

BONUS #2

THE LASTING LONGER TRAINING GUIDE

A 16-Page Step-by-Step Exercise Programme
for Ejaculation Control & Sexual Stamina

FREE GIFT — Included with The African Man's Sexual Performance Bible



*Targets the exact muscles that control ejaculation.
10 minutes a day. No gym. No equipment. 100% at home.*

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Important Notice

This guide is for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. If you have any existing health conditions — including cardiovascular disease, prostate problems, pelvic injuries, or neurological conditions — please consult your doctor before beginning any new exercise programme.

The exercises in this guide are based on published peer-reviewed research and widely accepted physiotherapy practice. They are safe for healthy adult men. Results will vary depending on consistency, baseline fitness, and individual physiology. Most men begin noticing improvements within 2 to 4 weeks of daily practice.

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How to Use This Guide

This guide is structured as a progressive 4-week training programme. Each week builds on the last. Read each section fully before you begin practising the exercises. Do not skip ahead — the foundation exercises in Week 1 are essential for getting maximum benefit from the advanced work in Weeks 3 and 4.

Section	Pages	Focus
Introduction: Why These Muscles Matter	3	Science & anatomy
Finding Your Pelvic Floor (Activation)	4	Identification & isolation
Week 1 — Foundation Exercises	5 – 6	Muscle awareness & slow Kegels
Week 2 — Building Endurance	7 – 8	Hold time & quick contractions
Week 3 — Arousal Control Training	9 – 10	Stop-Start technique + breath
Week 4 — Advanced Integration	11 – 12	Full control & stamina routines
The Daily 10-Minute Routine	13	Quick-reference schedule
Breathing Control for Lasting Longer	14	Breathwork techniques
Progress Tracker & Troubleshooting	15	Self-monitoring chart
Final Notes & Next Steps	16	Consolidation & long-term maintenance

Introduction: Why These Muscles Matter

When a man struggles to last as long as he wants in bed, the instinctive response is to look for a pill, a spray, or a miracle. But the real answer is simpler — and far more permanent: **your pelvic floor muscles**.

Located deep inside the pelvis between your tailbone and your pubic bone, your pelvic floor is a group of muscles and connective tissues that form the muscular foundation of your lower body. They control urinary flow, support your organs, produce the pumping action during orgasm, and — most importantly for this guide — **directly regulate when ejaculation occurs**.

The Science

Peer-reviewed research published in the European Urology journals confirms that targeted pelvic floor muscle training (PFMT) can dramatically extend how long a man lasts. In one landmark 12-week clinical trial, men who trained consistently improved their average time from under 32 seconds to over 146 seconds — a more than 4-fold increase. A 2024 systematic review and meta-analysis of 15 qualifying studies found that 82.5% of men who completed a structured PFMT programme significantly improved their ejaculatory control.

The Three Key Muscles

Bulbocavernous (BC) Muscle	Wraps around the base of your penis. This is the primary ejaculation muscle — it contracts rhythmically during orgasm.
Ischiocavernous (IC) Muscle	Compresses the veins leaving the penis to maintain erection hardness. When trained, it supports firmness and control.
Pubococcygeus (PC) Muscle	The deepest layer, running from the pubic bone to the tailbone. It stabilises the entire pelvic floor and supports the internal organs.

"Training your pelvic floor is not different from training your arms or legs. The muscles respond to progressive load, rest, and consistency. The only difference is that nobody can see you doing it — but your partner will feel the difference."

Finding Your Pelvic Floor: The Activation Test

Before you train a muscle, you must be able to feel it. Many men attempt pelvic floor exercises and unknowingly use their stomach, thigh, or buttock muscles instead. This page will ensure you are activating the correct muscles before you begin the programme.

The 3 Identification Methods

Method 1 — The Urine Stop Test	<p>The next time you urinate, try to stop the flow mid-stream for 2 seconds, then release. The muscles you squeeze to do this are your pelvic floor muscles.</p> <p>Important: Only do this once or twice to identify the muscles — do not use this as a regular exercise as it can interfere with normal bladder function.</p>
Method 2 — The Gas Hold	<p>Imagine you are in a room full of people and you suddenly need to pass gas. The muscles you tighten to hold it in — those are your pelvic floor muscles. Practice squeezing and releasing them slowly.</p>
Method 3 — The Lift Sensation	<p>Lie on your back with knees bent. Without tightening your stomach, buttocks, or thighs, try to lift and draw your scrotum upward and inward toward your body. You should feel a gentle internal lifting sensation. Your penis may shift slightly. That lift is a correct pelvic floor contraction.</p>

Common Mistakes to Avoid

- Holding your breath — breathe normally during every contraction.
- Squeezing buttocks or thighs — these should stay completely relaxed.
- Sucking in your abdomen — keep your belly soft.
- Over-training — the pelvic floor needs rest, just like any other muscle.
- Expecting overnight results — most men feel a clear difference after 2 to 3 weeks.

Perform the Lift Sensation test right now. Hold for 3 seconds, release for 3 seconds, repeat 5 times. If you feel the lifting sensation

WEEK 1 — Foundation Training

GOAL	DAILY TIME	FREQUENCY
Identify, isolate & build baseline strength	8 – 10 minutes	Every day

Week 1 is about **building the mind-muscle connection**. Many men have never consciously used their pelvic floor muscles. The goal this week is not maximum strength — it is accurate, isolated activation. Quality over quantity.

1 Slow Kegel — Lying Down

Best starting position. Easiest to feel the muscle.

1. Lie on your back with knees bent, feet flat on the floor, arms at your sides.
2. Take a slow breath in through your nose. As you breathe OUT, gently squeeze and lift your pelvic floor muscles (use the Lift Sensation from page 4).
3. Hold the contraction for 5 seconds. You should feel a slow, deep tightening. Your stomach, thighs, and buttocks should stay completely relaxed.
4. Slowly release over 5 seconds. Rest for 5 seconds. This is 1 repetition.
5. Complete 10 repetitions. Rest 1 minute. Complete 2 more sets of 10.

TIP: Place one hand lightly on your stomach. If your belly tightens, you are using the wrong muscles. Keep the belly

30 reps total · 10 mins

WEEK 1 — Foundation Training (continued)

2 Quick Flicks — Rapid Contractions

Trains the fast-twitch fibres — critical for in-the-moment control.

1. Find a comfortable seated position with feet flat on the floor.
2. Squeeze your pelvic floor quickly and firmly — hold for just 1 second.
3. Release completely. Wait 1 second. Repeat.
4. Perform 10 quick flicks in a row. Rest 30 seconds. Repeat 3 times.
5. You should feel a distinct pulse-like sensation — these contractions should feel different from the slow Kegels. They are sharper and faster.

TIP: Quick flicks train your ability to contract on command during sex — this is the real-time control mechanism you

30 reps total - 5 mins

3 The Elevator Hold

Advanced hold technique — builds deep endurance.

1. Sit upright in a chair with both feet on the floor.
2. Imagine your pelvic floor is a lift (elevator) with 4 floors.
3. Slowly contract the muscle in 4 equal stages: Floor 1 (gentle squeeze), Floor 2 (moderate), Floor 3 (firm), Floor 4 (maximum squeeze). Spend 3 seconds at each level.
4. At Floor 4, hold for 5 full seconds.
5. Slowly descend back through floors 3, 2, 1, then release completely.
6. Rest 10 seconds. Repeat 5 times.

TIP: The descent is as important as the ascent. Men who only practice contracting — but not slowly releasing —

5 reps - 8 mins

Week 1 Summary: Practise Exercises 1, 2, and 3 every day this week. By Day 7 you should feel a clear difference in your ability to isolate and hold the muscle. If the exercises feel easy by Day 5, increase the hold time in Exercise 1 to 8 seconds.

WEEK 2 — Building Endurance

GOAL	DAILY TIME	FREQUENCY
Increase hold duration & muscular stamina	10 minutes	Every day

You have now established the foundation. Week 2 is about making the muscle stronger and more resilient. We increase hold times, add positional variety, and introduce a standing exercise to prepare the muscle for real-world use.

4

Extended Slow Kegel — 10-Second Hold

Progressive overload — the key to strength gains.

1. Lie down or sit comfortably. Breathe in through your nose.
2. As you exhale, squeeze and lift your pelvic floor fully.
3. Hold for 10 full seconds. Breathe normally during the hold — do not stop breathing.
4. Slowly release over 5 seconds. Rest for 10 seconds.
5. Complete 10 repetitions, 3 sets. Total: 30 reps.

TIP: If 10 seconds is difficult, hold for as long as you can and work up to 10 by mid-week. Never hold your breath —

30 reps total · 10 mins

WEEK 2 — Building Endurance (continued)

5 Standing Kegel — Real-World Position

The most important position — this mirrors the position during sex.

1. Stand with your feet shoulder-width apart. Relax your shoulders, arms, and jaw.
2. Contract your pelvic floor muscles while staying completely upright. Do not lean forward, bend the knees, or tighten the buttocks.
3. Hold for 5 seconds, release for 5 seconds. Repeat 15 times.
4. Progress to 10-second holds by the end of the week.
5. Bonus: Practise this exercise anywhere — while brushing your teeth, waiting in a queue, or cooking a meal. Nobody will know.

TIP: The standing position is harder because gravity pulls the pelvic floor down. Mastering it in Week 2 means you

15 reps • 5 mins

6 Pulse Sequence — Power Contractions

High-intensity interval training for the pelvic floor.

1. Sit or lie down in a comfortable position.
2. Perform 10 quick flicks (1 second on, 1 second off) as fast and firmly as possible.
3. Immediately follow with 1 slow hold for 10 seconds.
4. Rest for 15 seconds. This is 1 cycle.
5. Complete 5 cycles total.

TIP: This combination of fast and slow contractions trains both types of muscle fibres simultaneously — giving you

5 cycles • 8 mins

Week 2 Summary: Add Exercises 4, 5, and 6 to your routine. Continue Exercise 2 (Quick Flicks) as a warm-up each day. By the end of this week you should be able to hold a firm contraction for 10 seconds without difficulty.

WEEK 3 — Arousal Control Training

GOAL	DAILY TIME	FREQUENCY
Learn to control the ejaculatory reflex	10 – 12 minutes	Every day

Week 3 is where physical training meets real-world application. You will learn the **Stop-Start method** — one of the most clinically validated behavioural techniques for ejaculation control. A 2023 study published in PLOS ONE confirmed that men who combined Stop-Start training with pelvic floor exercises improved significantly more than those who used either technique alone.

7

The Stop-Start Method — Solo Practice

The most important exercise in this entire guide. Practice 3x per week.

1. During private self-stimulation, bring yourself to approximately 70% of your arousal level — what researchers call the 'Point of No Return minus 30%'.
2. Stop all stimulation completely. Take a slow, deep breath in through your nose and out through your mouth.
3. Allow your arousal level to drop to around 40%. Notice what this feels like in your body. This awareness is the key skill you are developing.
4. Resume stimulation. Repeat the stop-start cycle 3 more times before allowing ejaculation on the 4th pass. This is 1 complete session.
5. Practise 3 sessions per week minimum. Track your progress in the chart on page 15.

TIP: The goal is not simply to delay — it is to learn the feeling of being at '70%' so you can recognise it in real time

er week · 10 – 15 mins per ses

WEEK 3 — Arousal Control Training (continued)

8 The Contraction Lock

Use your pelvic floor to halt the reflex — the core skill of ejaculation control.

1. During solo Stop-Start practice (Exercise 7), at the moment you reach 70% arousal and stop stimulation, perform a firm, sustained pelvic floor contraction.
2. Hold the contraction for 5 to 8 seconds. Focus on the deep squeeze of the BC muscle at the base of the penis.
3. Breathe slowly and deeply while holding. Do not tense your buttocks.
4. Release the contraction slowly. Notice how your arousal level drops more quickly than with just stopping alone.
5. This is the Contraction Lock — your real-time tool during sex.

TIP: Research shows that voluntary pelvic floor contraction before the ejaculatory reflex triggers can interrupt the

9 Arousal Mapping — Body Awareness Exercise

Develop a precise internal scale for your arousal level.

1. Sit quietly for 2 minutes. Breathe slowly. Bring your attention to your pelvis.
2. Gradually bring yourself to 50% arousal. Notice: What physical sensations tell you that you are at 50%? Warmth? Muscle tension? A specific feeling in your perineum? Write it down in the tracker on page 15.
3. Repeat at 70% and again at 85%. Each level has a distinct physical signature that you can learn to recognise.
4. Practise this mapping 2 to 3 times this week. The goal is to be able to identify your arousal level accurately without thinking.

TIP: Men who can accurately self-rate their arousal in real time are significantly more successful at ejaculation

– 3x this week · 10 mins each

WEEK 4 — Advanced Integration

GOAL	DAILY TIME	FREQUENCY
Apply all skills in real conditions — total control	10 minutes	Every day

By Week 4, your pelvic floor is stronger, you can identify your arousal level in real time, and you have practised the Contraction Lock. Now we integrate all of these skills into a complete, automatic response system that works even under the pressure of real intimacy.

10 The 5-Second Override

Your emergency brake — instant ejaculation delay on command.

1. During solo Stop-Start practice, push to 85% arousal — closer to the edge than previous weeks.
2. At 85%: Stop stimulation. Take 1 deep slow breath in through your nose.
3. Simultaneously perform a Maximum Contraction Lock — your firmest possible pelvic floor squeeze — and hold for 5 seconds.
4. Exhale slowly. Release the contraction slowly. Your arousal should drop significantly.
5. Resume stimulation once you return to 40% or below.
6. Repeat this cycle 4 to 5 times per session. Practise 3 sessions this week.

TIP: The 5-Second Override works in real intimacy too. The moment you sense you are approaching the point of no

3x this week · 15 mins each

WEEK 4 — Advanced Integration (continued)

11 Full Stamina Sequence — Daily Maintenance

The routine that keeps your gains permanent. Do this every single day.

1. WARM UP (2 min): 20 Quick Flicks — 1 second on, 1 second off.
2. ENDURANCE SET (4 min): 10 Extended Slow Kegels — 10 second hold, 5 second release.
3. POWER SET (2 min): 3 Pulse Sequences — 10 quick flicks + 1 slow 10-second hold each.
4. STANDING KEGEL (2 min): 10 Standing Kegels — 10 second holds. Do these standing.
5. Cool down: 1 minute of slow, deep belly breathing. Completely relax all muscles.

TIP: This full sequence takes exactly 10 minutes. Do it every morning before breakfast. The consistency of daily

Daily · 10 mins exact

12 The Integrated Breathwork Sequence

Combines pelvic floor training with breath control — maximum effect.

1. Lie on your back, knees bent. Place both hands on your lower belly.
2. Inhale slowly through your nose for 4 counts. As you inhale, let your belly rise — keep your pelvic floor relaxed on the inhale.
3. At the top of the inhale, hold for 2 counts, then begin your Contraction Lock.
4. Exhale slowly through your mouth for 6 counts while maintaining the contraction.
5. Release both the breath and the contraction together at the end of the exhale.
6. Rest 4 counts, then repeat. Do 8 full breath-contraction cycles.

TIP: This sequence directly replicates what you will do during intimacy. The breath and the muscle work together.

8 cycles · 6 mins

Week 4 Milestone: By the end of this week, you should be able to hold arousal at 85% for 30 or more seconds before deploying the Override — and bring yourself back to 40% reliably. This is the foundation of lasting as long as you choose.

The Daily 10-Minute Routine

From Week 2 onwards, do this routine every morning. It takes exactly 10 minutes and can be done in your bedroom, bathroom, or anywhere private. No equipment needed.

TIME	EXERCISE	REPS / DURATION
0:00 – 2:00	Quick Flicks (warm-up)	20 reps — 1s on, 1s off
2:00 – 5:30	Extended Slow Kegel	10 × 10-second holds
5:30 – 7:00	Elevator Hold	5 × full elevator cycles
7:00 – 8:30	Standing Kegel	10 × 10-second holds
8:30 – 10:00	Integrated Breath Sequence	6 breath-contraction cycles

Weekly Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
Daily 10-min Routine	✓	✓	✓	✓	✓	✓	✓
Stop-Start Practice	✓		✓		✓		Rest
Arousal Mapping		✓		✓			Rest

Breathing Control for Lasting Longer

Your breath is the fastest and most direct tool for controlling your arousal level. When you breathe rapidly and shallowly — as happens naturally during excitement — you activate the sympathetic nervous system. This is your body's 'fight or flight' mode, and it accelerates ejaculation.

Slow, deep breathing through the nose activates the parasympathetic nervous system — your natural relaxation response. This lowers your heart rate, reduces muscle tension, and most critically, **gives you conscious control over arousal pace**. A 2025 randomised controlled trial found that adding diaphragmatic breathing to pelvic floor training extended time to ejaculation by nearly 5 minutes — compared to 3.5 minutes with pelvic floor training alone.

TECHNIQUE	HOW TO DO IT	WHEN TO USE IT
Belly Breathing (Foundation)	Inhale through nose 4 counts — belly rises. Exhale through mouth 6 counts — belly falls. Practise 5 mins daily.	During daily training routine and anytime you feel anxious or
Box Breathing (Emergency Brake)	Inhale 4 counts. Hold 4 counts. Exhale 4 counts. Hold 4 counts. Repeat 4 cycles.	Immediately when you sense you are approaching 70% arou
4-7-8 Breath (Deep Reset)	Inhale through nose 4 counts. Hold 7 counts. Exhale through mouth 8 counts.	Before sex to calm the nervous system, or after using the Ov
Slow Rhythm (Maintenance)	Inhale 4 counts through nose. Exhale 6 counts through mouth. Keep this rhythm continuous.	During sex as your baseline breathing pattern. Slower rhyth

"When the breath slows, the body follows. When the body follows, the mind leads. When the mind leads — you are in control."

Progress Tracker & Troubleshooting

Use this table to track your weekly progress. Honest self-monitoring is one of the strongest predictors of long-term success in any training programme.

WEEK	Can Hold 10 Sec?	Stop-Start Sessions	Arousal Awareness (1–10)	Duration Improvement?	Notes
Week 1					
Week 2					
Week 3					
Week 4					

Troubleshooting

Q: I cannot feel the muscle at all.	Go back to page 4. Try the Gas Hold method while lying down. Most men need 2 to 3 days of gentle attempts before the connection becomes clear. Patience is essential.
Q: I feel sore after exercising.	You are almost certainly over-training or using the wrong muscles. Reduce repetitions by 50% and ensure you are breathing throughout every exercise. Rest a day.
Q: I am not seeing improvement after 2 weeks.	Check that you are not contracting your buttocks or abdomen. The pelvic floor should be the only thing working. Also check that you are doing the exercises daily.
Q: The Stop-Start method is not working for me.	This is common in the first 2 weeks. Continue daily pelvic floor training and try the Arousal Mapping exercise first. You need to build accurate arousal awareness before the Stop-Start technique becomes reliable.
Q: I am feeling too stressed to practise.	The Confidence Reset Blueprint (Bonus #3) addresses this directly. Anxiety and stress are among the most common causes of poor ejaculatory control. Address the mental side alongside the physical training.

Final Notes & Long-Term Maintenance

You have now completed the 4-week programme. If you have been consistent, the changes you are experiencing are not temporary — they are structural. Your pelvic floor is stronger. Your body awareness is sharper. Your nervous system has been retrained. **This is yours to keep.**

What Comes Next

Sexual stamina is not a destination — it is an ongoing practice. The Daily 10-Minute Routine on page 13 is your permanent maintenance protocol. Do it every morning. It takes no equipment, no gym, and no additional cost. The men who maintain daily practice consistently report that gains continue beyond the 4 weeks — especially in the area of arousal awareness and in-the-moment control.

The Complete Protocol — Everything Working Together

The African Man's Sexual Performance Bible	Your 21-day foundational protocol — diet, herbs, lifestyle, and mindset.
Bonus 1: Power Food Plan	The foods that raise testosterone, support blood flow, and fuel your recovery.
Bonus 2: This Guide	The pelvic floor and arousal-control training programme.
Bonus 3: Confidence Reset Blueprint	The mental and psychological work that makes everything else more powerful.



***"The man who understands his own body has already won half the battle.
The man who trains it consistently — wins the whole thing."***

Questions or support? WhatsApp: 09028821973
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