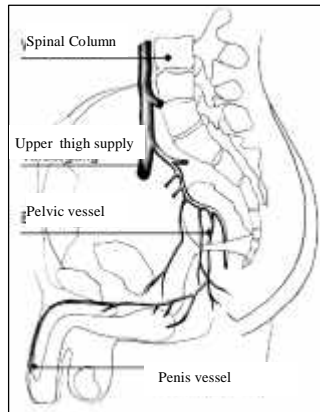


Exercises and Training Methods to Increase the Blood Flow (Circulation) and Oxygen Support in the Penis

During all strength and endurance training exercises you should avoid using machines that cause perineal pressure (onto the region between the testicle and the anus). This would cause a reduced blood supply to the penis.

Different types of sports like rowing, running, stair climbing (stepper) and bicycling are suitable for intervals training. When cycling only the use of a recumbent bicycle shows the effect wished for. When cycling on a normal city bike, on the ergo meter and especially on a racing bike with its very hard saddle, the oxygen support of the penis is even more decreased. This is because the point of the saddle squeezes off the blood support to the penis. So, therefore please avoid sitting on a hard saddle.

How can the blood flow and oxygen support in the penis be increased?



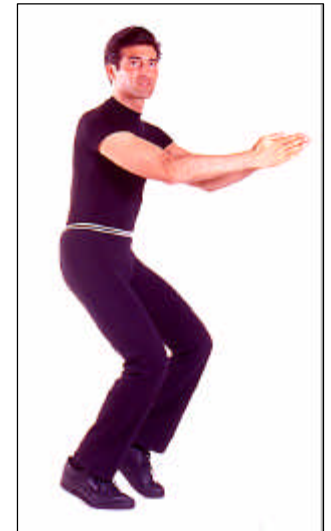
The explanation for this is: when looking at the vascular supply of the penis (figure 1), one sees that all penile vessels start from bigger blood vessels that eventually are responsible for the blood supply of the upper thigh muscles. When intensively training the upper thigh muscles, the distribution of the blood changes. After the end of the training and with it the strain, all vessels are opening up again and the outer genitals get "over-circulated". This effect is only caused when the strain is put purposely on the upper thigh. Rowing, however, puts a strain on the whole body and not exclusively onto the legs. Therefore the increase of the circulation during the rest interval is not quite as extreme as it is when doing sports for the legs only.

Figure I: Vessel Support of the Penis

The descriptions of the exercises and the pictures are from "VIGOROBIC- Increased Potency through Specific Fitness Training" Meyer&Meyer Verlag, ISBN 1-84126-078-9

"Pattering"

What is "pattering"? It is a fast running on the spot with a maximum use of the knee and the legs. You have to move your legs as fast as possible. Bend your knees a little as this will increase the strain on the upper thighs – and bend the straight back forward a little (picture 1)



Picture 1

Interval Training Program

After running slowly for about 10-15 minutes, and hopefully having warmed up well, you start with the first interval. Start "pattering" and try to reach 85-90% of your top performance. Try to keep this speed constantly for 30 seconds. Are you all worn out now? – Then you should run slowly again. Continue to run for 3,5 minutes using 50 – 60 % of your top capacity.

After that you start the hard training again and go to 85-90% of your maximum capacity for 30 seconds. This is quite strenuous. No try again to get the heart rate back down to 50-60% of your maximum training intensity for 3,5 minutes. You repeat the 30 seconds exertion with the 3,5 minutes breaks a total of three times again. After the last load interval you can leisurely finish running so your heart rate slowly goes down towards the resting value. The circulation of the penis after this strenuous interval training is at its maximum. So therefore please do not take a cold shower right away but first relax for a certain amount of time.

An Overview of the Program is Shown here:

Time in minutes	Training Phase	Load in Percent of the maximum pulse
10 – 15	Warm-up	50 – 60
0,5	strain	85 – 90
3,5	recovery	50 – 60
0,5	strain	85 – 90
3,5	recovery	50 – 60
	And so on. A total of five straining phases	
7 – 10	Cool down	50 – 60