

Exercises for Maintaining a Steady Erection

Where is the „Potency Muscle“?

First of all get to know the anatomy of your body. Find out where the muscles are that you want to train. Develop a feeling for the muscles and learn to differentiate between the different groups of muscles.

It is especially important, to feel the pelvic diaphragm and the IC muscles (= potency muscles)(Figure I).



Figure 1

The IC muscles are flexed by the following exercise:

Please take up a standing position. The legs are about shoulder width apart, the points of the feet are slightly turned outwards. Keep your upper body upright. The shoulders are slightly pulled back (picture 1).

Imagine you are holding a coin between the muscles of your buttocks. It would fall down if you would not activate your muscles. Try to put such a



Picture 1

strong pressure on the coin as if you would try to “press the incuse together”. Now also imagine that a small cloth covers your penis. Try to move the cloth in the direction of your belly using the penis. Try harder! Do not forget your breathing and feel the flexed muscles between the testicle and the anus with your fingers (Figure II)

These are the muscles you should train! Intensify this feeling of muscle tension. Now relax and just drop the thought about the cloth and the coin – Certainly these exercises to “feel the body” can also be performed using real things.

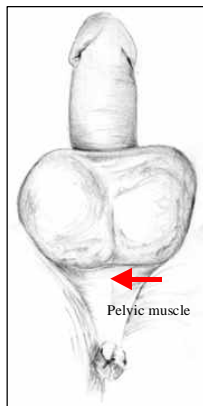


Figure 2

Here a further exercise to get to know the pelvic diaphragm and the IC muscles: Sit down on a chair, the legs are slightly apart. The upper body is held in a straight position (picture 2).

Your upper thighs should make a right angle. Now imagine you would be sitting on a pillow filled with rice (or you can use a 15 x 15 cm big pillow filled with 180 g of rice to do the exercises realistically). Breathe calmly and when inhaling imagine how you “suck” the rice grains upwards with the bottom of the pelvis. Feel how the pelvic



diaphragm tightens! At the same time there is a slight pressure on the urethra. You have to memorise this feeling because this is the tension that should be reached during all of the following exercises.

Have fun when getting acquainted with the potency muscles!

Before you start the training:

When performing the following exercises, it is very important that you listen to your body. Do not force yourself, simply use strength!

→ Try to relax before each training session to mentally prepare yourself for the work-out that is coming up.

→ The movements at first should be light and slow. For the advanced training it is also important to keep a certain basic tension during all of the muscle training.

→ After finishing your training, take at least a couple minutes of time to consciously relax.

A Couple of Hints Beforehand Concerning Movement Execution:

Make all movements slowly and controlled, without swinging and jerking. Swinging movements put a high strain on the ligaments, joints and bony structures.

Radius of Movement:

The exercises should be performed using the whole movement radius possible for the muscles and joints. Through principle you should know that strength increase and improved endurance of the muscle is only valid for the radius and angle trained during the performance of the exercise.

Training Form:

When training you should always start with the easiest version of the exercise. If you master the exact performance of the basic exercise, you can build on that and move on to a more difficult version.

Choosing your Exercise

Not only exercises that directly effect potency are described below. A one-sided training would lead to an imbalance between the muscles that tend to waken and those that rather tend to shorten. Such a muscular imbalance would increase the risk to get hurt during training. You do not want to harm your body but instead keep or even increase your potency.

To prevent a muscular imbalance, according strengthening exercises should be added to the program.

Exercises

1. Squatting with Pelvic Swing

Purpose: Training the pelvic diaphragm and IC muscles, buttocks and upper leg muscles.



Picture 3

Starting Position:

Stand up straight, the legs are shoulder-width apart. Slightly bend your knees.

Movement Execution:

Increase the knee-bend a little now so the upper legs stay above the horizontal (picture 3). Keep the back straight during this motion.

Tighten the muscles of your

buttocks to bring the pelvis forward in this position and then straighten it out. Hold this position and tighten the muscles and the IC muscles even more (picture 4). Loosen up and move the pelvis back. Now slowly return to the starting position by straightening out your legs. But not all the way! A certain amount of tension should be kept at all times. Repeat this exercise.



Picture 4

2. Pelvic Lift

Purpose: This is a very intensive movement of the pelvic diaphragm and IC muscles, muscles of the buttocks and the back extensors.

Starting Position: Lie on your back, the legs are angled, the feet are hip-width spread, the soles of the feet are flat on the ground, the hands are on the ground next to the hips (Picture 5).



Picture 5

Movement Execution: Tighten the muscles of your buttocks and the back extensors to lift the pelvis off the ground. Hold this position at the highest point when the upper legs make on line with the stomach (picture 6). Tighten the muscles of the buttocks as well as the IC muscles even more. Slowly return to your starting position, keeping the buttocks always at one to two finger's widths off the ground. Touch the ground with your buttocks, always keeping the tension in the muscles. Repeat this movement. Feet and shoulders are not moving during the entire exercise.



Picture 6

Caution: If you suffer from back problems consult a physician before doing this exercise.

3. Leg Lift While Lying on the Side

Purpose: This excellent exercise strengthens the inner upper thighs and the IC muscles.

Starting Position: Lie down on the ground sideways and put your head on the lower bent arm. Stretch out the lower leg and pull the foot upward towards the body. Now the upper leg will be bent by 90° and put forward over the lower leg (picture 7). You see the upper hand to prop yourself up front. This way the body is in a stable position.



Picture 7

Movement Execution: Lift the upper stretched leg up from the ground as far as possible by flexing the muscles of the inner upper thigh (picture 8) without moving the upper body. In the final position, you increase the tension for a short time and then slowly move the leg back to the starting position. Do not prop your foot on the ground for support or the tension will be lost.



Picture 8

Caution: The foot and the pelvis have to be held vertical to the ground and moved that way as well. Do not support your head with your hand, this could lead to a bending of the spine. It is better to support your upper body with the upper arm up front to stabilise the body posture during the movement.

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