



Fitness by Penis

By Peter Pandore

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Fitness by Penis By Peter Pandore

Fitness by Penis is an original and a healthy method specifically designed to use your penis as an effective and elastic tool for both body workout and penis enlargement at the same time. Forty two innovative, easy and healthy exercises can help you build up your body muscles and enlarge your penis simultaneously. With over 200 pictures and easy to follow instructions, this manual gives you the opportunity to gain stronger muscles, to maintain great shape and to become healthier while also enjoying the enlargement of your penis. By practicing your favorite exercises in this manual for ten minutes a day you will witness the growth of your muscles and penis in a couple of weeks. This book also offers many useful tips on nutritional factors, edible aphrodisiacs, vitamins and minerals, herbs, sex drive, erection factors, healthy prostate factors, the anatomy of penis, safety and preparation procedures.

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Editorial Review

About the Author

Peter Pandore is a Canadian author specialized in men's sexuality and health. He has many publications on penis enlargement, erection factors, multiple orgasms and aphrodisiacs. In the course of several years he has designed many exercises for men in order to help them to shape and strengthen their bodies, and enlarge their penises in a healthy and natural way.

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