

Penis Health Information

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Ejaculation control for beginners enjoy longer-lasting sex every time

The PC muscle is the muscle that you squeeze to stop the urinating flow. The PC muscle is basically your ejaculatory control muscle and pumps when you ejaculate. Most men have a weak PC muscle that could be trained better.

This leads to weak erections, weak ejaculations and possibly impotence and premature ejaculation.

Also you probably have very little control over WHEN you ejaculate and this can lead to references such as "the minute man".

By exercising the PC muscle we hope to see more blood flow, stronger rock hard erections, improved stamina, healthy prostate, improved urinary flow and the ability to have multiple orgasms.

Also with a well trained PC muscle you can orgasm when you wish to - therefore lasting longer in bed and satisfying your women.

It is a good idea to perform this exercise at the beginning of the workout because it helps promote blood flow. After a warm-up would be the optimum time.

Sit down and obtain an erection by manual stimulation and sit with your back straight. Tense your PC muscle so your penis jumps up for 3-5 seconds and then let it rest again. This would be called one rep. When first starting off with this exercise you may notice that your erection disappears as you do the workout, this is normal and you should only re-stimulate when you go below 50% erect.

Performing 100-400 reps of these a day will give you an extremely strong PC muscle. You can exercise the PC muscle anywhere - even on the way to work while driving. As a beginner its good to start slowly with 50-100 reps a day and slowly build up to the 400 reps. Follow your workout plan and dedicate as much time as you think necessary to this exercise.

You can locate the PC muscle in between the scrotum and the anus. It is located on what is called the pelvic floor, and is part of a network of muscles that helps ejaculatory and urinary control. To find the PC muscle lick your thumb and go put it between your anus and your scrotum until your penis jumps, this is the PC muscle.

If this method does not work then while urinating try and stop yourself in midflow. The muscle that you tense is the PC muscle. To stop yourself from ejaculating while having sex all you need to do is slow down a little and tense the PC muscle, this will work with a fully trained PC muscle.

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The PC Flex Basic Summary:

1. As per usual, warm up thoroughly
2. Stroke yourself to an erection
3. Sit down with your back straight
4. Tense PC Muscle so penis jumps up
5. Hold for 3-5 Seconds
6. Relax for 5 seconds
7. This is classed as one repetition
8. Repeat for as many reps as needed
9. This exercise can be performed anywhere!

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Advanced ejaculation control for stronger climaxes at the right time

Sit down as usual and obtain a 90%-100% erection. With your right hand form the OK sign and grab the base of the penis applying moderate pressure.

Now tense your PC muscle and you should notice your penis jump. Tense the muscle for 5 seconds. As you do so, apply more pressure with the hand and then after 5 seconds relax the PC muscle. Keep your hand firmly at the base of the penis.

Do 10 reps then remove the hand and have a 20 second rest. Repeat as many times as desired or for the allocated time in the workout.

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If this method does not work then while urinating try and stop yourself in midflow. The muscle that you tense is the PC muscle. To stop yourself from ejaculating while having sex all you need to do is slow down a little and tense the PC muscle, this will work with a fully trained PC muscle.

The PC Squeeze and Hold Summary:

1. As per usual, warm up thoroughly
2. Stroke yourself to an erection
3. Sit down with your back straight
4. Tense PC Muscle so penis jumps up
5. Hold for 3-5 Seconds
6. While tensing hold base of penis
7. Apply pressure to the base of penis
8. Repeat for as many reps as needed
9. Massage penis to restore circulation

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