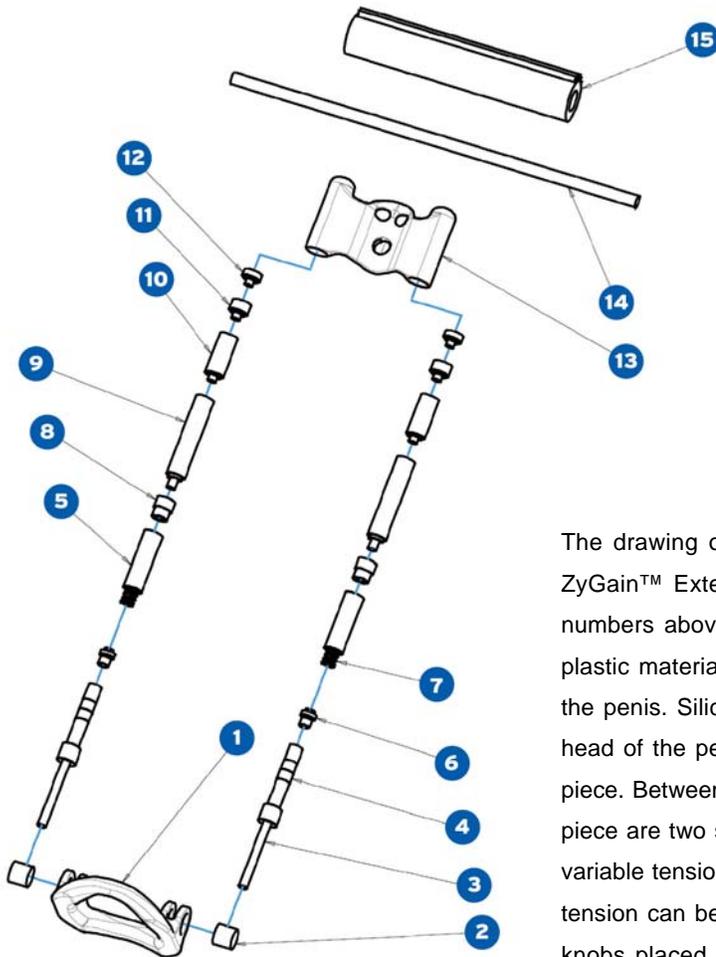


ZyGain™

EXTENDER



USER MANUAL



- 1 • Plastic Base Ring
- 2 • Round Peice with Hole
- 3 • Articulated Screw
- 4 • Adjustable Bar Screw
- 5 • Metal Bar
- 6 • Screw
- 7 • Spring-Nominal
- 8 • Screw to Ground Spring
- 9 • Large Axis of 4cm
- 10 • Medium Axis of 2cm
- 11 • Small Axis of .05cm
- 12 • Minimum Axis of 0.3cm
- 13 • Upper Plastic Support
- 14 • Silicone Band
- 15 • Protective Cushion

The drawing on the left is a diagram of the ZyGain™ Extender, with corresponding part numbers above. A specially-designed ring of plastic material is placed around the base of the penis. Silicone tubing fastens around the head of the penis area to the plastic support piece. Between the base ring and the support piece are two spring loaded bars that apply a variable tension between 1.5 and 3.3 lbs. The tension can be adjusted by either turning the knobs placed by the base ring or by adding additional tension bars.

MEASURE YOUR PENIS

Measure the length of the penis by placing a measuring tape along one side of the penis, starting from the pubic bone. Measure the girth of the penis by wrapping a soft measuring tape around the thickest part of the shaft. Document the length and girth of the penis in both the flaccid (soft) and erect state. Do these measurements 3 consecutive days and calculate the average. To calculate the average, add the 3 measurements together and divide by 3.

Example:

Day 1 - 5.5

Day 2 - 5.75

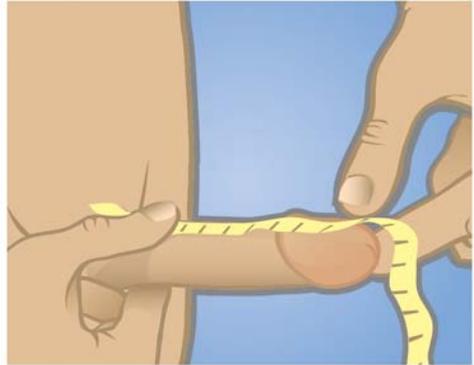
Day 3 - 5.5

$$5.5 + 5.75 + 5.5 = 16.75$$

$$16.75 / 3 = 5.58$$

5.58 = average penis size

*Record these calculations
in your monthly chart.*



HOW TO SET UP AND WEAR

Before you put on the device, you must first do these steps:

Step 1

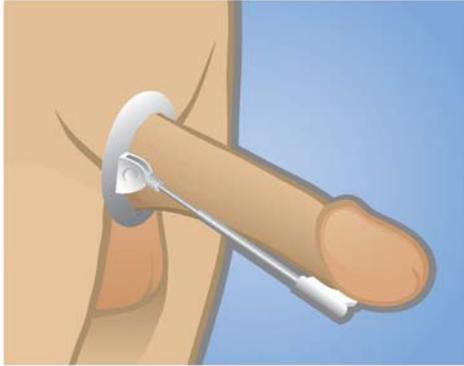
Take the silicone tube off of the support piece. String the silicone tube through the foam tube. If needed, the foam tubes can be cut for a better fit.



Step 2

Put the silicone tube back on the support piece and form a loop. You have now created a cushion that will be between your skin and the silicone tube. Please note, you can use any type of cushioning and that the foam tubes do not have to be used. A bandage can also be applied to the penis area before securing it.





Step 3

When the penis is completely flaccid (soft), insert it through the plastic base ring with the head of the penis resting on the curved portion of the support piece. If circumcised, pull the skin back before securing the glans with the padded silicone tubing.

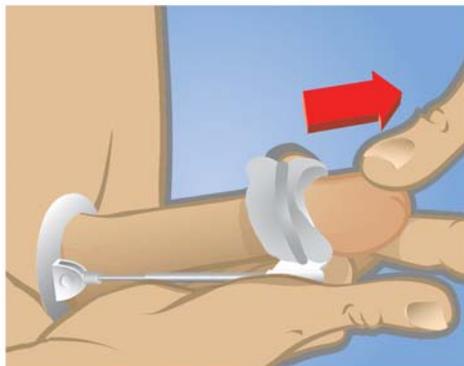


Step 4

Use the right hand to hold onto the support piece and push the spring loaded bars back towards the body (thus shortening the length of the device).

Step 5

While holding this position, use the left hand to pull the glans through the loop formed over the curve of the support piece.



Step 6

Next, put the left thumb on the penis, while slowly making the loop smaller by pulling down on the ends of the silicone tubing with your right hand. Secure the tube as snugly as you can while remaining comfortable to keep the glans from slipping through.





Step 7

Push the ends of the silicone tube into the two vertical grooves on the underside of the support piece.

And finally.....



Step 8

Slowly release the spring loaded bars to create a comfortable stretch.

After you have learned how to put on the device, add on enough bars to create a slight stretch to the penis. The stretch should not be too little or painful. This setting is considered your starting point and you will wear the device at this length for the first week.

PROGRAMS

| <i>Days</i> | <i>Hours</i> | | |
|---------------|-------------------|--|--|
| Week 1 | 2-3 hours per day | | |
| Week 2 | 3-4 hours per day | | |
| Week 3 | 4-5 hours per day | | |
| Week 4 | 5-7 hours per day | | |

| <i>Standard Mode</i> | <i>Program</i> | <i>Hours</i> | <i>Period</i> |
|----------------------|---------------------------|---------------------|---------------|
| Recommended | add on .5 cm every 7 days | up to 8 hrs per day | 6 months |

| <i>Standard Mode</i> | <i>Program</i> | <i>Hours</i> | <i>Period</i> |
|-----------------------|-------------------------------|--------------|---------------|
| Own Discretion | add on .5 cm when comfortable | See note | See note |

Note: *You may choose to develop your own personalized program and not follow the recommended one above. You may want to do this if you are feeling some discomfort in using the device and need to work at a slower pace, or if you aren't feeling any discomfort at all and want to increase wearing time and accelerate the results. Please remember that if you deviate from the recommended usage, you do so at your own risk. It is not advisable to wear the device too long, too soon; the body needs an adjustment period.*

Take a break for a few minutes at LEAST every 2 hours by removing the device from the penis; breaks are mandatory. The breaks can last as long as you need for the penis to relax. Give the penis a light massage. After the third month, increase the size of the Zygain™ Extender every 14 days. Begin to take your breaks every 1 to 1 1/2 hours.

If you choose to use the Personalized Mode (at your own discretion) please note that results can take longer. You should gauge your current status once a week to determine if you are ready for

an increase or not. If not ready, simply wear the current setting another week before assessing your status again.

Keep track of your results in the monthly chart at the end of this guide.

TIPS

- The first few days, you may experience slight discomfort. Take the device on and off several times to allow the body to adjust. This is normal and is not cause for alarm.
- It is imperative to remain consistent and patient with the usage of the device to reach your goals.
- The device can be worn underneath loose fitting clothing and can be worn either upward or downward for discreetness. This is a personal preference.

TENSION BARS & TRACTION FORCE

As you go along with the program, you can interchange the bars according to the calculations listed below.

Four .5 cm bars = One 2 cm bar

Two 2 cm bars = One 4 cm bar

The starting traction force of the device is 1.3lbs (600 grams) and totals 3.3lbs (1500 grams) at the end of the program. This force will adjust automatically as you add on additional bars. The traction forces are progressive and do not harm the penis.

SPECIAL CASES

Pre- and Post-Phalloplasty

This device is a good way to catalyze the results of phalloplastic surgery. Please consult with your doctor to determine when it's safe to begin the treatment.

Long Layoffs

If you have not worn the device for several days, you may find that you need to remove one set of elongation bars in order to comfortably wear the device again. You should be able to resume from the previous maximum length the following day, and continue the normal wearing pattern from that point.

Soreness

If you experience mild pain, discomfort, discoloration, or numbness of the glans, simply remove the device and massage the penis. Any of these symptoms will return to normal after a short period of time, and you can resume wearing the device. It is normal to experience mild discomfort after several hours of usage; pay attention to your body and wear the device as long as you can comfortably do so. It is not recommended to wear the device for more than 2 hours at a time without removing it.

PRECAUTIONS

Injuries

Do not use the Zygain™ Extender if you are suffering from injury or if your doctor has instructed you not to engage in any strenuous activities. The use of the device may cause a delay in the recovery process. You may resume usage once the injury has healed. Any increases already incurred will not diminish and you will be able to continue achieving gains.

Peyronie's Disease

For those clients suffering from any form of Peyronie's Disease or mild curvature of the penis, the Zygain™ Extender can be a wonderful device to help rectify and improve many of the various aspects of this problem. If you have severe curvature, be sure to seek the advice of your

doctor or urologist beforehand to assure its safety and benefits. The results are usually aided by wearing the device to the opposite direction of the curvature. If your penis curves upwards, wear the device pointing down, if your penis curves to the left, angle the device towards your right pant leg, etc.

Diabetes

Diabetes Mellitus affects the body's organs, including the skin. If you have diabetes and are noticing any marks anywhere on your penis, you must cease use of the Zygain™ Extender immediately and consult a physician. If you notice any sort of discomfort during the first few days of use, this is normal. However, if it continues, cease use of the device and contact a physician. It is important that you closely monitor your use.

High Blood Pressure

Since the Zygain™ Extender induces “stress” on the body, you may notice that when wearing the device your blood pressure increases slightly. If you notice that it increases by a sizeable amount, please remove the device until it returns to a normal level. Please consult with your physician if you have any concerns.

Warm-Up

Although not mandatory, it is advisable that you use a warm-up towel before each wearing session of the Zygain™ Extender. This can help “loosen” the cells of the penis and allow for easier and more comfortable stretching. If you do not use a warm-up towel, you might feel like part of each session is just trying to get back to the length you were previously at, especially if you have missed a day or two.

LIMITED WARRANTY

Your Zygain™ Extender is covered by warranty for a period of one year from date of purchase and under the following conditions: The warranty covers claims that result from defects in material and/or workmanship, but excludes silicone tube, foam tubes, and discreet nylon case. If a defect is discovered, the Zygain™ Extender must be returned to the dealer with the original receipt, and in its original packaging.

We reserve the right make technical modifications to the Zygain™ Extender at any time.

MONTHLY PROGRESS CHART

| | <i>Warm-up</i> | <i>Jelqing</i> | <i>Extender</i> | <i>a)</i> | <i>b)</i> |
|----------------|----------------|----------------|-----------------|-----------|-----------|
| Example | X | X | 8 hours | 2 hours | 1 hour |
| Day 1 | | | | | |
| Day 2 | | | | | |
| Day 3 | | | | | |
| Day 4 | | | | | |
| Day 5 | | | | | |
| Day 6 | | | | | |
| Day 7 | | | | | |
| Day 8 | | | | | |
| Day 9 | | | | | |
| Day 10 | | | | | |
| Day 11 | | | | | |
| Day 12 | | | | | |
| Day 13 | | | | | |
| Day 14 | | | | | |
| Day 15 | | | | | |
| Day 16 | | | | | |
| Day 17 | | | | | |
| Day 18 | | | | | |
| Day 19 | | | | | |
| Day 20 | | | | | |
| Day 21 | | | | | |
| Day 22 | | | | | |
| Day 23 | | | | | |
| Day 24 | | | | | |
| Day 25 | | | | | |
| Day 26 | | | | | |
| Day 27 | | | | | |
| Day 28 | | | | | |
| Day 29 | | | | | |
| Day 30 | | | | | |
| Day 31 | | | | | |

NOTES

NOTES

The logo features the word "ZyGain" in a bold, sans-serif font. The "Zy" is colored orange, while "Gain" is white. A small "TM" trademark symbol is positioned at the top right of the "n". Below "ZyGain", the word "EXTENDER" is written in a smaller, all-caps, orange, sans-serif font.

ZyGainTM
EXTENDER