



Tom Hubbard's

Penis Workshop Manual

Last updated 10 October 2002

Special thanks to ThunderSS, Bigger, lil12big1, Moth
and the rest of the thundersplace.com community

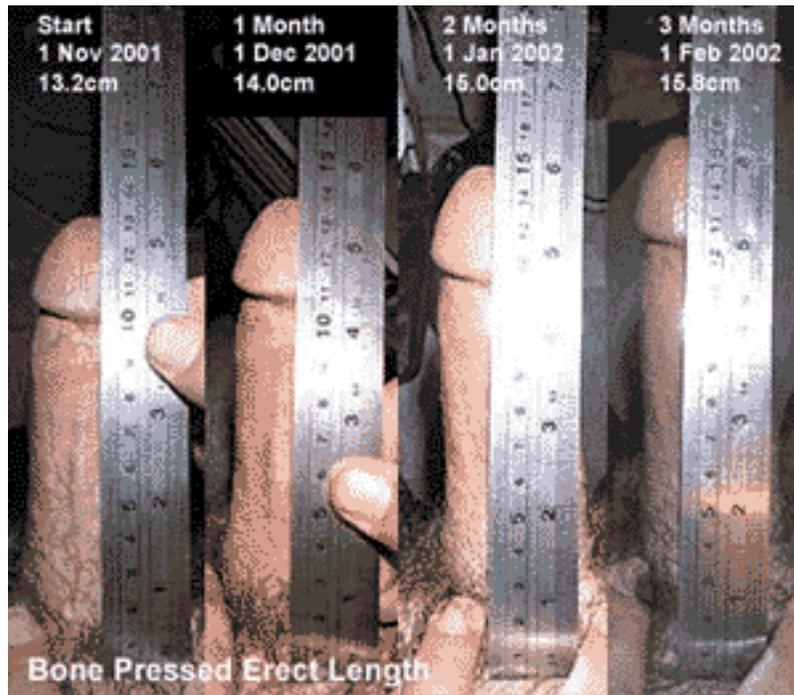
[So you're curious](#)

[Penis enlargement](#)

[Other enhancements](#)

[Thunder's Place Forums](#) (18 & older only) - PE forums and chat
[Free penis enlargement links](#)

Is penis enlargement for real?



Thanks to these progress photos by lil12big1, I don't have to spend a lot of words answering this question. Yes, penis enlargement is for real.

[How big are you?](#) (What's normal?)

[Are there risks?](#)

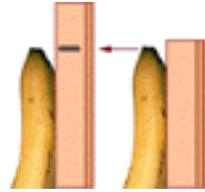
[So what's wrong with what you've got?](#)

How big are you?

To get the full psychological benefit of penis enlargement, measure! Do it **before** you start any routine.

Measure erect length (bone-pressed erect length, or BPEL)

Hold a piece of wood firmly against pubic bone. Mark penis length (arrow). Cut piece of wood to length of your next 1 cm / 1/4" goal. *Quicker:* grab your penis *behind the glans*, and pull straight out to simulate your erect length. It's not exactly the same, but useful for tracking progress.



Measure erect girth

Wrap a string around the midpoint of your erect penis and mark it where it overlaps. Measure the distance between the two marks.

Measure flaccid

Flaccid measurements vary from minute to minute! Compare with a toilet paper tube or other fixed-size item to watch your progress.



What's normal?

Average length (grown man, erect): 5.5 - 6 inches (14 - 15.2 cm). The majority measure between 5 and 7 inches (12.7 - 17.8 cm).

Normal length (grown man, flaccid): 3 - 4.5 inches (7.6 - 11.4 cm).

Normal width (grown man, flaccid): 1 - 1.5 inches (2.5 - 3.8 cm).

Make the best of what you've got...

- *Trimming pubic hair* can make your penis look longer.
- *Exercise!* Reducing body fat makes your penis look longer.
- *Don't pee* before showering in the locker room. Your penis will be larger.
- *A quick tug and squeeze* can add "instant size" before undressing in public. It can also give you an erection. (Your decision!)

Are there risks?

Hey, getting out of bed in the morning is a risk. Having an orgasm is a risk (you could always have a heart attack, right?).

The biggest risk in penis enlargement is **overdoing it**.

Oh yeah baby oh yeah

Because stretching and squeezing your penis feels good, penis enlargement can stimulate you sexually. Men have a long history of being stupid when the blood that should be in their brain goes into their dick instead. When doing penis enlargement routines, ask yourself, "Does this feel good?" If the answer is yes, you're on the right track. Then ask yourself, "Does this feel REALLY REALLY good?" If the answer is yes again, you may be getting distracted by sexual urges, which can lead to trouble. **Some soreness is acceptable in PE, but pain is not.**

I want a big dick NOW!

Sorry, fella, you ain't gonna get it. You will get in trouble if you apply too much force, especially in the beginning. **Be patient.** Some people get results quickly, some don't. I can't tell you what results to expect, but I can tell you that **NO** gains come to those who don't try! **Keep a record** of time spent each day, and what you did. It doesn't need to be fancy.



So what's wrong with what you've got?

Know yourself. Confront your own fears, shame and anxieties. Write everything down as you sort through your memories and feelings::

- When did you *first* think your penis was small? *Why?*
- Who was with you? Did that person do or say something?
- Were you embarrassed?
- *What if* you could go back to that situation, with a bigger penis?
- Does anyone else care how big your penis is? *Why?*
- Have you ever felt your penis was *perfect*? What was the situation?
- Can you imagine your penis being perfect a few months from now?
- What (or whose) do you want your penis to look like, ideally?



Build self-esteem. For some people, positive self-esteem comes naturally. Most of us need to work on it. Say to yourself: "I LIKE myself." Smile when you say it. Say it again! And again! Tell yourself hundreds of times each day, with feeling: I LIKE my self... I LIKE my self... I LIKE my self..."

Talk to others. That's what forums are for!

Penis enlargement techniques

[Techniques using just your hands](#)

[Jelq sticks](#) - the PowerJelq concept for pennies

[AFB penis weight hanger](#)

[PVC seathanger](#)

[Other ideas](#) - been there, done that

Techniques using just your hands

You can find many FREE descriptions of **milking** or **jelq**, as well as other manual exercises, on the web, I am not going to try to include them all here, or say that one is better than another.

I would like to suggest that pulling on your penis doesn't need to be as precise and complicated as sometimes described. And you certainly don't have to pay for someone's "program!"

"I am 33, and I know of penis enlarging methods since I was a teenager. It used to be a "secret" A boy would say "I think my penis is small..." and the good friend's advice would be "Then why don't you pull it out?". We had no idea where this method came from and we had no idea what an average penis would be. No one ever tried to make money from nobody. We just transferred this knowledge as we had learned it from other older boys.... One would stretch his penis in a semi-erect condition by pulling it outwards, stretching it "till it hurts".... This had results and I hadn't heard of anyone disappointed.... We did that stretching in no particular order and no particular program. The more the reps, the more the results..."

(from the Forum, a long time ago)

Jelq Sticks

These are simply pieces of PVC pipe (electrical conduit).

Powerjelq - start with your penis at or near its maximum flaccid size. Place the sticks at mid-shaft and gently pull toward the head, making each pull last about three seconds. Pull out and down. Continue for 15 minutes, one or two sessions per day.

Do this in bright light, direct sunlight if possible, and watch closely for any bruises or other discoloration that develops. It WILL take some trial and error to learn how much force is too much. At first, avoid doing this with a full erection.

Lockups: grasp penis horizontally, positioning so that you can achieve maximum comfortable pull. Standing, pull upward, resting hands against abdomen. Pull and hold maximum upward intensity. Now gently lean back, then forward, then side to side. Do Kegels.

Advanced users ONLY!

Marksman technique - "sit on floor against the wall. Raise your legs so your penis hangs down between them. Reach round your legs and grip penis with sticks and streeetch. This is quite intense and gives an effect almost as good as hanging." Hold tension on for up to 15 minutes, then take a break and repeat if you want.

One handed gear shift - Wrap a rubber band several times around one end of the sticks. Sit against wall with legs apart on a carpeted floor. Grasp penis vertically with sticks, with rubber band on the bottom. Place rubber band end on floor, and use one hand to push outward. Hold tension on for up to 15 minutes, then take a break and repeat if you want.

Roll-ups - you can grasp your penis horizontally with the sticks, roll it forward (or back) and pull that way. Why would you want to do this? Boredom, I guess....

Directional variations - grasp and pull to the sides, straight up, out, down.



Basic version: PVC pipe (1/2" - 12.7 mm) -10" (25.4 cm) long



Deluxe: 1/2" with 1/2" dowel to allow roll

AFB penis weight hanger

Is it possible to design an effective weight hanging device that you can make yourself in minutes for very low cost - anywhere in the world, with locally available materials? **Yes!** The AFB (*Absolutely Brilliant*) hanger is quick, light, cheap, inconspicuous, and comfortable. And there's no metal to attract airport security goons.

[Making your own AFB penis weight hanger](#)

[Using your AFB penis weight hanger](#)

The basic idea and design evolution



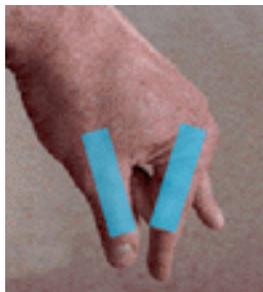
Lock your thumb and forefinger gently around your penis just behind the head. Gently pull outward (adjust your grip if necessary.)

You'll probably find that you can pull pretty damn hard without any pain. This in itself is a great penis enlargement exercise.

But isn't your arm getting a little tired?



Now look at the position of your hand.



Notice that your thumb and forefinger form a 'V'. The fingers are similar to sticks, with very little padding.



However, between thumb and forefinger, there is only padding - much less pressure on the top (dorsal) portion of the penis where the nerves run.



So the basic concept emerges: two sticks in a V-shape. Unfortunately, the sticks aren't very comfortable (you can add padding to make them more finger-like).



For comfort, wrap a strip of soft cloth around your stretched penis a few times. Optional: to help the hanger stay in place, add a strip of latex, such as from a cheap swim cap.



So perhaps you get the idea. Here are two toothbrushes and two pieces of string made into a ten-pound weight hanger in less than five minutes. Although an awkward example, you can see that penis enlargement by weight hanging does not require special materials - or a credit card!



Here's a simple hanger from PVC electrical conduit (pipe) that took about 30 minutes to make, using about a dollar's worth (US) of materials.

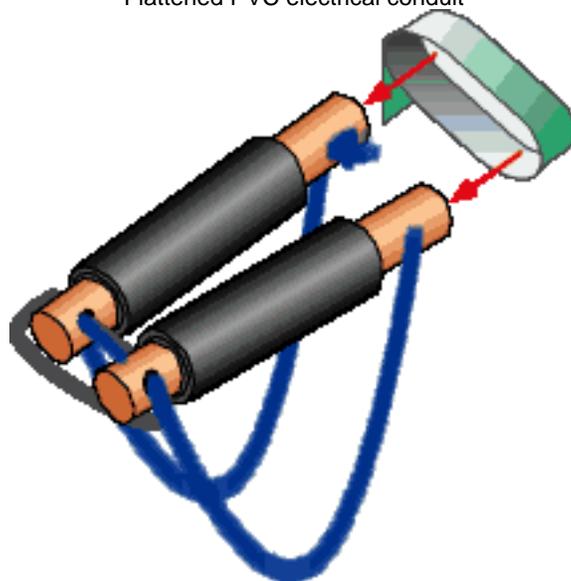
That's 30 pounds (13.6 kilograms) hanging from it - not a recommended load, but again, you can see that penis enlargement by weight hanging does not require special materials - or a credit card!

Making your own AFB penis weight hanger

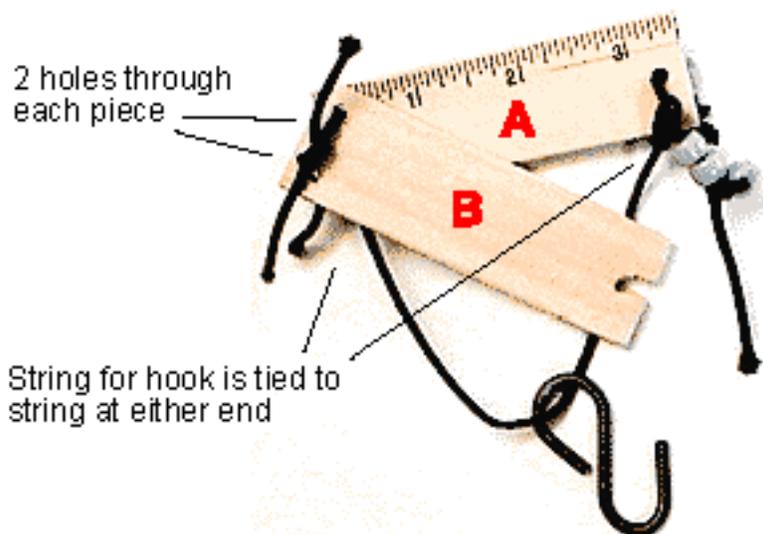
The AFB is a versatile design which uses two pieces of stiff material, hinged on the frenum side of the penis and secured on the dorsal (top) side by an adjustable mechanism to hold the pieces firmly enough that tension can be applied. Closure options include a machine bolt and wing nut, velcro strip, and a string with beads.



Flattened PVC electrical conduit



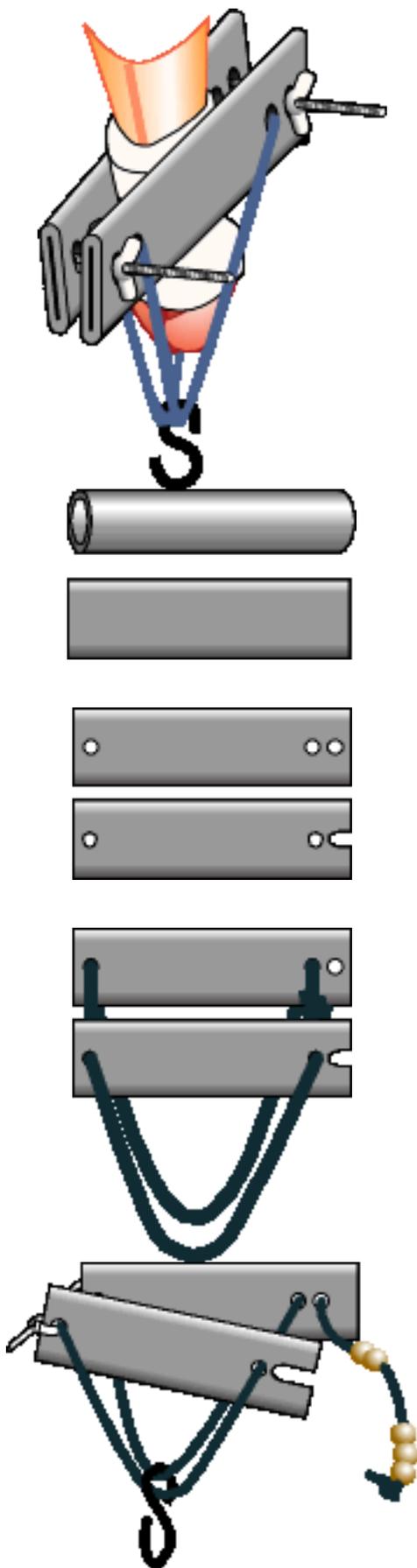
1/2" (12.7 mm) wooden dowel wrapped with rubber from bicycle inner tube



2 holes through each piece

String for hook is tied to string at either end

A wooden rule, string and beads



Materials:

- PVC (plastic) electrical conduit - 7/8" O.D., 5/8" I.D.; sold in 8-foot lengths
- 2 feet of cord (boot lace or similar)
- 1 - S-hook
- 2 - 4" machine screws with wing nuts

Tools

- hand saw
- drill
- boiling water

Assembly

1 Cut 2 pieces of PVC ~5" (12.5 cm) long. Immerse in boiling water for about five minutes. Remove from water and immediately flatten by placing a board on top and applying weight (you can always reheat them and do again if necessary.)

2 Drill holes as shown. Use drill or Dremel tool to turn one hole into a notch.

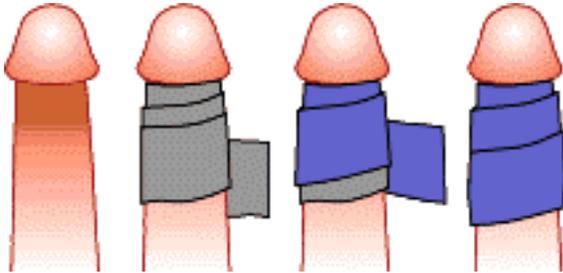
3 Tie loop of string through holes.

4 Add the closure device - bead with strings works fine, but you might prefer a bolt with wing nut - and you're ready to go!

Using your AFB penis weight hanger

Video:

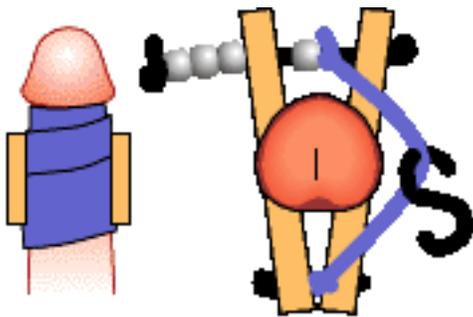
- [Using the AFB](#) (~1 mb)
- [Removing the AFB](#) (293 k)
- [Hanging 30 pounds](#) (428 k)



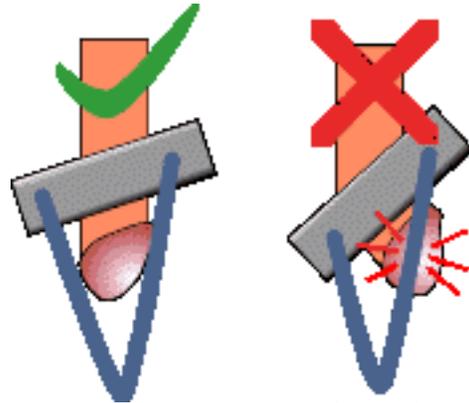
Wrap

A - cloth for comfort (*piece of an old T-shirt?*)

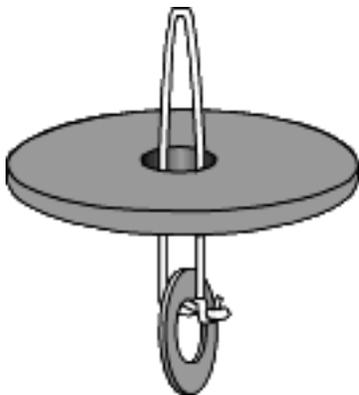
B - rubber to prevent slippage (*latex swim cap / glove / balloon or piece of bicycle inner tube?*)



Attach device



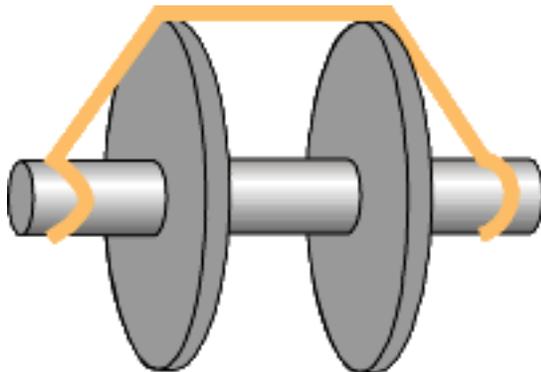
Test by pulling down. Adjust for comfort.



Add weight

Begin with 1 kg (2 - 2.5 pounds)

Adjust device if necessary



Hang: 10 minutes

Rest: 10 minutes (remove device)

Ideal routine:

Morning: 2 hours (1 hour "hang time")

Evening: 2 hours (1 hour "hang time")

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

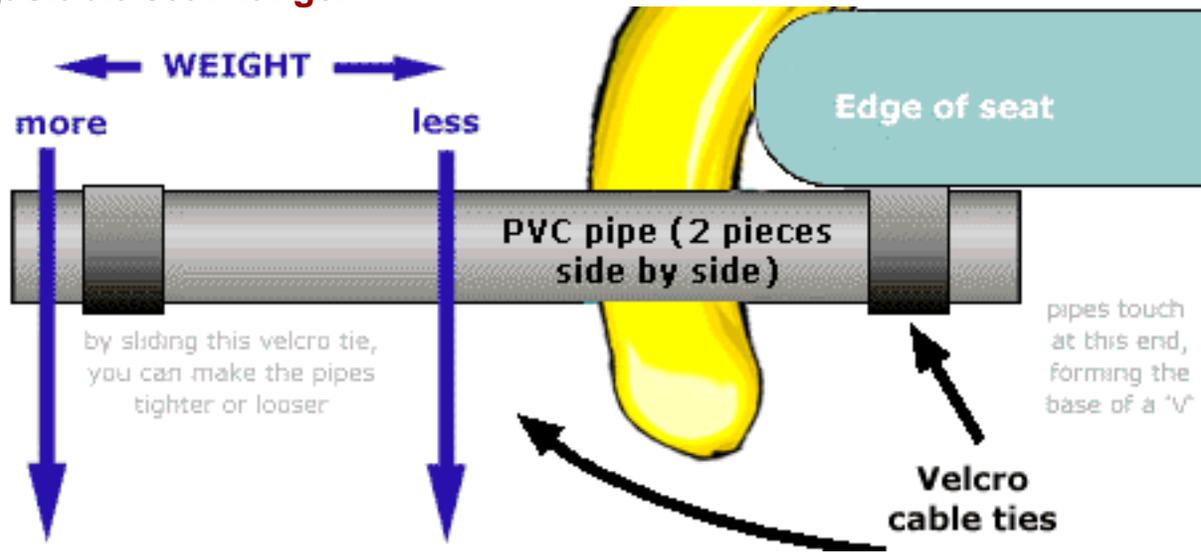
STOP!

Increase weight gradually. Add .5 kg (~1 pound) every 5-10 days until you reach your comfortable maximum.

Stop immediately if you experience

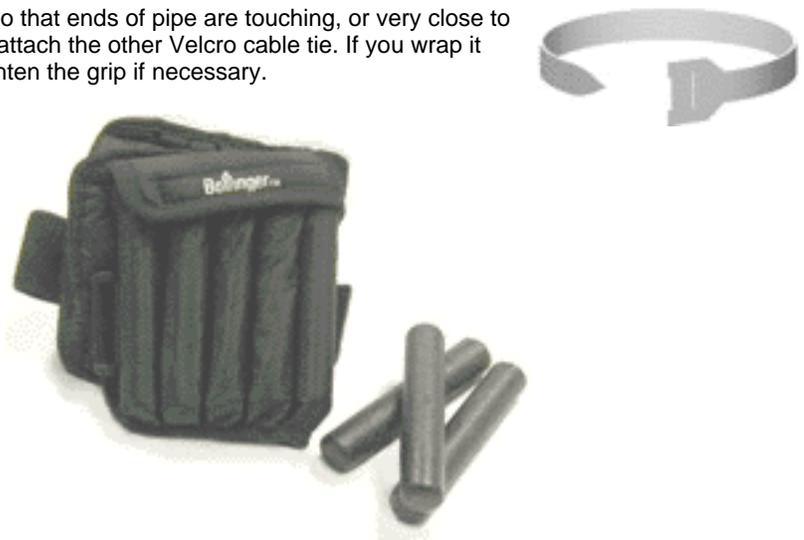
- numbness
- pain
- excessive cold
- excessive discoloration

Adjustable seat hanger



Wrap your penis shaft, then place one Velcro tie so that ends of pipe are touching, or very close to it. Place wrapped portion of penis into the 'V' and attach the other Velcro cable tie. If you wrap it close to your penis, you can slide it outward to tighten the grip if necessary.

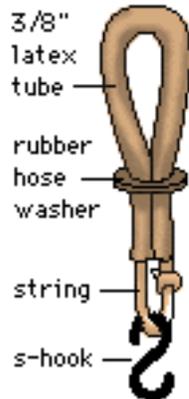
A very effective weight is a five-pound ankle weight that has removable 8-ounce weights. Drape it or wrap it around the pipes. By shifting the weight away from your body, you increase the leverage and the amount of pull.



Other penis enlargement ideas



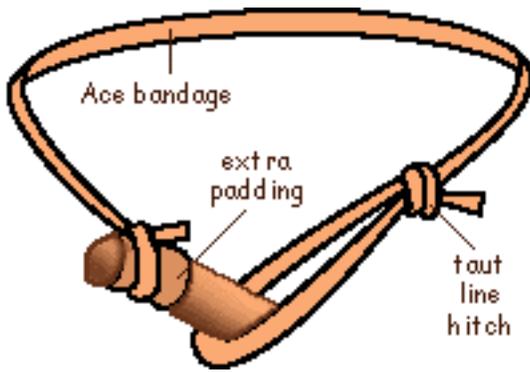
Swim cap attachment: this is something I invented a few years ago. You take a piece of latex (i.e., from a swim cap) and wrap it around your penis, and then attach a weight to it. You can also roll it onto the end of a broomstick, roll it off so it looks like a condom, and roll it onto your penis. (See [Old stuff](#) link if you want details.) It's awkward, and limited, but better than...



..the Loop: this was my first clever homemade knockoff. It's surprising - considering how limited this design is - how many commercial devices use this principle. It twists the penis head upward with a vengeance, puts a lot of pressure on the dorsal area, where veins and nerves run. Basically, it's pretty dangerous, but it served him well :-)

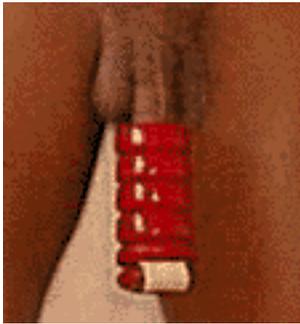
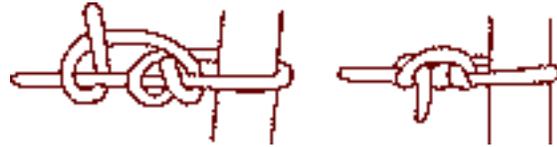


Homemade 'Bib' hanger: Somebody told me years ago about using a rubber pipe clamp. He substituted foam pipe insulation and put it on my web site. Someone else improved on the design. Pretty cool the way these things develop. Foam pipe insulation is comfortable and warm. Though a bit awkward to attach and remove, this is comfortable and cheap, and allows considerable weight to be used. It's not clear clamp is in this photo. If you use a hose clamp, fit your electric screwdriver with a non-slip screwdriver blade (flat part in a cylinder of metal to prevent it coming off the screw and potentially gouging you).



Waist stretchers: if you're impressed by the [Penis Plus](#), here's an easy way to try it for a fraction of the cost. All you need is an Ace bandage and a little extra padding.

The taut line hitch is a great a knot that will serve you in many other ways (tying down loads on cars, for example). Here's a diagram (thank you, Boy Scouts!):



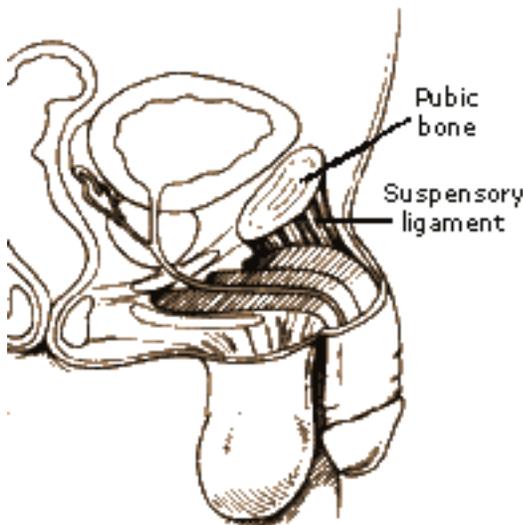
Light penis weights: if you're impressed by the [Circle Device](#), it's not to hard to muster up some light weight and wrap it onto to little Johnny for a test drive. You can find 1-pound "Prospirit" wrist weights in a Target store that work well. Put one around dick; use an elastic band to clamp the excess closed. Inconspicuous, comfortable, and it stays on well. You can also use two at the same time, though that's quite bulky for public use. Peabody told me about golf club weights, but I've never seen them in a store. In the picture, he's secured them with the swim cap.



Vacuum penis pumping: do this for fun, but don't get your hopes up for permanent results anytime in this century (or the next), despite the donkey dicks in the ads.

Pumping can feel great, and makes your dick real big for an hour or two afterward before all the gains go away.

But it gives little if any permanent result, plus you have the **risk** of blisters, discoloration, bruising; **risk** of burst capillaries; **risk** of temporary impotence.



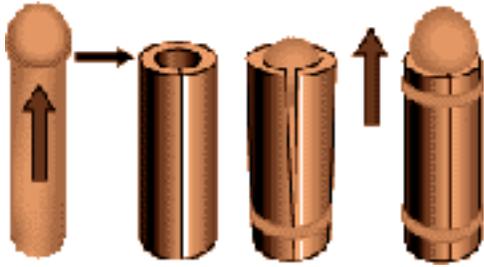
Penis enlargement surgery: expensive and dangerous. No, it is NOT possible to make the penis longer through surgery (unless they come up with a penis transplant). It's basically an illusion. Though surgery techniques may be improving, why bother when you can get a bigger penis for, at most, a few dollars?

The procedure to "lengthen" the penis is by cutting the suspensory ligament. This gives the appearance of a longer penis but does not actually increase its length. It also makes the penis more unstable during intercourse and in do course more susceptible to injury. This surgery leaves a permanent scar. And a lower angle of erection (provided the surgeon doesn't screw up, and you never have an erection again). And - surprise! - without weights* after surgery, a person's penis may become shorter than before, as the body repairs the butcher's damage.

The other method of enlargement is by injecting or grafting fat from elsewhere on the body around the penis to create a fatter penis. This gives the appearance of a fat, wide penis but not longer. These procedures are not recommended and have very high complication rates.

*Question: if weights alone produce genuine lengthening, why would a greedy, selfish plastic surgeon ever recommend surgery? Especially if he's going to tell you to use weights afterward? And

especially since the weights do the job on their own?



Foam insulation 'Shafter': this is another of my inventions that Tom abandoned fairly quickly. It was based on some story from Papua New Guinea. It uses foam pipe insulation. He got the biggest scare of his PE career when he attached a couple of pounds to this and forgot about it for a while - it really looked like it had done permanent damage.

Other enhancements

In the course of research and development, I've run across some other useful tidbits.

[Kegel exercises](#) - ESSENTIAL! If this link no longer works, not to worry - you can find many descriptions of Kegel (PC) exercises on the web.

[Balls](#) - there's something about balls...

[Ball zinger](#) - for impotence, boosting testosterone and sperm production

Balls

Three's nothing quite like 'em...

Have you got balls? I mean, really got balls? Balls that swing?

Stretching the skin of your scrotum is simple. For five minutes or so a day (perhaps before you get out of bed in the morning), simply pull your balls down, or to the side. Every time you go to the bathroom, give a half dozen gentle but firm tugs. Within a week, you'll start noticing a difference.

If you're a high rider, there's something awesome about feeling your balls on your legs. It's almost like going through puberty again. You'll keep reaching down and thinking wow! Is that really me?

If you don't wear boxers (and do like underwear), try 'bikini free balling' (see picture) when you don't need support. Best of both worlds ;-)



Ball Zinger

Blakoe Ring / Libido Ring

I am extremely grateful to David (Manser / Hilliard) from England who developed a knockoff of the bulky Blakoe Ring, or Libido Ring, which uses a plastic case to hold small pieces of copper and zinc against skin in the genital region, where moisture creates a very small, continuous current. I've simplified his design.

I've been wearing my "ballzinger" for about 3 weeks now, and I definitely notice an improvement....regular morning wood again (it's been a few years) and erections are easier to obtain. I actually got my semen analyzed (for other reasons) and the sperm count was twice the previous test a couple months before. The doctor said it was "impressive". The quantity of semen still seems to depend mostly on water intake during the day. I no longer drink coffee, and I try to take in about 1 gallon of water a day. It makes quite a difference! (from the Forum)

MATERIALS

- 3/8" zinc Corrosion-Inhibitor Rod. Source: <http://www.mcmaster.com/> (very pure: lead .06, iron .005, cadmium .025-.07, aluminum .005). 3" long, item#3606K6 - \$5.29 • 6" long, item#3606K1 - \$6.54. Shipping very reasonable.
- 3/8" O.D. refrigerator (food) grade copper tubing. Source: Home Depot, <\$10
- 1/4" I.D. latex hose. Source: Lowe's - \$1.40 / foot.

TOOLS

Hacksaw, tube cutter (optional), file, scissors, ruler

ASSEMBLY

- Prepare pieces: use hacksaw to cut metal to length (a tube cutter works better on copper tubing). Smooth sharp edges with a file. Use scissors to cut two pieces of latex about 2.5" (~65 mm) long. If too tight, cut one piece longer.
- Assemble: Push hose ends over rod and tube about 1/4" (6 mm)
- Test for fit: grasp metal pieces and pull outward to stretch tubing. Slip balls through and gently release. It should feel comfortably snug (mine works better since [stretching my scrotum](#)). Metal can be on the sides or top and bottom.
- To remove, simply roll the tubing off one end of a metal piece. You can do this quickly with one hand.
- Trimming hair around the sides and bottom of scrotum makes the procedure more pleasant. You can also use a depilatory, such as *Magic Shaving Powder*.

