps come with gauges. I'm all in favor of having a gauge to monitor the pressure building up in the chamber. So lesson number two: When purchasing a penis pump look for a durable designed hand pump with a gauge.

Before we get to some of the bells and whistles offered by some penis pumps, there's one more basic thing I want to call your attention to. If you're looking to buy a pump that will last, take note of how the pump apparatus connects to the vacuum cylinder. The more secure the connection, the stronger and more long-lasting the vacuum. Some of the pumps have a simple hose-to-cylinder connection; the plastic hose, or squeeze bulb device, attaches to the cylinder by forcing one piece of plastic (the hose) over another (the plastic connector). When the pump is new, the connection is tight. However, regular use and cleaning will take their toll. If you use lube with your pump, it could also compromise the connection by getting sucked up into the hose. And when the connection fails, you'll not get the airtight seal you want... and need.

Release Valve

Third, the release valve: This is a small inconspicuous part of the pump, but it is a very vital part nonetheless. The release valve is most often located on the hand pump. Again, consider for a moment what's about to happen when you use a penis pump; you will create a vacuum around your penis. If you're a novice, or even if you're an old hand at pumping, your best friend will be the release valve. This will help prevent you from injuring yourself through your inexperience or by overuse. So lesson number three: When purchasing a penis pump look for a release valve that is easy to locate, easy to use, but sturdy enough to last. Remember, you will be using the release valve with each use of the pump. The best penis pumps to get have a sophisticated shut off valve coupling device that locks the male (hose) and female (cylinder) ends together making a secure seal. What's so great about this setup is it allows the pumper to disconnect the hose and pump mechanism from the cylinder; leaving the airtight seal in place on your penis. This feature will come in handy if you choose to one day add weights to your pumping device, or if you want to use other attachments.

QUICK START GUIDE TO PUMPING

The things you will need for pumping.

1. At least a decent pump, to be safe you will need a pump with a gauge this is a must.
2. You will need lube, lube creates an airtight seal, use the lube of your choice (I recommend a lube designed for pumping)
3. A big bath towel and a small hand towel. Use the big towel to put on your chair, and the small towel for lube clean up reasons during the sessions.
4. And of course an erect penis.

Now it is time to pump. Get your pump ready for use. Put some lube at the base of the penis (pubic area), this will enable an airtight seal in a cylinder that fits your size. Next get semi erect or fully erect, lube up your glans (helmet / penis head) and shaft with a thin layer of lube, but not your scrotom (ball sack). Insert your penis in to the tube, gently press the tube against your pubic bone, and be sure as much of your scrotoms skin is pulled away from the cylinder as possible. Then carefully pump your way to your desired pressure. You don't want your testicles to get sucked up into the cylinder.

New guys to pumping should take it slow at first, until the penis gets accustomed to the pressure the pump puts on the penis. For the first week pump every other day for 10mins at 3hg. This will condition the penis for future pumping sessions. The second week you can go ahead and beef it up some. Go every other day 2 sets at 10mins at 3 hg. By Week 3 you're basically ready to go to a full 3 set workout at 3hg every other day. Week 4 do the same as week three but raise the pressure to 5hg. After week 4 you should be conditioned to do pretty much what you want with it as long as you remain conscience of your penis's stress handling abilities.

- 1.75" Tube size 5.50" Girth
- 2.00" Tube size 6.25" Girth
- 2.25" Tube size 7.00" Girth
- 2.50" Tube size 7.75" Girth
- 2.75" Tube size 8.00" Girth

start off in the 2.00" tube for the first set, and pack the tube fully. Then any other set is done in the 2.25". For those of you who can afford this, I would recommend that you get 2 sizes. One tube you can pack fully after a couple of sets. And one that you need to grow into. Now this is not a must, though I feel that taking a 2 tube approach aids in post workout size. I recommend a 2.25" to grow into

Now that you know what size tube you need it is time to preach safety! Yes it is true that pumping can be dangerous if not done correctly. However it is also true that pumping can have dramatic positive effects on your erection strength and size. Two things that can ruin your sex life with pumping is too much pressure, and too long of time in the pump without the replenishment of fresh blood. Do not exceed 20mins in the pump with out a break. If you pump at too high of a pressure, or over do it on your timing you can or will get a massive amount of blood spots, blisters, a nasty looking donut, Avoid the donut as much as possible, leave that up to the extreme pumpers O.K. Low comfortable pressures, and limit continuous long durations in the pump. Remember this and you should never have a problem

The pump systems that come with the more sophisticated shut off valve coupling devices have many more attachments to sup-up your basic hand pump. You can get different sizes and shapes of cylinders. There are some that are designed for just the head of your penis, for your penis and balls, others for stretching your foreskin. There are cylinders for nipple enlargement, and even one for clit pumping. You see, pumping is not just for men anymore!

Next: Doing the Deed; The Art of The Pump

Pumping session checklist

we took a closer look at the mechanics of a penis pump. Every penis pump has basically the same three features: a cylinder (or vacuum chamber), a hand pump mechanism attached to the cylinder to create the vacuum and a release valve to eliminate the vacuum.

Now, what do you say we take one of these babies out for a ride? In doing so we'll pay attention to the proper and safe use of a pump. So why not drop your drawers and get comfy? We may be here for a while.

Here's what you'll need to have close at hand: your penis pump, some lube (I suggest water based lube, it makes clean up a whole lot easier.), your trusty cock ring (constriction ring), and some towels or wipes for keeping your hands free of lube while operating the hand pump mechanism.

if you didn't know what a cock ring is? Ok, here's a quick tutorial.

Cock ring

A cock ring is simply a device worn around the base of your penis to help you maintain an erection. All you rocket scientists know that your erection is caused by blood flow, right? Since blood flows into your penis through arteries deep inside your penis, and blood flows out of your penis through the veins nearer the surface of your penis, wearing a cock ring can help to keep more blood inside your penis shaft for a longer period of time.

What Cock ring should I get?

I recommend a flexible or adjustable cock ring. These are generally made of stretchable rubber. For the more daring among us, there are the rings of a metal variety. While some of these look way cool, they are a bitch to put on and take off. They can also be dangerous if worn for long periods of time.

Here's how you put on a constriction ring.

Simply lubricate the Loading Cone and slide your Erection Rings over the Cone and onto the base plate - see illustration. The Cone can now be put to one side and the Base Plate with Ring in place can be used in one of 2 ways.

1. With A Mustang Developer

The Base Plate will fit perfectly into the base of the standard (2'') cylinder, forming a perfect extension to your Mustang. Simply fit the Base Plate into the bottom of your cylinder once you have loaded the ring. Create your erection as per normal and slide the ring off onto the base of the penis.



2. Freestanding

Load the Ring using the Cone, which then can be put to one side. Position the Base Plate with the Ring in place, at the base of your erect penis and pull the Ring into place.

I suggest that you put on the cock ring after you've pumped to a full erection. But you'll only be able to do that if you use the Mustang constriction kit which comes with a collar that inserts into the cylinder available from our web store.



Beginners Starter Kits can range from about £65 to £225. Pumps in this category offer everything you'll need for safe pumping including a pressure gauge. Bear in mind, if you are unable to monitor the applied pressure injury can be caused. A guy can hurt himself and not even know it; pain or discomfort doesn't always accompany an injury. Professional grade pumps can range from £150 to well over £600. Price is not the only indicator of quality, but you can expect a professional grade pump to last. Those who are looking for quality, long-lasting devices should look for the more sophisticated coupling device that locks the male (hose) and female (cylinder) ends together to make a secure vacuum seal. This setup not only allows the pumper to achieve a good level of suction, but he can disconnect the hose and hand pump mechanism from the cylinder while leaving the airtight seal in place at the base of his penis. ALL MUSTANG CYLINDERS CONTAIN THIS DEVICE

One size DOES NOT fit all! And comfort is important! The pumping enthusiast will need to consider the diameter and insertable length of the cylinder. Cylinders come in an astonishing array of sizes and shapes. Be sure to get the right size for the job at hand.

What size tube will you need. Get one that is snug enough not to suck your balls into the tube, but allows you room for growth. The table below tells you exactly how thick you can get in each size tube. So for example if you are 6in in erect girth you would be fine to go with the 2.25" tube, because you will expand in the tube and most likely get beyond 6.25" of pumped up girth. But if you are 5.50" of girth stick with the 2.00" tube in your mustang starter kit, the 2.25" will be too big and you will have problems getting a seal and your balls will get sucked up into the tube. THIS CAN BE VERY PAINFULL!!!!

Pump Grades

stick around because I have some important information for you.

Finding the right pump for you can be a daunting task. There are so many to choose from and prices vary dramatically. To make the task a little easier, ask yourself why you're considering a pump purchase. Is this purchase just for fun, where a novelty grade model will do just fine? Or do I want to buy quality, and invest in something that will last? The answer to that question will help you determine what features you should look for in a pump. At this point I'm going to refer you back to an earlier part of this guide, The Mechanics of the Penis Pump. This will give you a frame of reference for sifting through the various models.

Here's a tip: Even if you purchase a pump on a lark and you don't care much if the blasted thing lasts beyond a couple of uses, you will still want to buy with an eye to safety. You certainly don't want to injure yourself in pursuit of a little sexy fun, right? With that in mind, there are few things to look out for. Some of the less expensive pumps have cheap plastic cylinders that can crack and splinter. Often the valves are poor quality and the hand pump mechanisms are flimsy. I'd stay away from them, if I were you. If it has a ball pump AVOID if it has a nipple top AVOID as the hand pump needs to be connected at all times

If you want long-lasting quality, look for a durable industrial strength cylinder. Look for airtight valves, quality durable tubing, and a high-grade plastic or metal hand pump mechanism. Regardless of why you buy a pump, always look for one with an easy to find and easy to operate quick release valve; this is the most important safety feature of a pump.



Novelty grade pumps are inexpensive, so don't expect them to last. However, you can still have a lot of fun with little expense about £5 to £20.

Since the general agreement is that a penis pump can be useful in helping get an erection, let's begin our first pumping exercise with this as our objective.

Preparation

Take a good look at your penis. If you've got a big bush of pubic hair down there or if there's a lot of hair growing on your shaft, you might want to consider doing some light trimming. Anything that will interfere with creating the airtight seal at the base of your penis is going to be a problem. If you do shave, wait a few hours after shaving before you get on with your pumping.



Grab your lube, but before you start smearing it all over the place, get a feel for how your pump is going to work. Make sure you know where the release valve is and how it works. To test your pump, press the cylinder against the palm of your hand or your inner thigh, create an airtight seal. Then squeeze the hand pump mechanism to create the vacuum. You should feel a pull on your skin as the vacuum forms. Once you get the hang of it, press the release valve to eliminate the vacuum.

Ok, let's try to relax. How about taking some nice deep breaths? The more relaxed and comfortable we are the better our pump session will be.

Start by lubing up your penis. Get an erection. Slather the lube around the base of your penis too. Be generous in the application. Wipe off your hands and grab the cylinder. Make sure your hand pump is securely attached to the cylinder. Now slip your penis inside the cylinder. If you've lost a bit of your erection, don't be too worried. Press the cylinder tightly against your pubic bone at the base of your penis. Grab the hand pump mechanism and give it a couple of squeezes. If you've got an airtight seal you will begin to feel a snugness and a pull. If you have a pressure gauge on your device, increase the pump till the gauge reads 3, or up to, but never more than 10. If you find that you need to keep pumping just to maintain the pressure, this means you've got a leak somewhere. Probably at the base of your penis, but it could also be the connection between the hand pump mechanism and the cylinder. Either way, you'll have to resolve this before you continue. Try tightening the shut off valve on top of cylinder

If everything is going smoothly, you'll be able to see your penis "grow" (in length and girth) inside the chamber. How fun is that? There ought to be just enough suction for you to feel the pull and enjoy the show. Stay with your body; go slow and be gentle. It will take some time before you discover your body's own unique response to pumping. Continue to monitor how the pumping session feels. If there's any discomfort or pain, STOP immediately! Press the release valve to terminate the vacuum.

Your first few sessions should never exceed two 10 minute back-to-back sets with a break in between those sets for some penis massage. Remember, this first pumping exercise has the simple goal of helping you get an erection. And you should have accomplished that by now. So let's not get carried away.

If you're in an altered state, because of drugs and/or alcohol you should not be pumping. If your body is desensitized you'll be more likely to make errors in judgment. For example, pumping for too long, or pumping up too quickly. Both will lead to broken capillaries and bruising. Also, keeping the rim of the cylinder in place for too long a time will cut into the delicate skin at the root of your penis. You can also cause damage to the ligaments surrounding your penis. So please, have your wits about you during your pump sessions.

Use that massage session in between your pumping sets to do some edging. Don't know what edging is? Here's the deal; edging is a way of masturbating where you stimulate your penis to the edge of an orgasm, then either slow or stop the stimulation in order to make things last. This method of delaying orgasm can be fun all by itself, or you can use it to build up a more powerful orgasm when you have one.

Ball Pumping

Perhaps, this is as good a time as any for us to briefly divert our attention to ball pumping. It will have an impact on the whole "male enhancement" thing; as we will see in a minute. Guys have been stretching their balls for just about as long as men have had balls and that's a mighty long time. A pair of big low hanging balls is the only thing that screams male virility and potency as much as a big penis. In fact, many societies throughout history considered a man's nuts as sacred. They were revered as objects of religious, social, cultural, and even magical power.

When a man would take an oath in ancient Rome, he would grab his balls in the same way we put our hand on a bible today. In fact, that's where we got the word "testify", from the Latin: testis. Men discovered early on that ball stretching was erotic, fun, and relatively easy. Just to clarify: when I say "ball stretching", I really mean sack (scrotum) stretching. One cannot increase the size of his actual balls (testicles). Soon men in many societies were stretching their balls to call attention to their manliness. Men were able to lengthen their balls with very little effort with the help of a stretching device, of which there are several varieties; weighted rings work real nicely.

Pumping buffs have known about ball pumping for decades. It didn't take a great deal of ingenuity to figure that out, right? The ingenious discovery was that if one used a larger cylinder, the kind that would accommodate both one's penis and balls at the same time, the pull at the base of one's penis would be greater than just pumping the penis alone. Clearly, this would intensify the stretching of the suspensory ligament, causing more of a lengthening effect.

Here's a tip: You can only swap out one size cylinder for another size if you have a more advanced penis pump. These pumps have a more sophisticated shut off valve coupling device that locks the male (hose) and female (cylinder) parts together; making a secure seal (the Mustang has this option). This setup also allows the pumper to disconnect the hose and hand pump mechanism from the cylinder, leaving the airtight seal in place on one's penis. This feature comes in handy if you choose to one day add weights to your pumping device, or if you want to use other attachments.

I am compelled to raise some very serious safety issues here. Every trustworthy pumping guide warns the user away from using a pressure greater than -10 in Hg (mercury inches). But some advocates of extreme pumping go on to say that adding weights to the cylinder will further stretch out the suspensory ligament. The problem is that one cannot add even a modest weight to the cylinder at -10 in Hg and expect the vacuum to hold. Therefore, without coming right out and saying so, these pumpers tacitly advocate pumping at greater pressures. I think this is really irresponsible and dangerous. So prospective pumpers BEWARE! Get the proper equipment for the job in hand the SuperStretch2 is designed for stretching under low vacuum