

# MEN'S TRAINING CUP

## Endurance Training

### Training Guide

Short Program

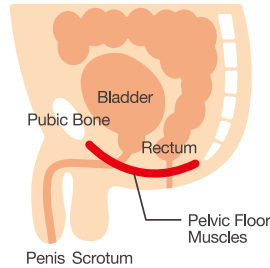
Total 10 Sessions



## Before Beginning Your Training

### Identify Your Pelvic Floor Muscles

The purpose of this step is to learn how to control ejaculation through manipulation of the pelvic floor muscles. The pelvic floor muscles are the muscles that contract to stop urination, and are attached to the pelvic floor in a hammock-like structure. If your pelvic floor muscles are tense (strained), it will be difficult to hold back ejaculating, so it is important to learn how to relax them. First, to get a sense of your pelvic floor muscles and how they work, try to move your pelvic floor muscles. Tense them to draw your anus and scrotum up towards your stomach. Once you are able to identify and feel the movement of your pelvic floor muscles proceed to STEP 1.



**Important**

## Training Process



Weak Stimulation  Strong Stimulation

CUP Level	Lv.1	Lv.1	Lv.2	Lv.2	Lv.3	Lv.3	Lv.4	Lv.4	Lv.5	Lv.5
Day of Training	/	/	/	/	/	/	/	/	/	/

10 daily training sessions in sequential order, twice a week (total of 5 weeks). Even if you fall behind, try to complete training within a total of 8 weeks.

## Training Methods

As ejaculation approaches, the pelvic floor muscles become tense. If you feel tension in the pelvic floor muscles just prior to ejaculation, use the following [Method 1] or [Method 2] to consciously relax the pelvic floor muscles and make the ejaculation feeling go away. Since [Method 1] may be more challenging at this time, we recommend that you start with [Method 2].

### Method 1

Stimulate yourself until you feel ejaculation nearing, then relax the pelvic floor muscles to keep the sensation of ejaculation at bay. Keep the feeling of impending orgasm away by only relaxing your pelvic floor muscles, while continuing to move your hand. Make the feeling subside four times during one training session, and then allow yourself to freely ejaculate the fifth time.



※ If at anytime it becomes too difficult to hold back your ejaculation, lower the stroke speed and continue training.

### Method 2

The procedure is similar to [Method 1], but in [Method 2], you also stop moving your hand while relaxing your pelvic floor muscles to allow the feeling of ejaculation to subside. Here the goal is to be able to make the feeling of impending ejaculation go away within approximately 45 seconds. As you keep getting more used to it, gradually try to decrease the amount of time you stop hand movements. As in [Method 1] make the feeling subside four times during one training session, and then allow yourself to freely ejaculate the fifth time.



## Key Points During and After Training

### POINT 1

At the end of the training program, you have hopefully mastered the skill of controlling ejaculation by relaxing the pelvic floor muscles. You can have sex in the middle of training to check your current condition.

### POINT 2

Control ejaculation control during actual intercourse by relaxing your pelvic floor muscles in the same way you have trained.

### POINT 3

You should work on maintenance training about once a week. For maintenance training, we recommend using the TIMING TRAINER -ENDURANCE- which can be used repeatedly. Perform training in the same way.

### POINT 4

By using a CUP WARMER and Hip Thrust Training, you can make your training closer to sex with your partner.

## How to Use the MEN'S TRAINING CUP



❶ Remove sticker from Air-Hole on top of item.



❷ Remove shrink wrapping from base of item.



❸ Open cap.



❹ Insert and use the same rhythm/speed as intercourse.

※After use, please dispose of the product in accordance with your local waste disposal guidelines.

## Training Products



### TIMING TRAINER -ENDURANCE- & TRAINER LOTION



A special item for premature ejaculation training that can be used repeatedly. Recommended for those who are committed to full completion of training and maintaining their condition.