

## Tiger's Guide to Pumping

By Tiger Dave, Pumper.  
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Last updated February 5, 2001.

New since February 1, 2001

[Click here](#) to see Lurker's improvement on a bookstore pump.

[Good tip](#) - to pump bigger, drink lots of water.

New since December 11, 2000

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[Getting a Seal](#)

[The Pumper's Shave](#)

[Expanded Section on Ballpumping](#)

[The Quick Pump](#)

[New Photos Throughout](#)

### Introduction

Hi there, fellow pumper. I've been pumping regularly since 1996. In that time, I've made lots of mistakes but learned some good techniques from other guys and by experimenting on my own. The technique I've developed is a bit different than most, but I've found it helps me pump up big and fast. When I first started pumping, my erect measurements were 5" long by 4.5" around. After about year I could pump up to 6" x 5.5" and still be able to get a full erection. Now I can pump up to a 7" x 7" beer can in 45 minutes, 7.5" x 8" in 2 hours. Sometimes I pump up huge, to 7.75" x 8.5" - I even reached 9" girth on one occasion. I'm a busy guy so I don't get to pump as often as I like, but I feel I've made good progress all the same.

I've learned the hard way that you get the best results by pumping moderately most of the time, and following a disciplined routine. That's why I wrote these instructions. I've received quite a few letters from guys who found that "doing it according to the book" really paid off. Here's a testimonial that says it all:

I started pumping last summer. However my results were less than exciting. Being a novice, I tried to find all the information I could on pumping on the internet. As a result of being over eager and to some degree poorly informed, I gave it up. Then I came across your page and it all clicked for me. I decided to give pumping one more chance. Last nite I pumped again for the first time in about 6 months. The results were great. My cock looked fantastic. No bruising and more natural than it had ever looked - best pump ever. Man I just had to say thanks...

- Titan

Whether you're a beginner or a veteran, I promise you'll find some interesting new technique or tip in these instructions. I've tried to keep them short, but I couldn't resist covering some special topics, like how to...

[Know how much pressure to use](#)

[Keep your blood supply fresh to prolong your sets](#)

[Minimize your donut](#)

[Cum in the pump](#)

I'll be happy to answer your questions, and will appreciate your comments and suggestions. Just [email me](#).

BTW, in case you're wondering where I got the pics you see throughout this guide... some of them are of me, the rest are from the otherwise invisible brotherhood of pumpers who visit [www.newart.com](http://www.newart.com) discussion group. Thanks for publishing your pics, guys ([Contact me](#) if you would like a caption or copyright notice).

I hope you enjoy the read, and **GET HUGE!**

- Tiger



Tiger pumped and oiled.



Tiger hangin loose the day after.

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HOW PUMPING WORKS

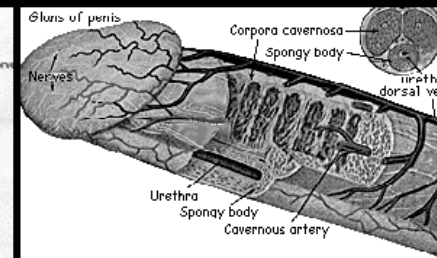
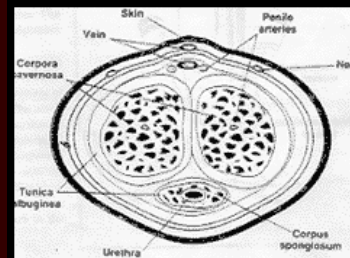
When you see your cock pumped up like a summer sausage and feel it twice as heavy as normal in your hand, it's amazing. How could it get so much bigger this way than it does when you have a massive hardon?

The answer is Time times Pressure...

When you have an erection, valves in the blood vessels that supply the penis close, trapping the blood so that more flows in than out, until you get hard and reach equilibrium. Your level of excitement determines how many valves close and how tightly, so you start out soft enough that your partner can tolerate penetration, and end up hard enough to drive your partner wild and deliver your load in deep.

If you've ever been erect for a long long time, or worn a tight cock strap, you may have noticed that your cock gets larger than normal, and a little spongier feeling. What you've got going there is a bit of a pump!

When you pump, you create a partial vacuum around your penis, so the fluid pressure inside it exceeds the air pressure around it. Under these conditions, the penis expands until the pressure



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is equalized; basically, it compresses the space around it and thus raises the air pressure.

The penis has two ways to expand: by filling the corpus cavernosa with blood, and by puffing up the rest of its tissues with lymphatic fluids, which seep into them from the blood vessels. Thus, when you pump up, you'll notice that you stretch out quickly at first, until you have an erection or at least the sensation of an erection. This is your cavernosa filling up. Thereafter, you expand much more slowly, because it takes a long time for lymph to seep into your tissues. At least, it does until the pathway is established - so you'll find that towards the end of your session, the tissues will puff up faster.

Because the cavernosa can fill up quickly, you can respond rapidly and comfortably to fairly high vacuum pressure at the start of your session. But it's a bad idea to start with high pressure, because that pressure acts on ALL your tissues, not just the cavernosa. Therefore, you'll be forcing fluids into your tissues faster than they can adapt, and you'll put too much pressure on your smaller blood vessels.

Instead, you should start with minimal pressure and let your cavernosa fill up at a leisurely pace. As your dick expands, you'll need to withdraw more air from time to time to maintain that level of vacuum. As your tissues adjust, you'll be able to gradually increase the pressure. Increasing the pressure helps you maintain your rate of expansion. But you have to limit yourself to a rate that always feels comfortable, otherwise you might stretch the tissues too much.

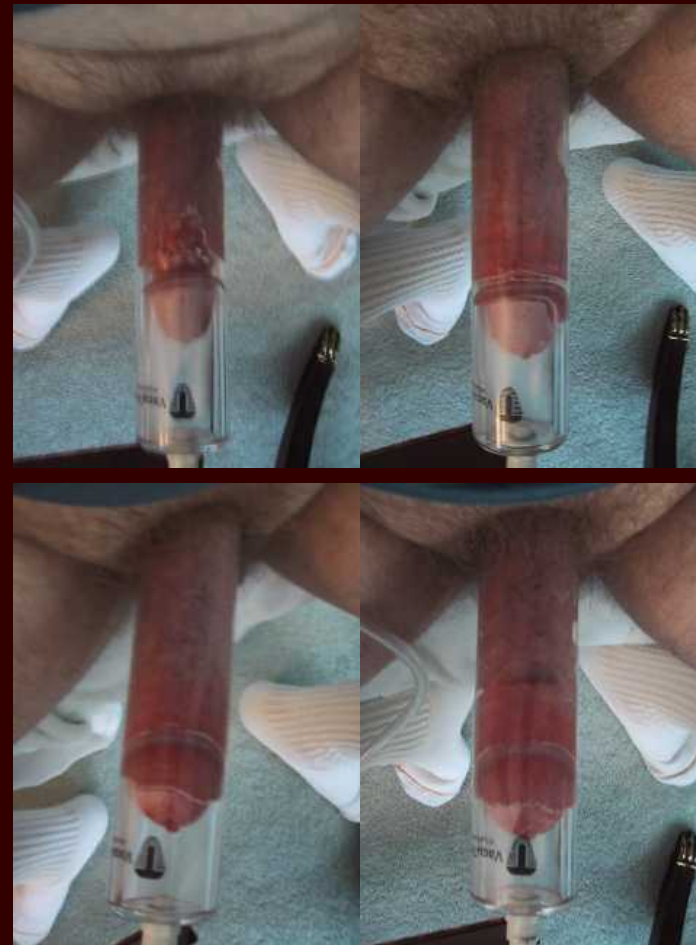
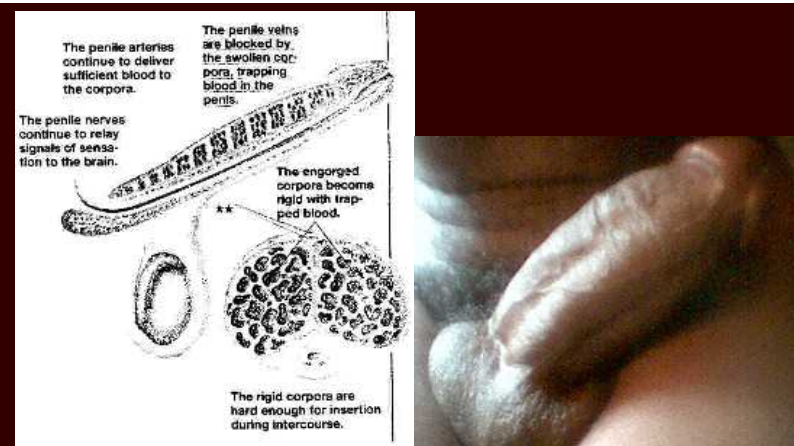
When you pump you are trapping blood and fluids in your penis. Trapped blood gets depleted of oxygen, thus starving your penile tissues. Therefore, you need to refresh the blood supply often. One way to do this is to "milk" your cylinder, thereby pump-jacking your dick. Another way is to take frequent breaks from the tube - about once every 15 minutes, or whenever your skin looks dark or you feel achey. You should also start semi-hard rather than fully erect, so that your blood valves are wide open.

During the early stages of your session, your penis elongates noticeably, but it expands even quicker in girth. Basically, you elongate to your normal erect length until you pack your tube from side to side. Thereafter, the vacuum pressure is focussed on your head, pulling your penis forward. From here on you get really long out as the suspensory ligament that holds your penis into your groin stretches. This is when you feel the most intense pleasure from pumping, but again you have to contain yourself - too much pressure for too long may cause blisters or bruising of your head.

A typical pumping session lasts anywhere from 30 minutes (a quick pump-up before sex) to an hour (a nice moderate pump) or several hours (an occasional "get huge" session). When you take it nice and easy, you'll be amazed at how big you can get and how good it feels. Do it right and you'll have bigger, harder erections for a couple days afterward, and you'll fill your pants like you've never filled 'em before!

Happy pumping dude!

Now you've had the theory, let's get on to the practice. But first, more words of caution...



Tiger's time-lapse series.

## WARNINGS

Before you get into pumping, you'd better know the risks and how to avoid them.

Nearly all potential problems stem from applying too much pressure for too long. Here's the bad news. I've made all the mistakes and experienced the "minor problems" myself (see the photo of my water blister at the right). Fortunately, I have not had to deal with the major ones.

If you develop any of the minor problems other than petechia, stop pumping for as long as it takes to return to normal, plus an extra 5 days to be sure you've healed. Then start up again, slow and easy. For petechia, take a day or two off.

If you develop any of the major problems, stop pumping and see a doctor right away.

### "Minor" Problems:

**Darkening of the shaft** - caused by lack of oxygen in the blood trapped in your penis; returns to normal when you refresh the blood supply, either by [milking the tube](#) or by taking a break and [milking your dick](#).

**Petechia** or "pin-cushion spots" - tiny blood blisters caused by your skin being over stretched; takes about 2 days to heal.

**Bruises** - caused by too much pressure bursting blood vessels in your skin; take about 5 days to heal.

**Water blisters** - caused by too much pressure on your glans (cock head); may also be caused by using water that's too hot when [pumping wet](#); take about 5 days to heal.

**Donut** - excessive swelling of the foreskin - caused by prolonged pressure overinflating the elastic foreskin tissue; some guys want a donut to stretch their foreskin; returns to normal after 2 - 24 hours; you can avoid it by massaging the penis between pumping sets.

**Ugly mis-shapen dick** - sometimes as you deflate after pumping, your dick will look rather shrivelled or twisted; this effect goes away after a few hours; having an erection along the way helps.

**Loss of erectile fullness**, difficulty getting or sustaining an erection; caused by straining the tissues of the corpus cavernosa (your "hardening tubes") or by damage to the blood vessel valves that lock blood into the erect cock; takes 1 - 3 days to return to normal.

### Major Problems:

**Peyronie's disease** - long-term erectile dysfunction; caused by damage to the blood vessel valves; if you suspect this, see a urologist immediately.

**Clots or other lumps** in penile tissue; caused by repeated, chronic bruising; may disappear over time.

### Avoiding Problems:

**Be patient and take it easy!** Pumping takes time, and that time can be very enjoyable, so why push it?

**Watch your vacuum pressure!** Follow the [pressure guide](#) further below. In general, use less pressure than your testosterone-fuelled brain wants to. The pressure should [feel light](#) during most of your session, and comfortably snug toward the end.

**Build up gradually.** Pay attention to the results you get and only slowly increase the length of your sessions or the level of pressure. You should pump for no more than 30 minutes during the first month, and no more than 1 hour during the first 6 months.

**Pump regularly.** This way you won't be so tempted to go overboard, and you'll get better at tracking your results and identifying your best techniques.



Zeepumper illustrates 4 degrees of pumping - from moderate to fat donut. These are all good pumps.



The red spot at the left side of the glans is a water blister. Not painful but takes at least 5 days to heal.



Extreme pumping. Impressive, but see how the skin is dry and blotchy. The price you pay for going where no men have gone before.



Bagbalm generously shares his pictures of the damage done to his manhood by extreme overpumping.

## EQUIPMENT

## Pump

One or more cylinders suitable for pumping

Water (optional)

Warm cloth

Lube for slicking your penis (sex lube, gel, handcreme)

Lube for sealing the cylinder to your groin (use a tacky cream like Noxema – but don't use one with petroleum products, like Vaseline, as it could corrode your cylinder and gasket). I use [George's Special Cream](#).

## Cheap Gear

When you first try pumping, you probably won't want to fork out the money for "serious" gear. If you use a cheap pump from an adult bookstore, bear in mind that it won't give you the full pumping experience because it's not sized right for you and probably cannot maintain adequate suction. Most bookstore pumps have an "emergency" air outlet. You should cover this with tape to seal it off. To let off pressure, insert a finger at the base of tube, or in a real emergency, tear off that tape.

## Good Cylinders

Look for cylinders that are sturdy and smooth. A good cylinder should have a quick release valve for the hose. It doesn't need an emergency release hole, because you can always twist the quick release valve to let off vacuum.

Using a narrow tube means you'll pack sooner and get more of a lengthwise stretch. The disadvantage is that more pressure will be exerted on your head, so you have to be careful not to get a blister. A wide tube reduces stress on the glans and pumps you fatter - better for girth than for length. If you want to use a really wide tube, you need a narrower opening so you don't pull in your ballsac.

The other thing a cylinder needs is a gasket against your groin, to ensure a good seal and cushion the groin for long sessions of vacuum. Avoid cylinders with a diaphragm that might dig into or constrict your shaft. A rubber donut flush with the inside edge of the cylinder is fine. High quality cylinders often have a built-in flange rather than a gasket.

There are many cool cylinder designs.

Tapered cylinders are wider at the groin end than at the dick-head end. This form helps to stretch the penis lengthwise by transferring vacuum pressure outwards along your shaft.

Flared cylinders have a flange to fit snugly and comfortably against your groin.

Thickwalled cylinders are for veteran pumpers. They dig into your groin to apply more stretch to your suspensory ligament. Fortunately, the edge is broad enough to be comfortable.

## Good Pumps

There are two basic types of pump: manual and electric. Beginning pumpers should start with manual. I say more on [electric pumps](#) further below.

The two most popular types of manual pump are a wet-dry automotive plunger-style and the Mityvac II. For plunger-style pumps, choose one made of brass for long life and reliability. The Mityvac II is more expensive but is kinda cool and includes a pressure gauge, great to have if you haven't yet figured out what the right pressure should feel like.

## Where to Get Good Gear

Adult bookstores in very large cities may well carry "serious" gear. Otherwise, your best bet is the Web. Here's a list of pump vendors I've either dealt with myself or received reliable favorable reports from other pumpers (in reverse alphabetical order):

[VacuTech](#): full line of gear, including thickwalled tubes.

[Monstertube](#): this unique cock-and-ballpumping tube is the favorite of experienced ballpumpers. A new Jr size is increasingly popular with cockpumpers.

[NorthWest PumpWorks](#): flared and straight tubes, 2-stage ballpumping tube, unique mushroom-head cylinder.

[Newart](#): full line of gear, pumper's forum.

[Monsternuts](#): full line of gear, lots of free info on the site.

[Millennumpumps](#): cocktubes and pumps; special "mushroom head" tube for pumping up the cockhead.

[Vakuumumpen](#): German pumping site with gear for sale.

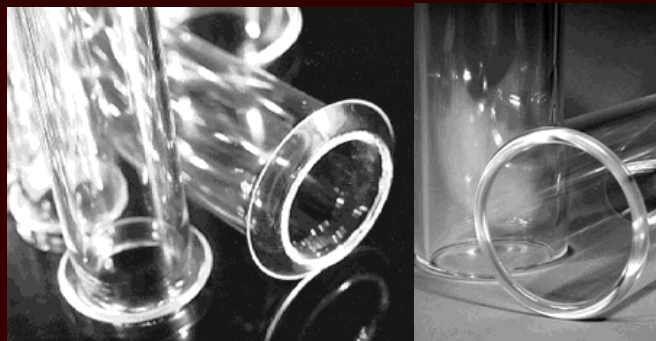
[Kaplan](#): full line of gear.

[CTC](#): specializes in pulsating electric pumps.

Other well-established pump makers include San Francisco Pumpworks and Boston Pumpworks.



Brass pump kit from [Vacutech](#)



Left: flared cylinders. Right: thickwalled tubes. From [Vacutech](#)



The Mityvac II pump. Photo by [Vacutech](#)



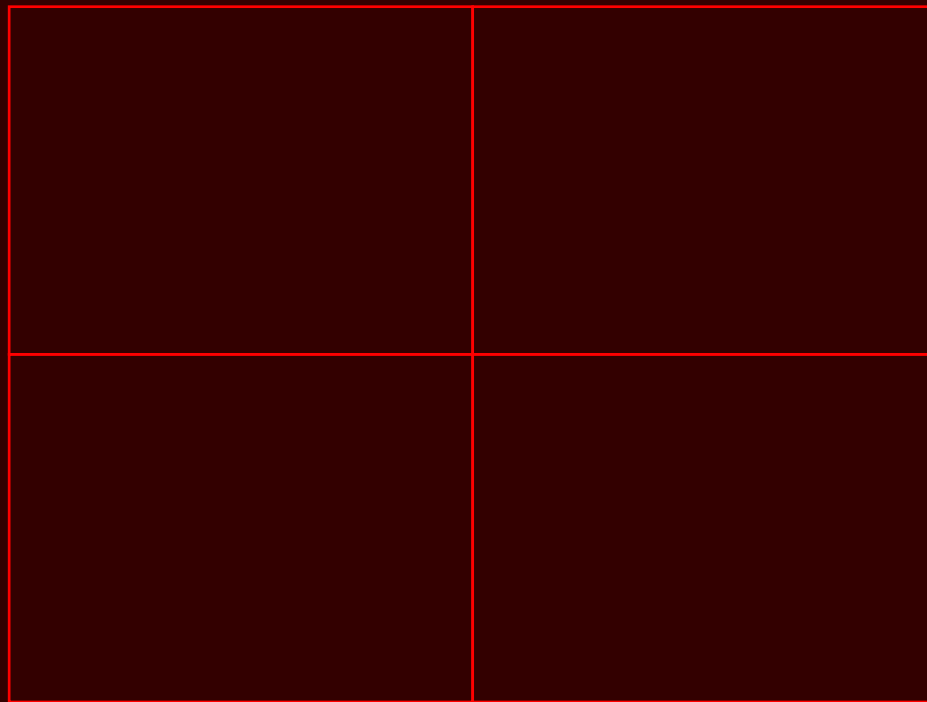
Custom fitted cylinder from [Germany](#)

(when you visit this site, look for the button on the left that says "fur den Mann", then click the link underneath it that says "Penisvergrosserung")

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I haven't found websites for these firms; they seem to sell through various on-line adult stores.

If you know of other websites you'd like to recommend, please [email me](#) about them. I will include sites the receive recommendations from several pumpers.



Lurker extended a bookstore pump with a piece of PVC, making it useful for serious pumping.



John1 made his own fat tube with a narrow opening. Could be difficult to pull out!

### WARMING UP

Pumping fills your cock with fluid, so the more fluid you have available in your body, the better (within reason, of course!). The day you pump, be sure to drink plenty of water so you're not at all dehydrated. I also find it helpful to drink extra water while I pump.

If you're going to [pump wet](#) (something I recommend, because you'll pump up faster with less pressure), pre-soak your tube in hot water.

Soak a cloth in hot water and wrap it round your dick to warm it up.

Once you're warm, lube up and milk yourself 20 strokes (see [MILKING](#) instructions below).

By the way, warmth helps you pump up faster, so it's a good idea to wrap your tube in a hot towel or heating pad. Or best of all, pump while relaxing in a hot tub.

### MILKING DICK

Milking is a massage to lengthen your penis by improving circulation and relaxing the suspensory ligament. I've read that Arabs practice this on young boys so their cocks will grow bigger. They call it Jelq. I haven't seen many naked Arabs, but if you can confirm that they use Jelq and it works, [email me!](#)

The action is like milking a cow. Lube your shaft generously. Make a ring with your fingers and slowly pull from the base of your cock to the head, squeezing gently and twisting slightly as you go. The head of your cock should swell up. Pull just hard enough that you feel a slight stretch.

A full milking session can last up to 20 minutes, with 100 or 200 strokes. You may get a boner during the session. In this case, you'll need to squeeze and twist more to keep the blood supply fresh.

Milking is very pleasurable, and a good supplement or alternative to pumping. You should also milk when warming up (see above) and during [breaks](#). It helps restore a fresh blood supply and reduce the [donut](#) effect.



Basic milking grip. Also try squeezing the shaft between index and middle fingers.



Milking pull. Take it slow and twist as you go.



After milking 20 slow strokes.

### GETTING A SEAL

To pump up efficiently, you gotta get a good seal between your cylinder and your groin, to maintain the suction. Many cylinders have a flared end or rubber gasket to provide more contact area with your groin. This prevents "dig-in" and helps you seal, but isn't enough. To get a good seal you need to coat the end of the cylinder with lube. I like to use a tacky skin creme, but just about any lube will do. Don't use a petroleum-based lube if your cylinder has a rubber gasket. You'll find you don't really need much lube.

Problem is, guys usually have a lot of fur in the groin, so air still gets through. Some guys, like me, trim their pubes around the cock's base. If you start with a cylinder just a bit wider than your shaft, this should do the trick, because the base of your penis will quickly pack the tube and perfect the seal. If a trim doesn't do it, consider **shaving**. If you decide to shave, go for it but make sure you do the job at least half a day before pumping. When you shave, you get tiny nicks that will open up under the suction of pumping. Give your skin time to heal and toughen before pumping up.

There's a **Pumper's Shave** you might try - look for it in other guys as a "secret sign" of membership in the pumping brotherhood. This was suggested to me when I first started, by a guy

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with the internet handle "TopStud". Trim your pubes and then shave a small triangular area where your shaft meets your groin. This looks pretty natural - except to another pumper! - but it makes your dick appear longer, pumped or not.



The Pumper's Shave above Tiger's dick. Subtle but distinctive!



Rich shaves all around.

### GOING IN

Insert your **semi-erect** cock into the cylinder and press the rim or gasket to your groin, twisting slightly to work the lube through your pubes and onto your skin. Don't go into the tube fully erect - you won't expand as easily. Let the pump slowly bring you up to full erection.

Withdraw some air with a short stroke on the pump. To begin, **withdraw just enough that you barely feel a slight suction** (about 1-2" Hg). Sit back and relax.



Lurker just started pumping a month ago but already gets great results from taking it slow and easy.

## THAT PESKY SCROTUM

A common problem guys have as they pump up is that the suction pulls the ballsac up into the cylinder. The best way to minimize this problem is to wear a cylinder that's just 1/4" wider than the base of your shaft. That way your shaft will quickly expand to block it off. If you need to start with a wider tube, you can keep the scrotum down by cinching it with a wide rubber band or cockstrap. Also, use tacky lube to seal; liquid lube tends to run down onto the ballsac, making it slide in more easily.

## THE SET

Divide your pumping session into sets. Beginners (less than 3 months' regular pumping) are best off pumping in 3 short sets of about 15 minutes each. Intermediates (3 - 24 months) can go for more and longer sets (e.g. 5 x 30 minutes). Vets can do as they please; I milk my tube a lot or use a [pulsating electric pump](#), so I pump in a single set of anywhere from 45 minutes to 3 hours, but if I go longer than that, I take a break.

During the set, you gradually raise the pressure as your penis expands.

With each set, you raise the pressure a little faster, to a higher level. Take it slow though. Raise the pressure when you feel suction easing off (because your penis has expanded). Raise the pressure once every 3 - 5 minutes early on, and once a minute or more toward the end of the set.

The easiest way to tell whether you are doing it right is to [pay attention to how you feel](#). At all times you should find the level of suction pleasurable and not a strain. If you have a pinching or burning sensation or an ache, [milk the cylinder](#) (see below), back off the pressure, or end the set.

Toward the end of each set, the you should feel intense pleasure and you should have a rockhard boner. By the time you end off your last set, you should feel well on your way toward orgasm. You have to be careful not to get too enthusiastic and pump longer or harder than you really should; try to follow a disciplined routine. (And don't expect to reach orgasm during a set - for that you have to do some extra work - see [CUMMING IN THE PUMP](#) below).

Feel free to disconnect your hose and walk around with your tube hanging free, once the suction is firm enough to keep it there. The weight of the cylinder will help you stretch out longer.



Pumpdog before... and after.

## PRESSURE GUIDE

Mainly you should [go by feel](#), but here are some approximate vacuum levels in inches Hg.

For **every man**, start at about 1-2" Hg.

For **beginners**, slowly raise the pressure to 3" by the end of your first set, 3 - 4" by the end of your session.

For **intermediates**, end off at about 5" Hg.

**Vets** can go anywhere up to 5" - 7" Hg. Work your way up to this very slowly over the months, always testing your limits. Vets can still get good results finishing at 5" Hg; going higher is for getting huge or feeling intense pleasure but should be done with caution and close attention.

You can get much the same results at lower pressure by taking more time. Note however that the skin (and foreskin) pump up more slowly the corpus cavernosa, so long sessions tend to increase "bloat".



Pumpdog's tube has just enough suction to stay on as he walks around.

## Pumper's Guide

It's easy to tell if you're using the right amount of pressure and pumping the right length of time. Unless you're doing a special session to get huge, you should always be able to achieve a full erection shortly after pumping. **Your erections over the next day or two should actually be fuller and harder than normal.**

If you pump too hard or too long, you may find that your penis looks dark or has tiny red spots called petechia. And if you go way overboard, you'll get bruises and water blisters.

A good way to lessen the risk of using too much pressure is to [pump wet](#). Pumping wet gives you the same expansion with less suction.

### FEELINGS

Sensations tell you a lot about how your pump is progressing. Here's what you should expect to feel.

#### Doin' it right:

When you make the first pull on the pump, look for a slight, pleasant puffing sensation in your meatus (spunkhole) and frenum (sensitive area on the underside of your head).

As you pull up firmer, you'll feel suction more on your collar (behind the head) and foreskin.

As you really start to pump up, your shaft will tickle and tingle and get warmer.

When you get really pumped (especially after you pack the tube), you'll feel it deep inside behind your balls. This is your suspensory ligament stretching out. This is also when you start to believe you'll get to orgasm.

When you are fully packed, most of the suction will be on your head and the frenum may start to feel intense pleasure.

When you [milk the cylinder](#), you'll feel the suction change mainly in your head, collar and foreskin. When you're pumped up hard, the milking will feel a lot like jacking off with very short strokes.

If you've had a real good pump and gotten yourself big without overdoing the pressure, you'll feel like you're close to orgasm and could get there with just a little more pumping. This is an illusion, but a pleasant one!

#### Uh oh:

If you start with too much suction or raise it too fast, you'll strain the corpus cavernosa (the tubes that fill with blood to get you hard) and you'll feel an ache or burning on the underside of your shaft.

If you raise the pressure too much, you'll feel a burning in your cockhead and frenum. You'll also get petechia (red spots on your shaft) but you won't feel these forming.

If you pump your [donut](#) too much, you'll feel soreness in your foreskin.

If you pump too long without a break or [milking the tube](#), your dick will ache.

If you pump too long and hard, you may get sore around the base of your shaft. When you'll pull out, you'll see a red ring there due to the cylinder or gasket digging into it.

### MILKING THE CYLINDER

The best way to counteract darkening of the skin, aches and strains under pressure, is to freshen the blood supply to the penis. To do this you milk the cylinder.

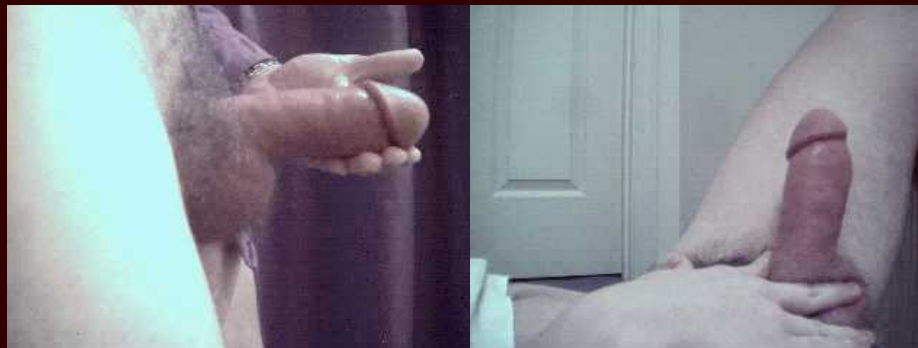
Here's how. Grasp the cylinder by its butt end and slowly stroke it back and forth. Your cock will feel the suction going up and down. Use short strokes, about 1/2 - 1", and stroke slowly, gently and rhythmically. It helps if you stroke in a small circle up and down (not side to side).

**Milk the cylinder every couple of minutes, or whenever you notice darkening or an ache. When you're at high pressure toward the end of a set, milk continuously.**

Try varying your body position when you milk. In particular, you'll find it helps to lean forward or tilt the pelvis downward.



JimS gets a good pump at moderate suction.



Doin' it right: Zeepumper pumps nice and fat and is able to get erect while pumped.



Milking the cylinder. That's only precum in there, buddy.

### BREAKS

Take a break whenever milking the tube fails to "freshen" your penis, or follow a routine and break every 15 or 20 minutes. During the break, you refresh the blood supply, ease tension on the skin, and relubricate for suppleness. A break lasts anywhere from 1 to 5 minutes.

While you break, milk or massage the penis to refresh the blood. Your color should lighten up to its normal shade.

If you want to prevent or reduce a [donut](#), massage it with a twisting motion until it more or less disappears.

### THE DONUT

If you are uncut, you'll find that your foreskin puffs up with fluid as your pump advances. It forms a ring called a donut. Most guys don't want to get a donut, since it doesn't look "normal" and creates a plugging effect during sex. But if you're cut, you may want to get a donut, to stretch the little foreskin you do have. I'm cut and always let myself get a donut. The donut takes longer than the rest of the penis to return to normal size after pumping, so the skin stays stretched and actually grows. I've restored enough to have 75 - 100% coverage when soft.

Guys have come up with lots of ways to prevent the donut. Their techniques usually involve wrapping the foreskin in something to constrict it. Be careful if you do this so as not to restrict circulation. The best donut prevention I've tried is to massage the donut during breaks. You can also try [water pumping](#) - this pumps you up with less vacuum pressure.

The donut can actually enhance your sexual pleasure, because the puffed skin is more sensitive than normal. But even if you want a donut, don't let it get really huge - you'll find it gets sore.



p-boy7  
p-boy's donut is starting to form.



22.01.01 19:46  
Bullmann has an interesting shaped donut.



Wesley wraps his skin in tape to eliminate the donut.



Tiger's typical donut.



Putting on a condom when you have a donut can be tricky. Tiger shows how it's done. You grasp the condom ring with both hands and stretch it past the donut, then unroll as usual.

### PACKING

One of your key goals is to "pack" the cylinder so that your cock completely fills it side to side all the way up the shaft. Once you pack, you'll begin to stretch more lengthwise.

Usually it takes quite awhile to pack fully, and when you first start pumping, you may not pack at all. Pumping in a narrow cylinder will enable you to pack sooner.

When you pack, the suction is working mainly on your head. This means it gets all too easy to overdo the pressure. Give your suspensory ligament time to relax and stretch rather than try to force it with pressure, which will only make your head sore, bruised and blistered.

Milking the cylinder, and milking during breaks, will help your ligament stretch more easily. I also find I get the best stretch when I repeatedly raise the pressure and ease it off, on a cycle of about 30 - 60 seconds. That way the head is not overexposed to suction. And each time I pull on the pump, my cock stretches longer than before, even though the pressure is the same.

Once you pack, you can move up to a larger sized cylinder. After you've been pumping awhile, you'll collect a set of cylinders, at 1/2" increments in diameter. Always start with the smallest one that still fits you. After a break, go back in to the next smaller cylinder until you pack it, then switch up.



Starting to pack... very nicely packed



[TenOrMoreIsFine](#) packs a 2.5 inch tube.





See Ned pack



Campbell packs his water-filled tube.



Charlie packs from the base up toward his PA... and then he packs his [Monster Jr.](#)



HunginLA packs his [Monsterlube](#).

### MAXXING OUT

The final set is your most important. This is where you can really expand to new limits. You need to push the pressure here, but not so much that you hurt yourself. You may also push the envelope on pain, continuing the pump even though you feel some signs of overdoing it, in particular a burning sensation or ache in the shaft. You're on the edge here, so you have to use your judgement to decide the line between pushing your limits and overdoing. I guide myself this way: so long as I feel more pleasure than pain, and so long as I can quickly eliminate the pain by milking or easing off the suction, I continue pumping.

Start as usual with low pressure, but raise it 3 or 4 times in the first minute or two. Get up to your previous sets' maximum pressure after about 5 minutes. Milk the cylinder continuously and, when you feel the suction ease off, raise the pressure in a short, sharp stroke. This will activate your "pump big" response. Watch your feelings closely now as you raise the pressure once or twice a minute.

Once you (re)pack your tube, watch the pressure very closely. You may need to give your ligament some time to catch up. Whenever you feel the suction ease off, ratchet it up again, just enough to see your cock lengthen and feel a pleasurable suck. Milk the cylinder rhythmically with very short strokes.

Use tickmarks on your cylinder to see your cock lengthening millimeter by millimeter.

You'll know you've maxed out when your next pull on the pump doesn't feel like anything or fails to lengthen the penis. Leave yourself at this pressure until the burning sensations begin to bother you, then [finish off](#).



Awesum's packed beer can. Note the foreskin pumped over the head.

### FINISHING OFF

Release the pressure slowly.

When you're done, chances are you'll be packed. Fortunately, you lubed up before going in, so you can pull out. If your tube is tapered toward the groin, wait awhile for the pump effect to ease off and then you can slowly pull out.

**A sign that you've done a good job of pumping is if your cylinder contains long ropes of precum.**

Wrap your cock in a warm cloth again to freshen and soothe it. Warmth encourages swelling (that's why you ice sports injuries), so the warm wrap helps you stay pumped up.

To heal and nourish your skin, apply a vitamin rich oil. I smear vitamin E over my cock, especially on the donut and head. If you're going to jackoff, use olive or peanut oil rather than some non-nutritious lube. If you're going to wear a condom, you can oil your donut and head without risk of making the rubber slip off.

Thoroughly rinse your cylinder with warm water, dishwashing liquid optional. Always keep your cylinder clean and looking like new, out of respect for yourself and your equipment.

If you have sex after pumping, the action will tend to drive fluids out of your penis (and I'm not talking about semen here), so you're pump effect will wear off faster. If you want to maintain your donut to stretch your foreskin, it's best to abstain from sex until you're done stretching.

If you want to maintain the pump effect longer, or need help getting fully hard, wear a cock strap



## Pumper's Guide

over your shaft and behind the balls. You can also try a soft flexible cockring. I don't recommend wearing a hard, fixed ring on a pumped cock, as you may find it impossible to get off. When you wear a ring, keep a close watch for signs that your cock is getting stale.



Brunno and Caddy wear a ring to sustain the full pump effect a little longer.



Arcadio packs his tube... and then his jeans.



Rob Smith pumped and semi-hard.



Mike wears a wide cockring to maintain his pump.





The perfect pumped up boner.



Charlie poses... naked and robed.



Awesum's awesome results.

## PUMPING BALLS

Once you've pumped up your cock, you might want to do your balls as well. I've tried it and enjoyed it, but I'm no expert on ballpumping, so I'll just pass on what I've picked up from other guys on-line.

It's just about impossible to get a decent seal on balls only, so guys pump both cock and balls together. You'll need a much wider cylinder (at least 2.75"), or a special-purpose one, such as a 2-stage or [Monstertube](#). If you use a 2-stager, you need to know the trick for getting out of it. You have to reverse your pump and force air into the 2-stager to push yourself out. This won't undo your pump effect.

To pump balls, start by pumping your cock somewhat. This will help you get a better seal in that big tube.

Warm your balls up with a hot wet cloth, and stretch them out with a milking-style massage.

Lubricate your cock and balls well so they slide easily along the tube as you pump up. Lubricate the rim and the first inch inside your cylinder generously to help you seal.

Insert your cock and seat your balls into the opening. Then pull a couple strokes on the pump to draw those balls into the cylinder.

As when pumping cock, use just enough pressure to get a slight, comfortable pull. Ballpumping takes even longer than cockpumping, and you have to be even more gentle. Whereas you raise the pressure during the set when pumping cock, when doing balls you try to keep the pressure constant. As your balls expand, they displace vacuum, so you have to pull from time to time to keep that pressure constant.

Take a break every 15 - 30 minutes to refresh the circulation in your cock and give your ballskin a rest. Massage the cock and balls during the break. Reheat with the warm wet cloth before you go back in.

A full ballpumping session lasts 2 - 4 hours. Experienced ballpumpers can reach 16" or more in diameter. The enormous weight of pumped balls not only feels amazing, it also stretches the scrotum so you have low-hangers for awhile even after your pump effect wears off.

If you want permanent low-hangers, look into hanging some weights from your balls after pumping. To hang weights, make a sling out of wide elastic tape such as a jockstrap waistband and hang a couple of pounds from that. Keep it comfortable.

Ballpumping isn't for every man, but as you can see from the photos, ballpumpers get some amazing results.

I suggest you get on-line and find yourself a ballpumping penpal or chatmate before you get into it. You're playing with your crown jewels here, so you need good advice along the way.



Some guys, like Bob, wear a ballstretcher while pumping 'em.



Pumpdog packing his cock'n'ball (cnb) tube.



Cyberpumper illustrates the snug fit of a 2-stage tube.



Cyberpumper playing with his [Monstertube](#).



Tom wears a [Monster Jr.](#) filled with water.



Master E achieves a monster package using the [Monstertube](#).



Beelyboy



For variety, HunglnLA pumps cock *after* balls.



UnCutTex's pumped low-hangers... and his nicely proportioned package.



Rick700 pumps his distinctive "pineapple balls" in a specially adapted jar.



Rick700 pumps in water, pulls out carefully, then ties off and jerks to ecstasy.



### CUMMING IN THE PUMP

Toward the end of a good pump session you'll feel more than halfway to orgasm, and want to go all the way while under suction. I know of three ways to cum in the pump. For all three, you need be [packed](#):

Hold a vibrator to the side of the tube until you blow your load.

Jack yourself off by jerking the tube.

Repeatedly raise and lower the pressure in a narrow range.

Method 3 keeps you on the edge the longest, but it's strenuous work, and you have to be careful not to overdo the pressure or you'll get bruised.

Method 2 is safer and more practical. Here are some detailed instructions.

The key packing point is your donut - as long as this packs, the rest of the shaft can be loose. But full shaft packing works fine too. To make things easier, pump up in a narrow tube.

Select a pressure that feels firm but enables you to comfortably milk the cylinder an inch or more. Now start jacking that tube!

As your pleasure rises, increase the pressure slightly. Try varying the angle of your body, leaning forward or backward or tilting your pelvis downward.

As you get close, ratchet up the pressure with short sharp strokes on the pump, but only so much that you can still jerk the tube at least half an inch. You'll stay on the edge much longer than you're used to - this is what makes cumming in the pump so good.

Jerk faster and increase the pressure until you blow a massive wad! The pressure will pull ropes of cum, even after your main orgasm subsides.

If you do it right, your cock will feel well pumped and ready for more after cumming in its cylinder.



Looks like HungInLA is gonna work it outside the pump.



Awesum's just done what a lot of guys do after pumping up.



And here is pumper Tim shooting a long white rope.

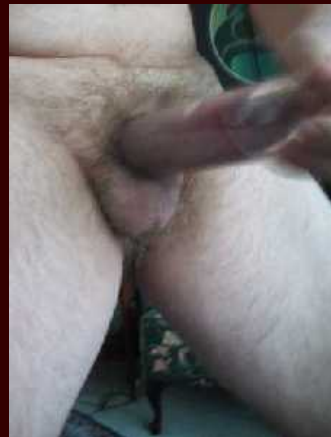
Tiger's cum series...



The grip and the stroke.



Pump up a little as you get close.



POUNDING THAT TUBE!



I've cum! Second time today, but 4 times as strong. Man that felt good.



Relaxing after the jerkoff. My cock feels ready to be pumped again.

## ROUTINE

Now that we've covered a single pump session, it's time to talk about your whole routine.

A good pump will make you much bigger than normal for 30 minutes to a couple hours afterward, but gradually you'll return to normal size. **You should be noticeably longer and thicker when flaccid for the next day or two, and your erections should be fuller and harder than normal.** If you don't get these results, you're pumping too hard.

Personally, I don't believe that pumping will cause your penis to grow permanently larger. Some guys have reported permanent growth, but it doesn't happen for most of us. Therefore, you need to pump regularly if you want to maintain your increased size day to day.

Over the months and years, you will get long-term gains, in that you'll be able to pump up bigger and faster. See my [results](#) at the top of this document for example.

My routine consists of two types of sessions - pumping moderately for sustained size, and pumping huge for fun and to push my limits. I may cum in the pump after either type of session; it doesn't affect the results. I also occasionally pump up for sex.

I recommend you **pump moderately 3 or 4 times a week, two days in a row** followed by a day's rest. Not all these sessions are identical. Sometimes I go easy, sometimes I go harder. I find it good to keep my cock surprised! What does "moderate" mean? It means pumping at least until you get harder and bigger than your normal full boner. At most it means pumping until you pack and stretch, but you don't get near your biggest ever pump. In any case, you pump only so much that you can still get a full erection a few minutes after you pull out.

If you find the quality of your erections goes downhill, go easy on the pumping or do it less often. Whatever works for you.

If you want to **pump huge**, do it **once or twice a month in addition to your regular pumping**. Pumping huge means going beyond your usual limits, to a massive bloated size that looks great but isn't very useful. If you masturbate at the end of your session, you might get hard just before you cum, but you're not likely to be able to get an erection otherwise. You want to pump huge now and then so you can experience the extraordinary sensations, discover your limits, refine your technique, and make your cock more stretchy so you can pump bigger in your moderate sessions.



John takes exquisite photos of his lightly pumped, veiny cock.

## Pumper's Guide

**When I pump for sex,** I go just long enough to get a bigger than usual boner and make myself more pleasure sensitive. Normally I will have done a regular pump within a day before, so I can pump up real quick to this level.

Your routine should also include [milking](#) sessions and [Kegels](#). Even though you milk during your pump session, you can benefit from a full session of milking (100 - 150 strokes) 3 or 4 times a week. Find out how much "exercise" your cock can tolerate - cut back on milking or pumping if your erections diminish.

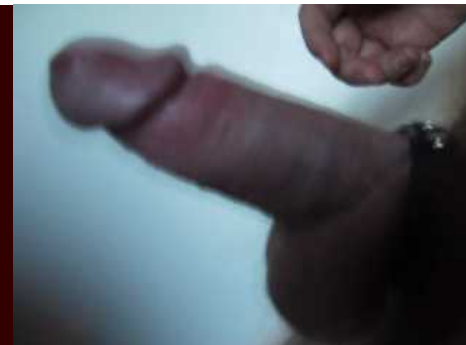
Do Kegels every day: try 5 sets in a row, 5 short contractions during the first two sets, 5 long ones (15 seconds or more) during the middle set, and 5 - 10 short ones during the last two sets. Do this two or three times during the day, for example when driving.

Finally, I find it helpful to **take a week off now and then**. When I get back to pumping, the first session feels real good, but the second one is spectacular.



UncutTex's pumped contours.... another pumper with a long skin





Tiger's bloat.... 2 hours later, a beercan boner too heavy to stand up for the camera... 48 hrs later, a pumper's "unpumped" boner, kegeling.



Caging the Tiger the morning after a pump.



Bill pumps in full leather.



These guys go all out with the leather stuff.



Elmar stimulates his cock electrically to get off after pumping.



A thong or bikini brief like Tom wears is a good way to show off your pumped basket. Feels good too.





Awesum... hangin big and heavy... long enough for two hands... packing his shorts.



Pumpdog's results.



Master E, inventor of the renowned [Monstertube](#), achieves a fascinating symmetry of cock and balls.



Ian pumps up a fat cock, melon balls, and his wife.



Campbell pumps it up and puts it to good use.





Pump buddies Sct and Mosse.



Rob Smith's champion pumped, dockable schlong.



Another champion schlong ... the "other" Uncut Tex.

### PUMPING WET

Pumping with warm water in your cylinder helps you expand faster and for some reason keeps your cock fresher so you don't have to take breaks as often. Also, the water pressure counteracts suction, so you get the same displacement (and therefore expansion) with less suction on your dick. Hope that makes sense - anyway, it means you have less of a problem managing the pressure.

The trick with water pumping is to avoid accidentally drawing water into your pump. Be sure the hose is above the water line before you stroke!

Start by warming your tube in hot water for a few minutes. Then fill your cylinder 1/3 to 1/2 with warm water - as warm as your cock finds comfortable - too hot and you'll get a water blister on your cockhead. How much water you use depends on how big you'll get in the set.

As you expand, you may need to drain off some water to maintain an air space so you can keep pulling. To drain off you can squeeze a finger into the cylinder at the base.

When you pump with water you'll find that you don't need to lube your cock (except for milking) and you may not need lube to get a good seal. I don't use lube myself. Sometimes bubbles rise in a stream but I find this tickles!

The best water pump of all is to do it in a hot-tub.



John1 pumps his curved stalk in water while wearing a latex cockring.



UnCutTex packing in water.



### PUMPING ELECTRIC

The basic techniques we've covered above also apply if you use an electric pump. There are two basic types of electric gear: those that maintain a constant vacuum, which you adjust with a knob; and those that pulsate, rhythmically raising and lowering the pressure. Some electric gear will do both. The advantage of a pulsating pump is that it milks your penis continually, keeping the blood supply fresh; you pump up much faster with this gear. Some electric pumps transmit vibrations through the hose, which can feel good enough to bring you off when you're packed.

I don't want to be accused of advertising for anyone, but anyhow here are the major electric brands: [VacuTech](#), [Kaplan](#), and [CTC](#) (pulsating). I have a CTC XL2000 myself and enjoy using it, though I still pump with my manual VacuTech gear.

Generally you should NOT water pump with electric gear. Check with the manufacturer as to whether the electric motor is totally isolated.

### THE QUICK PUMP

Pumping is a leisurely sport - you get good results only if you take your time. But sometimes a guy just doesn't have much time, like when you want to get big before sex, a date after work, a wrestling match, or an unplanned trip to the beach.

If you need to *look* bigger in a hurry, I recommend you get yourself a Basket Enhancer. I've got one and it looks great in my jockey's and trousers. It's a lot safer than trying to pump up quickly.

Despite all I've said about taking it slow and easy, I do sometimes pump up quick myself, and I'll tell ya how to do it - provided you promise not to make this your regular routine. **You're playing with more pressure here than normally recommended, so you have to control it carefully.** I don't recommend this for beginners.

To pump up quick, you take all the rules and turn 'em upside down. What you're aiming to do is get bigger but not huge - this method won't work over the time it takes to get really big.

A quick pump session lasts **10 - 20 minutes**. After 20, I pack my narrow tube.

**Here's the routine.**

If possible, wrap yourself in the warmup cloth as usual.

If being greasy is not a problem, lube yourself and milk your dick 20 strokes.

Now we start to break the rules.

**Don't apply lube to the end of your cylinder.** You want a poor seal this time!

Slip yourself into the tube and take a couple short strokes on the pump to get to the same pressure you normally would about halfway through your first set. Firm but not aggressive suction.

Because you're not sealed, the pressure will ease off. When it does, pull again. What you're doing is **pulsating suction**, like the [CTC electric pump](#).

After a few repeats of this, gradually increase the pressure. I gauge my pressure by feel. **The right feel for a quick pump is an itchy sensation in the foreskin area.** Guys restoring foreskin will be familiar with this sensation from tugging - it's the feel of growing skin.

Increase the pressure until you itch, then wait as the air to leaks out until the itch goes away and pull up again. Each time you'll pump a little harder. Keep it itchin' and you'll pump up.

As usual, watch for darkening or pain and back off or take a short break. During a quick pump you're more likely to feel a burning sensation - this is ok over a minute or so, but back off if it persists.

A quick pump feels pretty damn good, so you better **be strict about your time limit**, otherwise you'll overpump. Give it 10 or 20 minutes and you'll be impressed - see my photos of a 20-minute pre-wrestling session.

If it's too heavy, strap it up like Charlie does.



Rob pumping up with his [Kaplan](#) gear.



After 7 minutes of quick pumping... and after 10 minutes. Kinda misshapen at this point, eh!



After 20 minutes... the pullout, and the results.

## TIPS

Here are a few things you can try to get more out of your pumping. If you have some tips of your own, [email me](#) and I'll consider adding them to the list. There's also "[penispumpertips.egroup](#)" on-line for asking questions and sharing technical advice.

### Heat

Wrap your tube in a hot towel or heating pad to keep it warm, or pump while relaxing in a hot tub. Warmth around your cock not only feels good, it improves blood circulation, so you pump up faster. It also helps keep the blood supply freshly oxygenated, so you can do longer sets.

### Kegels

As you pump, do Kegel contractions to increase bloodflow into your cock. To do Kegels, you squeeze the PC (pseduo-coccyx) muscle behind your groin. You already know how to do this - it's what you do to stop urinating. Regular Kegeling is good for your prostate, increases the intensity of your orgasms, and makes you shoot farther. Do 5 - 20 contractions in a set.

### Tick Marks

Draw tick marks on your cylinder, or on a piece of tape, so you can see just how long you are during your session. This will focus and motivate you. As you max out, you'll be able to see the tiny increments in which you expand at each pull.

### Photos

Get yourself a digital camera and take photos throughout your session. You'll be thrilled to look at them later, and you'll see yourself getting bigger over the weeks and months. You can publish your photos on the web at [Newart](#). Pumpers love to see one another's results.

### Pump Less

Here's a good one you probably haven't thought of! In general, you're always trying to pump bigger than last time. But once in awhile, try pumping **less**. Then check out the quality of your erections for the next day or two. There's a good chance you'll find yourself bigger and harder after the light session. Pumping less helps you find your optimal pumping level at a given stage of your career. Of course, long-term, you're cock will gradually adapt so you can pump harder. But along the way, you want to pump just enough to get progress; pumping too hard will actually set you back.

## FINAL WORDS

Well, that's it for now. I hope you've found these instructions interesting and useful. [Let me know what you think](#) - how they worked for you, and any suggestions for improving them.

I'll be pumping regularly and I hope you do too. I sometimes visit the #pumpchat forum on IRC; hope to chat with you there.

Let's **GET HUGE!**



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Pulls on the Internet Pump to this page since Nov 25, 2000

