

The Pleasure-Tec Guide to Male Sexual Electro Stimulation

Male Masturbation

There are references to Male Masturbation throughout history, In the ancient world; depictions of male masturbation are relatively common. However it was primarily during the 1700s and 1800s when masturbation was first associated with mental and physical deficiencies.

Some prominent physicians, scientists, philosophers, and religious leaders believed that illnesses such as insanity, vision and hearing problems, epilepsy, mental retardation, and general health problems were caused by self-stimulation. In fact, over 60% of medical and mental illnesses were blamed on masturbation.

The fear of masturbation was so great that throughout the world, extreme preventative measures were instituted including the use of mechanical restraints, genital surgery, and physical discipline. By the 19th century the cereal magnate John Harvey Kellogg declared "*sex for anything but reproduction*" to be "*sexual excess*." Kellogg and others began advocating routine circumcision of males as a deterrent to masturbation.

Many Patents were filed during the late 1800's and early 1900's, with many being crude, painful and what we consider now to be down right stupid, but such was the thinking back then.

We now have come full circle with many similar versions of these early devices being freely available today within the BDSM scene.

New thinking within the medical profession leads us to believe that male masturbation is generally good for Male health especially in the prevention of Male prostate cancer, which seems to be on the increase.

Men could reduce their risk of developing prostate cancer through regular masturbation, researchers suggest. They say cancer-causing chemicals could build up in the prostate if men do not ejaculate regularly. They also say sexual intercourse may not have the same protective effect because of the possibility of contracting a sexually transmitted infection, which could increase men's cancer risk.

Australian researchers questioned over 1,000 men who had developed prostate cancer and 1,250 who had not about their sexual habits. They found those who had ejaculated the most between the ages of 20 and 50 were the least likely to develop the cancer.

The protective effect was greatest while the men were in their 20s. Men who ejaculated more than five times a week were a third less likely to develop prostate cancer later in life.

Anthony Smith, deputy director of the Australian Research Centre in Sex, Health and Society at La Trobe University in Melbourne, said the research could affect the kind of lifestyle advice

doctors give to patients. Masturbation is part of people's sexual repertoire.

"If these findings hold up, then it's perfectly reasonable that men should be encouraged to masturbate," he said.

A study of Playboy readers found that 72% of married men masturbated, and a study of Redbook readers found that 68% of married women masturbated." - Cory Silverberg

So now we are beginning to understand that Male Masturbation will not cause you a mental illness and that it could just be good for the Males general health and well being, with the possibility that it could help with the prevention of Male Prostate Cancer, now could be a good time to learn some new methods of male Masturbation.

Based on an old saying that you never stop learning, it is fair to say where would you go to learn more about sexually stimulating yourself? Not the sort of thing you find at your local library.

We make no secret of the fact that much of this is based on the Chinese discovering and identifying twelve acupuncture meridians along which this energy travels in the human body. The Chinese Meridian system originated over 2000 years ago and forms the basis of Traditional Chinese Medicine. Using some new techniques that could help to make masturbation amazing, fresh, and mind blowing.

Help with the learning of some new tricks with your body that you may not have thought about, understanding the limits of pleasure, and taking the experience to a new level.

Help with taking control of things in a way that will help improve sex with your partner. Learn how to enjoy the highest levels of pleasure with full control, for intense sex with your partner.

What are you going to need? You are going to need an [Electro Stimulation Control Box](#), the [Pleasure-Tec PT2020](#) is ideally suited for this. You will need some simple reusable stick on conductive pads (Supplied with the PT2020). It is not about power with this but gentle mild stimulation, and the placement of the pads.

A little understanding about how the body works in relation to sex and arousal. The basics behind the biology of sex. The body is full of nerves and nerve pathways, these are like sensors connected by wiring that runs throughout the body.

Some areas of the body have nerves that are much more sensitive than others, your Penis for example; some of these are connected to the central nervous system for orgasm functions.

The nerves in the sexual organs have a way of increasing in arousal, then hitting a peak before orgasm, and going into "hyper space" during orgasm. Things can happen along the way, going straight to "Hyper Space" or it can hit peaks and troughs for extended periods; it can also fizzle out altogether.

Your electro stimulation control box will send gentle electrical signals direct to the sex circuitry

of the body to enhance the nerve communication.

There are many ways to use your electro stimulation control box, different ways can yield different effects, like the extending of the pre-orgasm period, making for stronger erections for longer periods of time, increasing the duration of orgasms, increasing the sensations that most men never thought could exist.

Some will have heard about male orgasm products, many of these are based around stimulation of the Prostate. You may have even tried a few like the Aneros Male P-spot, Jack Johnsons Key Sound Technique, The Male Super-O, Edge Play (a sexual technique which involves the maintenance of a high level of sexual arousal for an extended period of time without reaching orgasm), and The Full Blown Multiple Orgasm.

Using your electro stimulation control box with most of the male stimulation products available will usually give faster and more intense results, simply because you are enhancing the sexual nerve pathways that are transmitting signals of arousal, sexual excitation, and orgasm.

If you are using male sex products like the Aneros Male G-spot, Jack Johnsons Key Sound Technique, the Male Super-O, Edge Play, etc “then congratulations to you” for not being afraid of exploring your body and sexuality.

Most men are generally happy with having a plain vanilla orgasm, because that is all they know. You know the routine, masturbate to orgasm. Have sex with a partner to orgasm. It's a good release of tension and perfect cure when you're feeling horny.

There is more than this however. As many men are finding out every day, there is an entire universe of male pleasure out there, but for the most part, our culture does not really endorse men experimenting sexually. It is sad really, there's no good reason for it.

Using your electro stimulation device in the correct way will 'tickle' your sexual nervous system, to stimulate arousal, enhancing the sexual 'build up' process. Helping you stay at a higher state of arousal, and take you beyond the normal sexual boundaries that you have been used to.

When you use Electro Stimulation, you get a sort of 'pre-arousal' started up. If you focus on this, it gets the body geared up for sex. The unique thing about it is it works on several levels, and from the inside out.

There are different kinds of arousal patterns from different kinds of stimulation. For example, direct penile stimulation comes in several ways, the head, the underbelly, the sides. There is perineum stimulation (the little sensitive spot between the anus and the scrotum), inner thigh stimulation, the scrotum, anus, etc.

What if? You could stimulate them simultaneously? What if you could stimulate certain groups of them at the same time? Electro Stimulation can do this by stimulating the internal nerve pathways that get turned on when you stimulate the different body parts.

Think about, what if you could go inside the body, and sort of 'tickle' all the nerves that lead to

arousal and peak sexual stimulation?

That's what Electro Stimulation can do, and if you use it correctly with other stimulation products, it can greatly enhance them, giving you a head start on the physical arousal process.

But even more importantly, there **are three critical things** that happen when you use Electro Stimulation.

1. It allows you to mentally focus on a gentle, but deep seeded stimulation that isn't like anything you've experienced. You can keep your mind on track and your body in tune with the sexual rhythms while you learn new sexual techniques.
2. By using different electrode pad placements you can hone in on certain areas of the body that your technique is focused on. One example is using the buttock electrode placement for Edge Play; it helps to maintain a general arousal without over doing it and without going into uncontrolled orgasm.
3. The **PT2020 control box** is great; it can gently ramp up acting on the major stimulation points from inside the body. This is a very powerful thing, you may have experienced it when an orgasm seems to sort of rise up out of the depths, grow to enormous proportions, and explode through your body. The reality is many men have never experienced this.

You have three simple groups:

- A. Super, or the hands off, full body, explosive orgasm that is non-ejaculatory, and often includes multiples, full body spasms, and usually orgasms of much longer duration than normal
- B. Edge Play, where you get up to a high level of excitement, you are almost to orgasm, then you cycle between pre-orgasm and a little less. It's an up and down state where you flirt with orgasm, but enjoy the up and down rhythm of this super-excited arousal state. It of course can end any way you want, with a full blow ejaculation orgasm, or a Super-, or whatever you wish. For many, simply Edging for a while is so pleasurable; the orgasm isn't even needed to be fully fulfilled.
- C. The Enhanced Traditional, where a normal ejaculatory orgasm, brought on with plenty of physical stimulation is done, but with much more explosive and full body effects. This is way beyond a simple "get aroused and orgasm" session, rather it completely overtakes, with explosive finishes, and after tremors, leaving you with total fulfillment.

There are many types of expanded sexual techniques, but for the sake of this guide, we will break them down into these three groups listed above, in most cases whatever you are doing will fit into one of these groups. Greatly increasing the effects of any sexual techniques you are already may be doing.

There are generally three main areas of placing the conductive electrodes:

- 1. Distant:** Electrode pads are placed far from sexually sensitive areas (though they still have a large effect on sexual stimulation)
- 2. Close:** Conductive electrode pads are placed near the sexually sensitive areas
- 3. On:** Conductive electrode pads are placed extremely close or actually directly on sexually sensitive areas.

Through simple experimentation you will find what works best for you! The human body is unique from person to person, and so is sexual response. The body responds to variety, so trying different things can be a big plus in getting great results for years to come. Sometimes small variations in technique can be a great enhancement; it depends on your personal preference and your body's uniqueness to others.

Conductive Electrode Placement For Some Advanced Male Sexual Techniques:

Super- and similar techniques:

Use the **Distant** electrode placement. Here you will place electrodes on the ankles, back of the knee, buttocks, lower inner thighs, and lower back. The idea here is to stimulate the sexual nerves gently from a distant location. It will work the sexual stimulation gently and deeply, so you can bring up the Super- and similar techniques in a controlled manner.

This also allows you to learn techniques that involve breathing, vocalization, attention to sexual arousal patterns, and "the looking within yourself" (thinking about what your body is telling you) methods without being overly stimulated by the **PT2020**.

Edge play and similar techniques:

Using the **Close** electrode pad placement. These will be higher up on the inner thighs, in the crease of the thigh to torso, on the lower abdomen above the penis, and the lower back (note the lower back is considered **Distant** and **Close**, because it is so effective).

These locations allow more direct stimulation and are used when the **Distant** locations don't provide enough or fast enough stimulation, when faster effects are wanted, for those with more experience with this type of stimulation, and simply for variation.

You can expect to see more pronounced results, but they should be very controllable. This is ideal when you are going for big results but you want to still have the deep sensations that build up over time. Again, perfect for Edge play when you want to stay in that super high state of arousal for a long time.

The Enhanced Traditional:

Use the On electrode placement. This will be placements right at the base of the penis, on the perineum (the sensitive spot between the scrotum and the anus), on the top of the thigh to torso crease and just next to the penis, above the anus in the crack of the buttocks, etc. There are also "combination" placements where one electrode goes on one buttock, the other on a high sensitive area, for example one electrode on the perineum, and one on the upper inside thigh. Combination placements are very powerful!

These locations provide a more direct stimulation to the sexually sensitive areas, while still providing the deep arousal patterns found with the **Distant** and **Close** locations. You will find that this level of stimulation can bring about extremely powerful results. Applied properly, it can be an experience that is beyond what most men ever achieve in their lifetime.

It's also worth noting that if you are working on developing a high level of control, the On electrode placements may not be the best place to start. That is simply because the stimulations are very powerful and can be overwhelming. Use your judgment and find which works best for your needs and desires.

Many men find that working up to the On electrode placement is best because it gives them a chance to experience the more subtle sensations before going full throttle.

Here's a re-cap on the above:

Technique: Super-O

Pad Location Method: Distant

Pad Location Examples: ankles, back of the knee, buttocks, lower inner thighs, and lower back

Technique: Edge Play

Pad Location Method: Close

Pad Location Examples: higher up on the inner thighs, in the crease of the thigh to torso, on the lower abdomen above the penis, and the lower back

Technique: Enhanced Traditional

Pad Location Method: On

Pad Location Examples: base of the penis, on the perineum (the sensitive spot between the scrotum and the anus), on the top of the thigh to torso crease and just next to the penis, above the anus in the crack of the buttocks, plus "combo" locations listed above

This may sound really simple, but often we see people not getting the results they want just because of some very simple reasons, Try to follow these critical tips:

First:

Try To Follow the Instructions Exactly!

You understand the system, and then you start adding your own creativity or little changes to the process. That's OK, but first you should listen to the experts who you bought the system from! They probably know what they are talking about. If you start making changes, you might leave out some little seemingly insignificant detail that makes all the difference to your success. It could slow your progress from quickly getting to that mind blowing experience.

Find a technique that you feel resonates with you (Key Sound, Edge Play, Aneros, etc.), or simply follow the exercises for a 'freestyle' experience guaranteed to please you.

Second:

Get Rid of Distractions.

Find the time when you will be alone, turn off the phones and shut down the computer. Give yourself the time and freedom to explore some new areas of sexuality, without the possibility of interruptions or distractions. Most of us work too much, carve out some time to play, it will be worth the effort.

When you are learning and exploring new experiences do it in a distraction free environment. Later, once these new tricks become second nature to you, you will be able to conjure them up at will, just about any time, and in any environment BUT, you have to get them under your belt first!

Third:

Remember to Breathe!

Proper breathing is a part of all advanced sexual techniques, so be sure to pay attention to the instructions that come with whatever technique you are working on, and don't forget how important it is to breathe.

If for some reason the techniques don't include breathing exercises, don't worry. Just remember to breathe naturally, breathe deeply, and allow your body to inhale and exhale as it needs to conjure up the sexual energy. It doesn't have to be complicated, but if you are holding your breath, you are probably doing it wrong!

Fourth:

Stay hydrated, drink electrolytes!

Most people wouldn't think twice about drinking extra water, electrolytes, or having a good meal before sports and exercise. The reality is, though, sex is physically and mentally demanding. Great sex is even more so! As a result, you should treat it that way. If you want your body to ramp up and have incredible sexual response, be sure to give it all the nourishment it needs. Drink plenty of water, take electrolytes, if possible keep alcohol to a minimum.

This is especially true when you are learning some new techniques. Once it's second nature to have 14 full body orgasms, you can probably slack off on the preparations, but until you get there, take care to pay attention to what you consume before a sex session as the results are worth it!

Using your PT2020 or similar to develop top sexual performance, with or without a partner.

In this section we are going to give you some more tips on using the PT2020 Electro stimulation unit, both with advanced sexual techniques (like Aneros, Edge Play, Key Sound, FBMO, etc.) as well as some freestyle techniques that can benefit your sexual experience, both with and without a partner.

An intro to Sexual Electrical Stimulation

Take your PT2020 Control Box or similar, and get familiar with it, read the instruction manual. Important: The location on your skin where you will be putting the conductive electrode pads needs to be clean and free of lotions, oils, etc. The electrode pads need clean dry skin to stick.

Start by getting a feel for the electrical sensations. Place one electrode on the back of each knee. Turn on the unit, and slowly increase the MA (Milliamp) adjustment until you just feel a little tingling at one or both electrodes. **Don't turn it up any higher.**

If you only feel the sensation in one conductive electrode. This is normal; it works just fine if you can feel it in one or both electrodes!

Sit back and relax a minute, let it do its work. Understand that for some people there are immediate and intense increases in arousal just by hooking up the PT2020 or similar. For most, though, the sensations build more slowly, and it takes a little bit of time for the sensations to create a sexual response. It is also not uncommon for you to feel absolutely nothing until you start with some physical sexual stimulation, but the results should become much, much more intense as the PT2020 or similar works from the inside out to raise your body's arousal response.

If you are using the PT2020, this has many pre programmed cycles, cycle through each one on each occasion to find the best one that suits you, you may want to program your own customised cycle, the PT2020 will enable you to do this. Keep the MA power levels at a point where you are just able to feel a slight tingling, no more.

Take 10 minutes or more to just relax and experience the sensations, it could take longer, but don't rush it. You might notice an increase in sexual arousal, relaxation, or a rhythmic pulsing in your body. Just let it do its thing. You might even daydream, watch an erotic video, or read some arousing stories.

Take note of any special sensations you feel during this introduction, if you have any

inspirations, feel free to follow them.

Example Two

- Attach the PT2020 or similar using the Behind the Knees Location.
- Sit and relax with no physical stimulation for at least 10 minutes, more is better; however you shouldn't need much more than 20 minutes.
- You can watch a video or read while relaxing, no physical stimulation yet!
- When you feel like you are warming up, go ahead with whatever solo-sex technique you desire, however, it needs to take at least 7 or 8 minutes.
- If your solo-sex technique is normally shorter, just extend it out a little by holding back the orgasm, taking a short break, or whatever you need to get a little more time before orgasm. The key to this is to get a little time with the PT2020 or similar in high arousal state.
- If your solo-sex technique takes a much longer time, that's OK too!

Take note of any different sensations than usual, like a more explosive orgasm, a more full body experience, more after spasms, etc.

Example Three

In this exercise you will explore working with a bigger build up, and a spectacular finish. You will simmer with the PT2020 or similar for a short introduction period, then physically stimulate, enjoying the building up of high arousal, and a strong finish.

- Attach the PT2020 or similar, using the Behind the Knees Location.
- Sit and relax while daydreaming, watching a video, or reading something arousing.
- Spend at least 15 minutes in this state.
- Try to get rid of all distractions!
- Next, start working in physical stimulation, but be prepared to hold off orgasm for at least 20 minutes. This is your build up time.
- If you get too close to orgasm, back off until you calm down a little.
- Make sure to focus on what your whole body is doing, the PT2020 or similar is working from the inside out, and your physical stimulation is working from the outside in.
- Remember to breathe deeply and naturally. Make some noise if you want, don't hold back.
- Find a nice rhythm of higher and higher arousal, but keep safely back from orgasm.
- Enjoy the ride, and feel the new sensations provided by the Electrical Stimulation.
- Work with this for at least 20 minutes, but of course you can go as long as you like.
- When you are ready! Work right up to, and through to a monster orgasm.

You should notice a remarkable difference in your arousal as it ramps up, and as such, a bigger more intense orgasm.

Some men even enjoy the feeling as it ramps up so much they find the orgasm to be optional.

If you explore more techniques you can find that the sensations during the arousal ramping up getting close to orgasm are so incredible, sometimes it's so totally fulfilling, not to orgasm!

Play with Electrode Locations, Find out What You Like

Pick a couple of electrode pad locations, and try them out in several quick sessions.

- Get relaxed, make some time without distractions, you could get carried away and end up playing for a while!
- Pick an electrode placement that is either **Distant** or **Close**.
Take about 10-15 minutes to warm up with this electrode pad set up in place and the PT2020 or similar working.
When ready, go ahead with your favourite form of solo-sex stimulation.
- Work with that for about 5 minutes or so, but don't go all the way to orgasm!
- Next pick another electrode placement (just random, whatever interests you!).
Repeat another 5 minutes or so of stimulation. Again, no orgasm yet!
- Rest for a minute or two between changing placements, but go through 3 or more electrode placements.
- When you have explored enough, go on to orgasm.
- Notice any electrode placements that are particularly pleasurable to you.

We have noticed that many men find they can match up a particular electrode placement with a preferred solo-sex technique. You can also mix them up for variety.

Strength and Power Training Part 1

You know that feeling, normally right before an orgasm, where you are fully engorged, completely aroused, body tense, mind focused only on full arousal? For most men this is a short duration of pleasure for him before the orgasm and relaxation back down.

It's very pleasurable, and it usually drives your partner wild as well.

Here's how to extend it and make it last much longer, giving you more pleasure and making your partner feel like they are in bed with a Sex Expert.

There are two things we are looking for here: strong erections and controlled but sexually tense body and mind.

Pick an electrode placement that is either **Distant** or **Close**.

- Take a medium amount of time to get fully aroused, then focus on that fully engorged, rock hard state (both in your erection and your body posture).
- Remember to keep breathing, this will help fuel this super tense state.
- Also remember to keep your mind on task, keep focused on high sexual intensity.

- Avoid distractions.
- Go ahead and continue stimulating yourself but hold off on orgasm.
- Stay in this super intense state for a few minutes, don't orgasm.
- Now back down from this peak state slowly. You might keep some mild stimulation going, but just enough so you ramp down slow.
- Don't completely relax; try to hold about 25% arousal. You might lose your erection but this is ok, stay aroused, just relax a little.
- Keep breathing!
- Wait a couple of minutes and then ramp back up to full arousal, full engorged, tense body state.
- Repeat the above a couple more times, and pick an exit time where you go ahead and blast right through to orgasm.

This exercise does several things. First it helps you conjure up that super engorged, super tense state. Second it helps you to control it. Third, and this is really important, it helps you learn to take short recovery periods.

With more recovery, you can actually extend your super aroused sex sessions, while maintaining control. It's like having a whole bunch of "**amazing sex**" sessions all in one single session.

You'll find that the PT2020 will help you not only get to these higher states, but also remain "**idling**" in a lower arousal state while you have a short recovery period.

Strength and Power Training Part 2

For best results we recommend you having gone through Part 1 a few times (if you haven't, go back and do it).

Thinking about Part 1, how many times were you able to reach that peak arousal state, that peak tense body state?

Also, how far back to relaxation did you go when you rested from the peak state?

Now take this info, and work on increasing it. For example, if you were able to conjure up say, 4 peak arousal states in one session, then shoot for 6 or more. If you managed only 1 peak state before your orgasm, don't worry! Shoot for 2, and more will come with practice.

You also want to be sure to have a relaxation period between peak arousal states. If you aren't, go back and work on this. Recovery time is one of the keys to going really, really long into super aroused states for extended periods of time!

Remember, this is training. It won't all happen at once, but you will have a lot of fun exploring and learning the new tricks your body can perform.

To give you a reference point, many men who have never practiced can have about 1 peak

arousal state per sex session (and maybe 2-3 sessions per day). If you train at it, it's not uncommon to be able to have more than 10 peak arousals with relaxations, and go on like this for literally hours.

At the end when you finally orgasm, it's such a release that most men it borders on any experience they have ever had in their life. It's truly something to be experienced to be believed.

Multiple Orgasms

(Probably the most talked about topic in men's and women's sex subjects.)

While it's reasonably common in women, it's usually not considered so for men. The thing is, the male body may not be ideal for multiples, but the main thing standing in the way of them is not biology, it's practice!

The huge majority of men grow up learning about male sex from the standpoint of having an erection, having sex, holding off as long as needed, then reaching orgasm. Then rest for a while, and perhaps repeat.

The reality is, though, that the male body can fairly easily have multiple orgasms. It mostly is a factor of re-learning arousal patterns, mental patterns, and understanding the steps in arousal and orgasms.

It is true that after a full blow ejaculatory orgasm, the man is more likely to have a physical response of relaxation, and that blood flow to the penis and sexual organs tends to reverse out of the engorged state of high sexual arousal. However, once again, if one looks into these processes, one can learn that so much more is possible with some small changes to our (often many years) habits and how we think about sex.

It's also important to remember that each man is different, and also that our bodies change with age, and simply at different times of the day, week, month, etc. So, take this info with a grain of salt and be sure to put experimentation above it all. It's your body, and a little exploration will go a long way... that is with an open mind!

Back to the task at hand... **the multiple orgasm.**

If you had a good time with previous examples, you are probably 90% on the way to multiple orgasms! You may have already figured it out, and actually a lot of Men who go through the previous examples actually end up having a multiple orgasm or two just in the process!

So here's what you do.

- First, get comfortable with Strength and Power Training Part 1

- Go back and repeat Strength and Power Training Part 1
- On your 2nd or 3rd peak arousal state, get even closer to orgasm, right up on it.
- Then when you are just about to orgasm, stop stimulation but keep on breathing and keep your body tense. Feel the sensation of the orgasm and try to not to ejaculate.
- When this happens correctly, your body will go ahead and have an orgasm, but you will not ejaculate... you may just a little, but it won't be a full blown ejaculation. That's ok, in fact it's perfect. What happens here is that your body feels an orgasm, but the old signal of 'ejaculation then a long rest' isn't really there. Furthermore, with your working on repeated peak arousal states your body is expecting to do it all again!
- So after this 'mini' orgasm (though it might not be so mini!), relax back a little while still breathing and keeping some tension in your body. Then just go right ahead and do it again. You may relax back more or less to let the super sensitivity of some parts to reduce a little, but go right ahead and get back in the game.

You will find this gets easier and easier as the body learns that it can experience peak arousal and orgasms over and over.

A note on multiples with ejaculation, this seems to differ among men. Some men can do this training and learn to have multiple orgasms with full ejaculation every time, while other men find that they can only partially ejaculate with multiples. Still others find that if they don't ejaculate at all (but they still experience a full blown orgasm in their body and mind) they can repeat this many, many times in a day.

Note also that full blown ejaculations are very physically demanding, and for some men this may be a bit too much exertion.

So, it's time for you to experiment and find out what you are capable of. The main thing again is to keep an open mind, in some ways you have to 'Un-learn' some things to get to go onto bigger and better things!

Also note that this is just one of many techniques that are available in learning Multiple Orgasms. With the addition of the PT2020 or similar we have seen incredible results and faster learning times, keep it handy when practicing new techniques.

Adding the PT2020 or similar to one of your favourite Advanced Sex techniques

The **PT2020** is an incredible tool for adding sensitivity, control, and intensity to Advanced Sex techniques. First, to repeat what was said earlier about learning new techniques. Follow the instructions! Once you start getting some good results, feel free to experiment and get creative, but, in the beginning just stick to the instructions that come with the technique. That way you don't accidentally change something that was critical!

That said, your work here is pretty easy. Just make sure to follow the instructions with your technique, add the use of your **PT2020** or similar, and try these things with your exercises:

- Pre-arouse with the **PT2020**. Attach the **PT2020** 15-20 minutes before you start your technique.

- Keep the **PT2020** hooked up and on during the technique.
- Use the Distant electrode pad placement for building intensity and techniques that are about control and long build ups
- Use the Close electrode pad placement for super fast, high intensity explosive outcome techniques
- Keep your **PT2020** or similar hooked up for your refractory times (rest times between arousal ramp ups) and breathe through to recover, then build up again

Some other key points to remember:

- Vary the pad placement for different sessions. You might find a small change that means huge outcomes in your arousal.
- Remember to breathe, take electrolytes (sports drinks are fine), and minimize distractions for incredible results
- Give it time to work, you may need a few sessions before you really start seeing some good results, but keep at it, it'll happen!

Getting Adventurousome With the On Electrode Placements

You have seen the 3 different types of electrode placement, Distant, Close, and On.

Up until now we've only talked about the Distant and Close placements. The On placement is where the electrode pads are placed directly on or very near an erogenous zone or directly on your Penis, for example.

The more adventurous amongst us, who have experimented with electrode placements directly on the penis using the expandable band set or the Acrylic cock rings for example, or directly on the perineum, etc, said it was a really stimulating sexual experience.

Some fantastic results can be gained by placing the conductive electrode pads directly on or very close to super sensitive areas. We'll also suggest that you take extreme care with this, and if you are not comfortable with the idea, simply don't do it. There are plenty of great experiences using the standard electrode placements!

As you work through these, you will find yourself going through some pretty incredible experiences. Remember to keep the basics in mind always:

- Follow the instructions first, then get creative, stay hydrated, get sleep, avoid excess alcohol, and drink electrolytes (treat advanced sex as a sport!)
- Remove distractions while you are learning (shut off the phone, get away from interruptions)
- Keep an open mind and be mindful of your body's changes as you teach it new tricks
- Don't let old habits rule your domain - as far as sexual performance and experience is concerned, the sky is the limit.

15 conductive electrode pad placements for maximum stimulation of the male

Remember, getting maximum pleasure and performance from electrode pad placement comes down to a couple of key things:

Picking the right location for what you want to do, make sure the electrode pads stick to the skin properly. Clean, dry skin!

Experimenting to find what works right for your body and sexual technique

Here's the list we have come up with over several years of user feedback:

- **Ankle position:** measure 4 finger widths up from the inner ankle bone, one electrode per side
- **Foot:** place one electrode on the top of each foot, in the little recess where the toes start
- **Back of the knees:** place one electrode on the backside of each knee
- **Thighs A:** place one electrode on each of the inner thighs, half way between the crotch and the knee
- **Thighs B:** place one electrode on each of the inner thighs, anywhere along the top half of the inner thigh, 1-4 inches from the crotch
- **Buttocks A:** place one electrode on each of the outer buttocks, right in the center on the dimple
- **Buttocks B:** place one electrode on each of the lower buttocks, just above the crease of each butt cheek
- **Back A:** place the two electrodes on the lower back, just below the waist line, and 1-2 inches to either side of the spine (this location seems simple but is really, really effective for all kinds of stimulation)
- **Diagonal A:** Inner thigh left side to outer buttock right side
- **Diagonal B:** Inner thigh right side to outer buttock left side
- **Diagonal C:** Back of knee right side to outer buttock left side
- **Diagonal D:** Back of knee left side to outer buttock right side
(note: can you see how we go diagonal across the groin area with some of these? This creates amazing sensations.)

- **Perineum A:** Perineum to left side outer buttock
- **Perineum B:** Perineum to right side outer buttock
- **Perineum C:** Perineum to mound (on the abdomen below the belly and just above the base of the penis... yes you will probably have to shave!).

***note:** the **Perineum** is the little sensitive spot between the bottom of the scrotum and the anus. It's loaded with nerve endings and responds very well to massage and of course electrical stimulation.

A few notes on variations:

1. On the diagonal variations, try changing the sides for different effects. For example, if you have the right thigh and left buttock attached switch them and see if you can notice a difference.
2. On inner thigh stimulation, sometimes moving the electrodes a small distance can have huge results. There are many very sensitive nerves in the inner thighs. Play with variations and see what you like.
3. If you have had any injuries or surgeries on your legs, try to keep the electrodes above these areas. Sometimes (but not always) there can be scar tissue or nerve damage in the legs that will make the ankle, foot and knee electrode placements not as effective as the upper thigh, back, etc. locations.
4. Listen to your body! If something feels good, go with it, have fun.