

EXE	TIME	REP	ADD INFO
WARMUP	HOW NECESSARY		
LENGHT EXTENDER	30 SEC PULL+30 SEC PAUSE	10	PULL FRONT
LENGHT EXTENDER	30 SEC PULL+30 SEC PAUSE	10	PULL RIGHT
LENGHT EXTENDER	30 SEC PULL+30 SEC PAUSE	10	PULL LEFT
LENGHT EXTENDER	30 SEC PULL+30 SEC PAUSE	10	PULL UP
LENGHT EXTENDER	30 SEC PULL+30 SEC PAUSE	10	PULL DOWN
WARMUP	HOW NECESSARY		
SEMI ERECT		100	RIGHT COUNT
SEMI ERECT		100	LEFT COUNT
ONE HAND		100	RIGHT COUNT
ONE HAND		100	LEFT COUNT
SEMI ERECT		100	RIGHT COUNT
SEMI ERECT		100	LEFT COUNT
ONE HAND		100	RIGHT COUNT
ONE HAND		100	LEFT COUNT
JELQ	MIN20/MAX30MIN		HAND TO SIDE FINGER DOWN AND THUMB UP
PC KEGEL		300	

ALL DAILY