

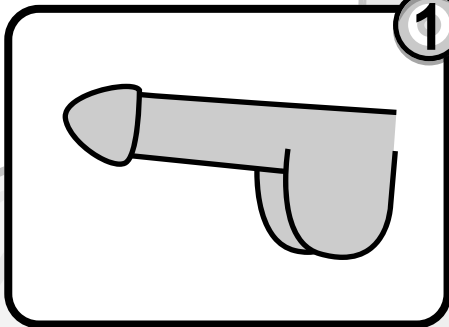


**StudTrainer.com**  
advanced virility enhancement system  
VIP TECH, INC.

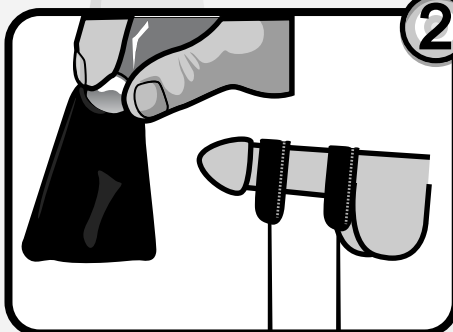


ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM

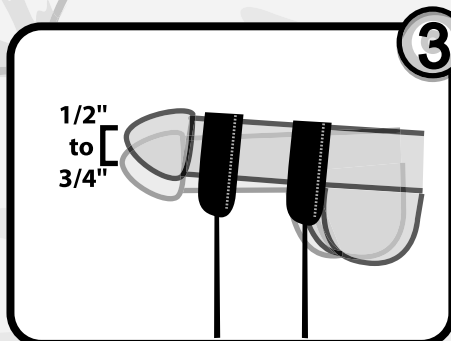
# EXERCISE PROGRAM



Begin session with a complete 100% erection. Strengthening of the penis occurs when the straps and weights are being held by an erection. Try to maintain an erection with the Official StudTrainer in place for as long as possible throughout the entire session. Even a small amount of weight will cause a marked effect. If the straps holding the weights should slip off, carefully put them back on after your erection has been renewed.

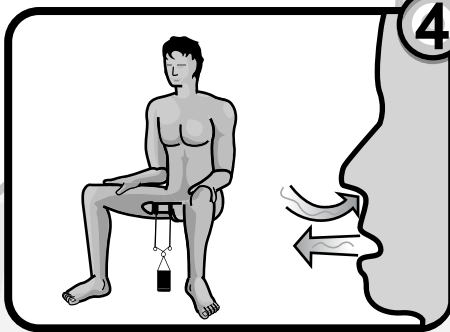


Start out light with 1 - 2 balls (2½ - 5oz) to warm up, then add weights as needed during your session. Carefully place straps on penis (place pads curved seam stitched edge inward towards pelvis making sure the cords of the straps are not twisted and swing freely), one strap at base of shaft and the other strap approximately ½ inch behind glans/head.



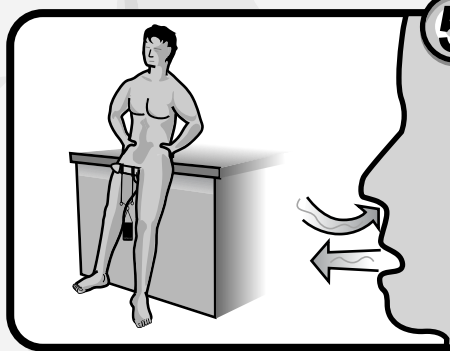
Begin penis pull-ups. Your penis will lift only about ½ - ¾ inch upward with each rep. Keep your penis as rigid as possible during each penis pull-up session of three (3) sets comprising of six (6) reps each. After each set of six (6) reps, finish last rep with a 15 - 30 second penis pull-up hold (use second-hand timer for each hold). Rest, then re-establish your erection and repeat the above (at least three (3) sets per session) until you are unable to keep your erection. For best results, perform one complete session of three (3) sets, three to four times a week with each session lasting at least 10 -15 minutes total.

# EXERCISE PROGRAM



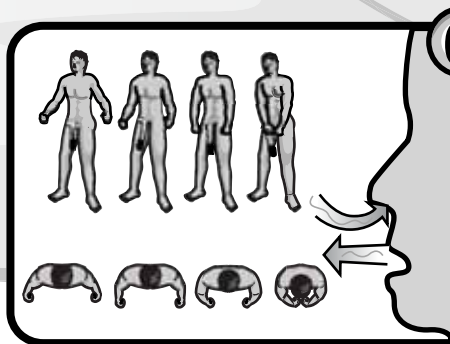
4

**Sitting Position:** Sit on edge of a seat, legs spread 2 - 2½ feet apart, hands on thighs, pelvis and penis area outward/forward. Breathe deeply and slowly through your nose, exhaling through your mouth during the entire penis pull-up session.



5

**Standing, Lean-Back Position:** Lean back and brace yourself against something. Position feet 2 - 2½ feet apart, hands on hips, tighten abdominal muscles, slightly bend knees, arch shoulders back, thrust pelvis and penis area outward/forward. Breathe deeply and slowly through your nose, exhaling through your mouth during the entire penis pull-up session.

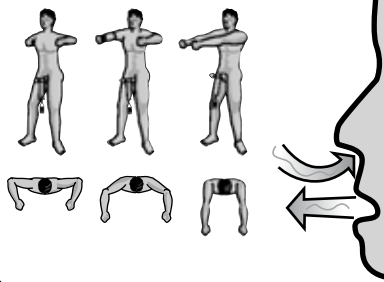


6


**Standing Position:** Feet 2 - 3 feet apart, tighten abdominal muscles, knees slightly bent, shoulders back, thrust pelvis and penis area outward/forward. Breathe deeply and slowly through your nose, exhaling through your mouth during the entire penis pull-ups session and optional arm action.

# EXERCISE PROGRAM

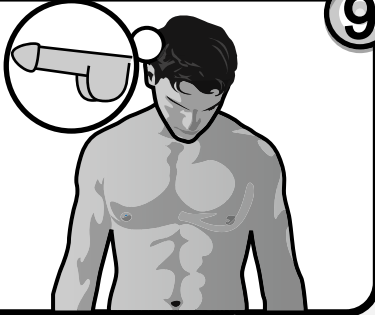
**7** **Optional Standing Position:**  
Feet 2 - 3 feet apart, tighten abdominal muscles, knees slightly bent, shoulders back, thrust pelvis and penis area outward/forward. Breathe deeply and slowly through your nose, exhaling through your mouth during the entire penis pull-ups session and optional arm action.

The illustration shows six figures demonstrating the exercise posture. The top row shows three standing figures from the front, side, and back views, with their arms extended forward. The bottom row shows three bent-over figures from the front, side, and back views. A profile of a head with an open mouth and arrows indicates breathing instructions.

**8** Continue stimulation to glans/head for a continued erection during penis pull-up reps and hold back your ejaculation throughout the session.

The illustration shows a hand with the letters 'S' on the palm and 'P' on the back of the hand, set against a hexagonal background.

**9** **Optional: For the Advanced Trainer:**  
Throughout the entire penis pull-ups session, imagine your penis growing then lift your testicles up, thrusting both testicles forward simultaneously while doing each rep.

The illustration shows a man's torso from the waist up. A magnifying glass is positioned over his groin area, focusing on the testicles.

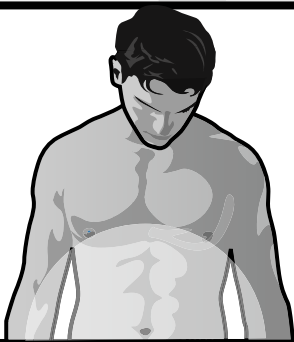
# *How to get the Best Results...*



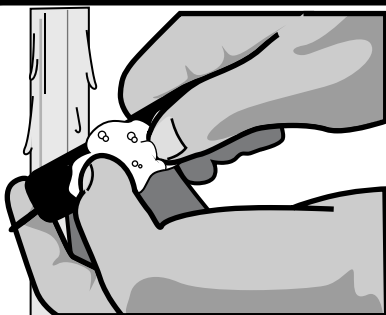
Use warm baby oil.



Clear your thoughts; be serious and take your time during each session. Try to set aside a specific time for your session to achieve maximum results.



Concentrate during each session; with each rep, imagine a ball of white hot energy growing and building in your pelvic area to your glans/head. Although you may, at first, become so stimulated that you ejaculate during your session, this will not adversely affect your exercise regimen.



If needed, you can gently wash your cushion pads/straps with mild soap and rinse thoroughly with water then towel dry and/or let air dry.

## Legal Agreement

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#### **Always consult your physician before beginning any exercise program**

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## Legal Agreement Cont.

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### **GOVERNING LAW; VENUE**

This Agreement shall be subject to and construed in accordance with the laws of the State of Florida without regard to conflicts to law principles, as may be applicable to Agreements made and performed entirely in Florida. The exclusive venue for proceedings arising under this Agreement shall be a court of competent jurisdiction in Broward County, Florida.