**Step-by-Step Instructions**

**Penile Traction System – Rod System**

1. **Turn the rotary valve counter-clockwise to close.**
2. **Spread 3-4 drops of Pro-Master fluid to the inside of the latex.**
3. **Spread 3-4 drops of Pro-Master fluid to the glans penis.**
4. **• Squeeze the pump ball almost entirely.**
   - **Attach the squeezed pump ball (marks on plastic are above) to the closed rotary valve.**
5. **Turn the glans chamber and pump ball against each other.**
6. **• Squeeze the pump ball to the limit.**
   - **Push the glans softly against the glans chamber.**
7. **Slowly release your squeeze. This creates a gentle vacuum that pulls the glans inside the chamber.**
   - **TIP: If the glans is not sucked into the chamber completely, go on to step 7. Then repeat steps 4 and 6.**
8. **• Press-in the rods.**
   - **Gently stretch the penis to clip the narrow section on the coupling socket.**
   - **Control traction with spring balance:**
     - **About 230 grams per mark.**
   - **Lower traction using shorter rods.**
   - **Increase traction using longer rods or threaded screws.**
   - **Control traction with spring balance:**
     - **About 230 grams per mark.**
   - **Lower traction using shorter rods.**
   - **Increase traction using longer rods or threaded screws.**
9. **Insert the engaged penis inside the rod extender system.**
10. **Set up the rod extender system. Estimate the length of the system (your extended penis size + 1.5 cm or .6 in).**
11. **Turn the pump ball counter-clockwise to disengage from the rotary valve. Keep the valve closed.**
12. **• Clip the narrow section on the coupling socket.**
   - **Pull the belt for coupling.**
13. **• Put the penis left or right towards your hip.**
   - **Put the penis upwards.**
   - **Put the belt over your shoulder.**
14. **• Wrap the belt around your back and turn it around your thigh.**
   - **Fix the belt with the clip at a ring or directly at the belt.**
15. **• Wrap the free end of the belt around the part of the belt that is engaged to the penis.**
   - **Fix the belt with the clip at a ring.**

**Penile Traction System – Belt System**

1. **Turn the rotary valve counter-clockwise to close.**
2. **Spread 3-4 drops of Pro-Master fluid to the inside of the latex.**
3. **Spread 3-4 drops of Pro-Master fluid to the glans penis.**
4. **• Squeeze the pump ball almost entirely.**
   - **Attach the squeezed pump ball (marks on plastic are above) to the closed rotary valve.**
5. **Slowly release your squeeze. This creates a gentle vacuum that pulls the glans inside the chamber.**
   - **TIP: If the glans is not sucked into the chamber completely, go on to step 7. Then repeat steps 4 and 6.**
6. **• Adjust the belt length to your body size.**
   - **Lower the traction to the penis by elongating the belt.**
   - **Increase the traction to the penis by shortening the belt.**
7. **• Clip the narrow section on the coupling socket.**
   - **Pull the belt for coupling.**
8. **• Wrap the belt around a knee.**
   - **Fix the belt with the clip at a ring or directly at the belt.**
9. **• Sit on a chair.**
   - **Wrap the belt around a knee.**
10. **Fix the belt with the clip at a ring.**

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**Green Diaphragm: Small glans penis**
**Yellow Diaphragm: Medium glans penis**
**Blue Diaphragm: Large glans penis**

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