

bathmate®
J U S T A D D W A T E R

THE ULTIMATE GUIDE...

FOR MAXIMUM GAINS

CHARLIE WALSH



Hey, my name is Charlie Walsh, I'm the head of Penile Development at Bathmate.

Getting into a schedule when it comes to penile health means experiencing real gains pretty much across the board.

By following the steps in this guide, you may be able to see a major impact across some key areas: penis size, erection quality, personal confidence, overall fitness, and sexual performance.

Ready? Let's go.

A black and white photograph of a person's torso and arm. The person is holding a blue Bathmate water pump device in their right hand. The device has a blue plastic body with a black base and a black handle. The person's left arm is visible, and a towel is draped over their shoulder. The background is dark.

ACHIEVING MAXIMUM RESULTS

Although there is a very scientific principle behind the Bathmate, using it is easier than you might think.

HOW THE BATHMATE HYDROPUMP WORKS

In the shower or bath, just fill your Bathmate with warm water before inserting your flaccid penis.

You'll need to pump the unit against your body to create a powerful initial seal, making it difficult to remove the pump. After this, continue to pump, displacing the water inside the Bathmate.

Once you're all set up, you'll quickly find yourself becoming erect, usually in just a couple of minutes, as the vacuum draws blood into your penis.

Keep the pressure up for about 3 minutes (try to have a clock around, as it's surprisingly hard to time it right), then release the water.

Give yourself a couple of minutes to cool off, massage your penis and lose your erection before starting another session, then finish off with a third and final session.

More detailed information about how each model operates can be found in the video guides below:



WHAT TO EXPECT WHEN YOU START A PUMPING ROUTINE

FIRST TIME USE

One of the hardest parts for beginners is knowing just how much to pump.

In basic terms, to hit maximum pressure, just keep going until you can't pump any further.

But, as the vacuum builds and the pressure on your penis increases, it's going to feel extremely intense.

For this reason, we strongly recommend that you slowly build up to maximum pressure over the course of your first week.

Going too hard, too soon, is really not a good idea. While the effects won't last long, immediately starting with max power can cause some issues.

These are usually limited to minor cosmetic problems (red dots, swelling), which act as a warning sign. If you notice any effects like that, take it easy – stop pumping for a while.

Get used to using a pump before maximizing the pressure, and make sure you're only using it for a few minutes at a time. We've put together a recommended beginners routine at the end of this guide.

WHEN WILL I SEE RESULTS?

Whether it's your arms, abs or any other part of your anatomy, when you work out, you'll see some pretty huge gains right away. After an intense gym session, you'll look a lot more toned than you did right before.

Of course, this doesn't last all that long – making a change takes time. It's exactly the same for penile workouts. After an effective pump session, your penis will be visibly bigger than usual.

The exercises pull additional blood into the penis, swelling the tubes and tissue that make up the penis. Ideal if you're doing a quick pre-sex workout, but the gains are going to fade after a short amount of time, depending on your circulation and health.

Over time, though, users report that it's possible to build up even better results.

Unfortunately, we're not legally allowed to quote reviews mentioning specific size gains, as different people achieve different results, but we'd definitely recommend [checking out these case studies](#), and seeing for yourself what's possible with an effective pumping routine.

PUMPING GUIDE TO OPTIMIZE GAINS

As we've already mentioned, going from 0-100 right off the bat isn't a good idea. It's important that you get used to your pump, and how it feels, before maxing out the pressure.

Once you've worked up to max-pressure it's going to feel pretty good, and you're going to notice some impressive results after each session. But it's important not to get carried away – as with all areas of the body it's possible to cause damage by over-working it, and your penis is no different. Rest days are important!

RECOMMENDED ROUTINE FOR BEST RESULTS

To get the most from your Hydropump, complete 5 workouts per week, with 2 rest days in between. Remember that the penis needs time to recover from exercise. Just try to ensure that rest days are not consecutive for optimum results.

For maximum comfort, we recommend warming up in the bath or shower for a few minutes before inserting your flaccid penis into your hydropump. This

will help to loosen the skin and allow your testicles to drop, keeping them free from the sealing area.

WEEK 1

DAY 1: 9-MINUTE WORKOUT

Pump until you reach your upper-level of comfort and stop. Leave the pump into place for 1 minute before safely releasing.

You're going to be erect at this point so spend a couple of minutes massaging your penis back to its flaccid state.

Repeat this process 2 more times, and this concludes your first Bathmate workout.

DAY 2: 12-MINUTE WORKOUT

Pump until you reach your upper-level of comfort and stop. Leave the pump into place for 2 minutes before safely releasing. Massage your penis back to its flaccid state.

Repeat this process 2 more times.

DAY 3: REST DAY

Just like working out any other part of your body, it's important to allow time in between to recover.

DAY 4: 15-MINUTE WORKOUT

Pump until you reach your upper-level of comfort and stop. Leave the pump into place for 3 minutes before safely releasing. Massage your penis back to its flaccid state.

Repeat this process 2 more times.

You've now worked your way up to a full 15-minute Bathmate workout.

DAY 5: 15-MINUTE WORKOUT

DAY 6: 15-MINUTE WORKOUT

DAY 7: REST DAY

WEEK 2 ONWARDS

DAY 1: 15-MINUTE WORKOUT

DAY 2: 15-MINUTE WORKOUT

DAY 3: REST DAY

DAY 4: 15-MINUTE WORKOUT

DAY 5: 15-MINUTE WORKOUT

DAY 6: 15-MINUTE WORKOUT

DAY 7: REST DAY

The background image shows a person's hand holding a white, cylindrical Bathmate penis pump. The pump has a black control knob on top. The image is partially obscured by a semi-transparent grey overlay that contains the text.

MAINTENANCE

If you're like most men, you give your pipe a good polish on a regular basis. After all, it's basic hygiene to keep your peen clean, right?

Well, believe it or not, it's just as important to keep your Bathmate penis pump clean, too — and we're about to tell you why.

Here's the long and the short of it...

THE IMPORTANCE OF CLEANING YOUR PENIS PUMP

Sure, water is all you need to get your Hydropump working, but when it comes to cleaning it, a quick rinse under the tap simply won't cut it.

Your Bathmate hydropump is made up of many intricate moving parts, all designed to carry out a specific function that ultimately contributes to its unrivalled performance and power.

Over time, the build-up of residue can prevent these parts from doing their job as effectively as they could so a thorough scrub after each use is recommended to keep your Bathmate pump working — and looking — as good as new for as long as possible.

Not only will a well-maintained Hydropump deliver massive results faster and more efficiently by keeping all the working parts free of debris, but you'll be protecting your investment by keeping it in tip top condition for years to come.

HOW TO CLEAN YOUR PENIS PUMP CORRECTLY

Due to the unconventional dimensions of the Bathmate Hydropump, we offer a range of [custom-built cleaning essentials](#) (included as standard with the HydroXtreme model) for a more thorough clean.

If you don't have a [Bathmate Cleaning Kit](#), you'll need a sponge (the longer the better), antibacterial cleaning spray (safe to use on silicone) and a towel.

AFTER EVERY USE:

1. Fill a sink or basin with warm water and a drop or two of mild soap.
2. Spray your Hydropump inside and out with a few sprays of [Bathmate Clean](#), or any antibacterial cleaning spray (ensuring that it is safe to use on silicone)
3. Dip your cleaning brush head (or a sponge) in the water, and give the inner chamber of your pump a thorough scrub.

4. Dip the brush head (or sponge) again and give the outside of your pump a once-over, manoeuvring the contoured sponge head in and around every groove.
5. Once your pump is spotless inside and out, run the tap and give your pump and brush a thorough rinse with lukewarm water.
6. Finally, take one of the branded towels included in the kit and buff your Bathmate dry. (Trust us — it's that simple!)

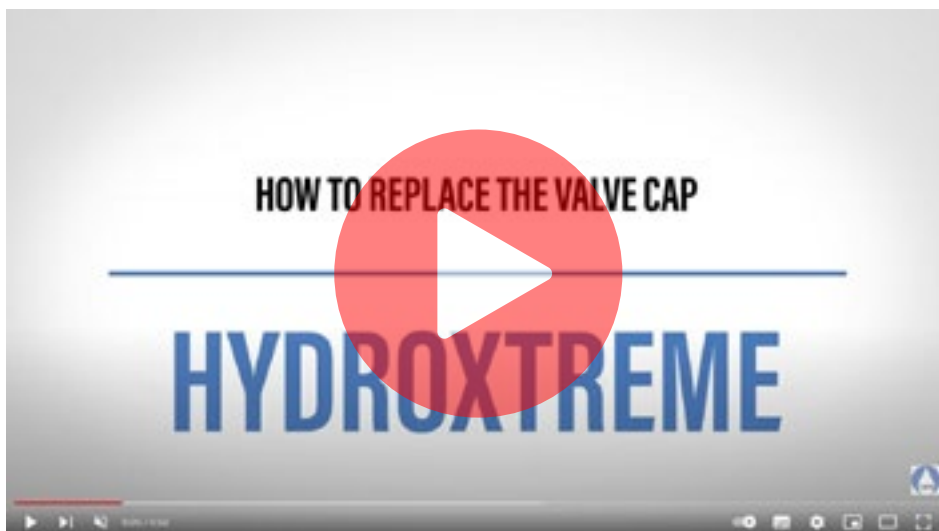
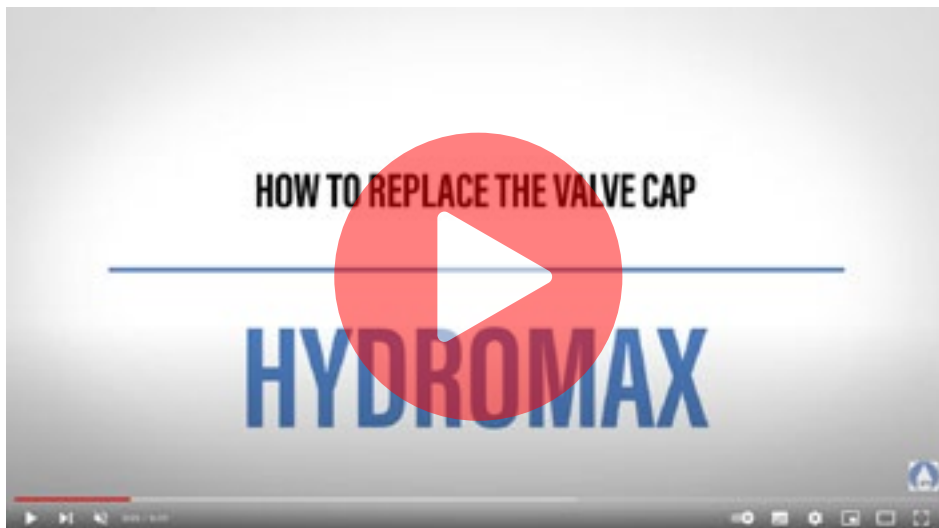
REMOVING THE VALVE

It's important that you regularly clean the valve of your Hydropump.

This is the area that is most affected by the build-up of residue due to the water that passes through it, and can also prevent the pump from achieving an effective seal.

WE RECOMMEND THAT YOU REMOVE THE VALVE FROM YOUR HYDROPUMP ONCE PER WEEK, OR AFTER EVERY 5 USES IF YOU'RE NOT FOLLOWING THE RECOMMENDED ROUTINE, AND CLEAN THOROUGHLY IN WARM, SOAPY WATER.

Full instructions on how to remove the valve for each Bathmate Hydropump model can be found in the handy videos below:





GROOMING

The naked truth is, a proper penis pumping routine is much harder to pull off when your pubic hair gets in the way.

A smoother surface helps your Hydropump form a stronger seal with your skin, allowing it to achieve maximum suction power to give you the fullest benefits from your workout.

THE STATS SAY IT ALL

According to a recent survey, a whopping 93.7% of respondents said that grooming their pubic hair improved the seal between their Hydropump and skin, and 76.4% noticed a marked increase in the power of their Hydropump after hair removal.

And as if all of that wasn't reason enough, it just feels better, too. Nearly 90% of respondents reported that manscaping made their penis pumping routine more comfortable.

As an added bonus, the smoother skin exposed by hair removal is not only more touchably soft for her, but it's much more sensitive to sexual stimulation for you. (We'd say that's a huge win all around!)

THE BOTTOM LINE

When it comes to pubic hair, less is more.

In other words, the less hair you have down there, the more impressive your gains will be — and our surveyed customers can attest to that.

A WHOPPING 81% REPORTED IMPROVED RESULTS FROM THEIR HYDROPUMP WORKOUTS AFTER MANSCAPING.

That said, trying to run a regular razor over your hair down there all willy-nilly is “shear” madness.

Your skin below the belt is ultra sensitive, and grooming it with the wrong tools raises the risk of infection, irritation, and ingrown hairs.

That’s where our cutting edge [Deluxe Grooming Kit](#) comes in. Its precision blades are expertly designed to tidy up your most intimate areas, from your happy trail to your ball ‘fro and beyond. Not up for the full “Boyzilian?” No worries. Two interchangeable razor heads and four length settings permit a completely customizable trim from your chest to your toes.

HERE'S WHAT YOU GET WITH OUR TOP-RATED TRIM KIT:

- A selection of four combs, offering you a custom cutting range from 3mm to 12mm
 - A precision trimmer head with an adjustable comb guide for finer detailing (Pro tip: we recommend length three for an ideal seal with your Bathmate.)
- A universal USB charging cable for ultimate convenience
- A discrete carrying case so you can touch up on the go, anytime, anywhere



[SHOP GROOMING](#)



JELQING

The first three parts of our 'Achieving Maximum Results' guide were designed to help you get the most from your Bathmate by showing you how to use and maintain it effectively.

Now that you know how to use your Bathmate to its fullest potential, part four is about a natural therapy technique known as 'jelqing' that works in harmony with your routine.

DOES JELQING ACTUALLY WORK?

Milking your way to a massive manhood might sound udderly ridiculous, but there are countless testimonials from jelqing enthusiasts that will tell you otherwise. We've surveyed hundreds of them across the globe, and a majority of respondents reported that jelqing helped them enhance both their penis size and their libido.

Combine jelqing with the potent power of a solid Hydropump routine, and your gains will be off the charts. At the same time, trying to rush your results by doing too much, too soon can backfire — or worse, set you back with an injury. To avoid overtraining, start small and take rest days in between sessions. As soon as you start seeing measurable gains, you'll know it's time to gradually increase the frequency and intensity of your workouts.

HOW TO JELQ: SIX STEPS TO SUCCESS

Thinking of squeezing jelqing into your Bathmate routine? Here's a simple step-by-step guide to get you started.

1. WARM UP

The ideal way to warm up is to complete a 15-minute Bathmate penis pumping routine. At this point your penis will be fully erect and full of fresh, oxygenated blood.

If you don't own a Bathmate penis pump but want give jelqing a go, we recommend taking a warm bath or shower first and massaging your penis gently until fully erect.

2. LUBE UP



Once you're warmed up, apply a generous squirt of [Max Out](#) into your hands and massage into your penis.

If you don't have any Max Out, then a regular lubricant will do. Just don't go for the dry-rub!

3. ACHIEVE OPTIMUM ERECTION LEVEL

Allow your erection level to drop to roughly 75%. It's important that you never jelq with a full erection

4. GRIP IT GOOD



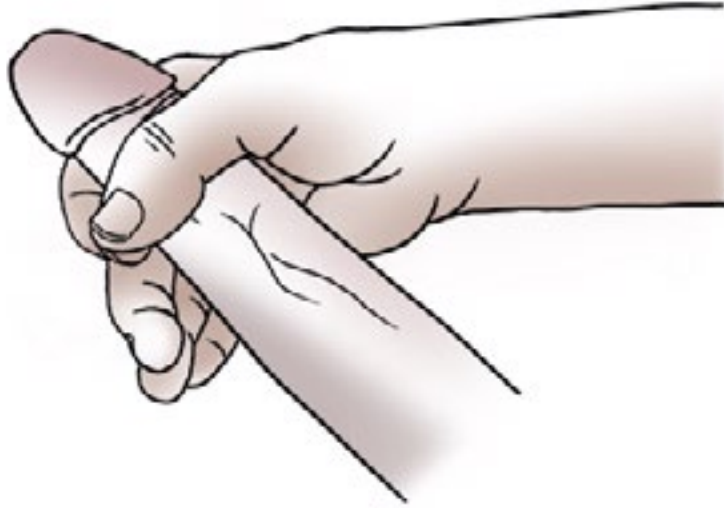
Make an OK sign by wrapping just your thumb and forefinger around the base of your semi-erect penis, as close to the pubic bone as possible.

5. GET JELQING



Make the “O” shape you’ve created with your thumb and forefinger smaller until it’s slightly snug. Then, slide it down the length of your penis, stopping right before you reach the glans (tip). One jelq stroke should last roughly three seconds.

6. REPEAT



Switch hands, repeat the same stroke, then switch back again. Continue these alternating three-second reps 100 times for a total of about five minutes per day. (It's that simple!)

WHY MAX OUT?

This exclusive serum is the only one on the market specifically formulated to enhance your jelqing routine.

Made with naturally sourced, dermatologically-tested ingredients, it also works in perfect harmony with our Hydropumps for unparalleled gains in erection strength, libido and sex life.

A premium blend of collagen to improve skin elasticity, Butea Superba for a natural herbal libido boost and ginseng to perk up your bedroom performance, join forces to give you unparalleled results from your routine. The formulation is also alcohol-free, biodegradable and perfectly safe to use on even the most sensitive skin.

But Max Out doesn't just enhance your jelqing experience — it also reduces sensitivity to stave off ejaculation so you can stay the course from start to finish. (Although the motions involved in jelqing look a lot like wanking, the aim is not to come.)



SHOP MAX OUT



DIET & LIFESTYLE

An effective Bathmate routine isn't the only important area when it comes to improving your sexual power.

The way that you live can have a significant influence on your penile health and sex life.

In the fifth, and final part of our 'Achieving Maximum Results' guide, we're taking an in-depth look at how your lifestyle can affect the results you're getting from your pumping routine.

PHYSICAL INFLUENCES ON SEXUAL ABILITY

While you should already have some idea about some of the physical factors that can impact your sexual ability, a full list might surprise you. We'll be going through some of the key issues just below, and it's worth understanding the common link between all these factors.

In practically all cases, the real problem is the effect that the factor has on your blood flow.

Whether it's clogging arteries or increasing blood pressure, anything that impairs the movement of blood can cause Erectile Dysfunction, and will negatively affect both your sexual and penile health.

SMOKING:

You've probably seen it on the side of a cigarette packet, but smoking really does have a clear, extremely negative effect on the penis. Unfortunately, unlike a lot of smoking's other health risks, this isn't just caused by the added chemicals. Nicotine shrinks blood vessels, resulting in weaker erections (and a smaller penis for some).

DRINKING:

Another totally unsurprising one. The penis-related effects of excessive drinking aren't just limited to Brewer's Droop/ Whiskey Dick/ Alcohol-Induced Erectile Dysfunction (pick your favorite name).

By narrowing your blood vessels, alcohol makes it harder for your heart to push blood around the body, making it harder to gain a fully satisfying erection.

DIETARY ISSUES:

A little less obvious, but a crappy diet can play a serious role in your sexual ability. The foods you eat, how much you eat and how often you eat them can wreak havoc with your testosterone levels and blood flow, both key players in gaining and maintaining a healthy erection.

MEDICINAL SIDE EFFECTS:

It often does help to read the small print. Many forms of medication can either negatively affect your penile health, or straight-up cause Erectile Dysfunction. If you've noticed your sexual ability worsening since taking a new medicine, it might be worth having a chat with your doctor to see about alternatives.

DIABETES:

As diabetes (particularly type 2) often involves damage to blood vessels and nerves, it's not surprising that penile health can become a real concern. In the vast majority of cases, it's possible to recover full sexual health with a regular penile workout.

OTHER MEDICAL CONDITIONS:

Unfortunately, penile health issues can, in some cases, point to serious underlying concerns. In some cases, Erectile Dysfunction and similar intimate conditions can act as an early warning for heart trouble and other cardiovascular problems. It never hurts to get checked out if you're worried at all about this kind of issue.

AGE:

Unfortunately, it's fair to say that getting older does generally have a negative effect on penile health. However, it doesn't necessarily follow that aging inevitably makes your sex life worse. A proper penile workout regime will effectively help you counter some of the sexual effects of aging, achieving maximum sexual power whatever your age.

MENTAL INFLUENCES ON SEXUAL PERFORMANCE

Right from the start, there are two big problems to think about when it comes to the mental side of sexual health.

First of all, your mental state has a far more significant impact on your sexual capacity than you might think. In roughly a fifth of Erectile Dysfunction cases, psychological factors are a primary or major cause, and are partially responsible in many more cases. That statistic explicitly shows the sheer importance of understanding your mental health and how it relates to your sex life.

Secondly, there's a social problem that needs confronting. Many men are not comfortable talking (or thinking) about their sexual health, especially when it comes to more sensitive details. Being cut off from real information about sexual health leads to a whole lot of men forming false (and often harmful) misconceptions about what it means to be a man.

These misconceptions often end up piling up on top of other psychological factors. A one-off inability to get an erection can lead to real, lasting concerns

about being normal or healthy, leading to recurrent Erectile Dysfunction – a vicious cycle.

So, what psychological factors are most important to look out for, and what steps can you take to beat them?

STRESS / DEPRESSION/ ANXIETY:

By far the most common set of psychological effects on penile health, these issues can be difficult to understand or to become aware of, yet alone to fight. While it's often not possible to avoid the root causes of these issues, it's possible to make a difference with active effort.

Here, it's vital to be able to talk about your problems with people you trust, while it's also worth considering another fact. Being able to take control over one part of your life can have a substantial positive impact on mental health. Whether it's starting a workout regime, beginning a new hobby, or improving your living conditions, even the smallest change can genuinely help.

INTIMACY ISSUES:

From insecurity about your appearance to a lack of communication with any partner, intimacy issues can quickly start having a negative effect on your sex life.

Important tip: you're almost definitely overthinking things. Countering intimacy problems has to start with honest conversation about the issue, as it can be practically impossible to objectively analyze the problem by yourself.

EXCESSIVE PORN USE:

While most would agree that there's nothing wrong with using porn, it's worth being aware of one major issue. Porn typically depicts intense or extreme sex, so if you're primarily or exclusively using porn, your perspective of what is normal can end up changing.

In some cases, this perspective change can lead to feelings of inadequacy and a lack of sexual fulfillment.

LOW SELF-ESTEEM:

From the start, sexual performance is heavily dependent on confidence. Because of this, it's not surprising to see that self-esteem issues can result

in sexual health problems. These two areas can compound into a vicious cycle, making the problem far more serious if it's not confronted.

POSITIVE INFLUENCES ON SEXUAL ABILITY

It's not all bad news though. Some simple changes can improve your sexual power without requiring disruptive alterations to your life.

HEALTHY EATING:

By cutting back on foods that can inhibit blood flow, and including more foods that boost testosterone, it's absolutely possible to improve penile health and sexual function.

Try a more 'natural' diet, focusing on grains, fish, fruits and vegetables, while cutting back on highly-processed foods containing a lot of saturated fat and sodium.

EXERCISE

While there's a lot of aspects to consider when it comes to fitness, there's one crucial point for penile and sexual fitness. Improving sexual power requires

work on the cardiovascular system, which pumps blood around the body. By improving your cardio, you should find that your erections naturally improve, forming quickly, getting harder than ever, and lasting even longer.

RELAXING AND SLEEPING MORE:

Being fully rested can help out in more than one way. Long nights and stressful days don't just mean being tired – they can often cause real damage to your sexual ability. There might be an unavoidable reason for your stress, but trying to relax and sleep properly won't just help your penis – it's going to help you.

BETTER MASTURBATION:

I'm guessing that pretty much everyone reading this masturbates. That's a good thing – it helps keep the penis in perfect working order (that's why you get erections while you sleep). However, it's possible you're not quite doing it right. If you're just masturbating instead of having sex, or gripping too tight, you're going to reduce your ability to have fulfilling sex. You'll be more used to the sensations of overly forceful masturbation, making sex less fulfilling. Try something more natural. With a relatively

loose grip, masturbate by thrusting into your hand –
it'll stop over-stimulating your penis, making sex feel
far more fulfilling.

So there you have it, the Bathmate Ultimate Guide to Maximizing Results.

I hope the advice I've given you over the course of this series has given you all the tools you need to truly achieve maximum results from your Bathmate.

P.S. For more expert tips on male sexual health and performance, our blog is packed full of tips and tricks curated specifically to do just that...

[Check it out here](#)

Until next time, keep it up.

A handwritten signature in black ink, appearing to read 'Charlie Walsh', with a large, stylized 'C' at the beginning and a long, horizontal flourish extending to the right.

Charlie Walsh,

Head of Penile Development, Bathmate