

VIGORROBIC[®]

THE TRAINING Plan

to **BOOST** Your **SEX LIFE**



Frank Sommer

MEYER
& MEYER
SPORT



Frank Sommer

Prof. Dr. Frank Sommer, MD, PhD, was born in Aachen in 1967 and studied medicine in Cologne. After that he worked for some time as a physician in London. Later on, when working at the clinic for urology, he mainly focused on the science and research in the area of male sexual disturbances. In 1996 he was awarded the first prize during the European Urology Congress in Paris for his scientific work. As a sports physician and urologist he is interested in the connections between potency and sports. He has held many noted lectures about this topic in numerous international events. Presently, Prof. Dr. Frank Sommer works as a Men's Health specialist at the University Medical Center Hamburg in Germany.

VigorRobic®

To my parents

Remarks:

Always consult a physician before you start a new physical program. If you have any physical defects and take medication, this is absolutely necessary. Neither the author nor publishing house is liable for consequential damages.

VigorRobic® a registered trademark.

Expression of thanks:

I thank Reebok Germany GmbH for providing the clothing, shoes, small tools and accessories.

I also thank Monika Liening, owner of Ladyfitness Untereschach and the two owners of the fitness-center Refrath, "the Fitmaker" for letting me use their studios.

VigorRobic®

The Training Plan to Boost Your Sex Life

Frank Sommer

Meyer & Meyer Sport

Original title: *VigorRobic*®
Aachen: Meyer und Meyer Verlag, 2000
Translated by Anja Haudricourt

British Library Cataloguing in Publication Data
A catalogue record for this book is available from the British Library

VigorRobic®
2nd edition 2014
Maidenhead: Meyer und Meyer, (UK) Ltd., 2014
ISBN 978-1-78255-690-9

All rights reserved, especially the right to copy and distribute, including the translation rights. No part of this work may be reproduced—including by photocopy, microfilm or any other means—processed, stored electronically, copied or distributed in any form whatsoever without the written permission of the publisher.

© 2014 by Meyer & Meyer Sport (UK) Ltd.
2nd edition 2014

Aachen, Auckland, Beirut, Budapest, Cairo, Cape Town, Dubai, Hügendorf,
Indianapolis, Maidenhead, Singapore, Sydney, Tehran, Wien



Member of the World Sport Publishers' Association (WSPA)
www.w-s-p-a.org
ISBN 978-1-78255-690-9
E-Mail: info@m-m-sports.com
www.m-m-sports.com

Contents

- Introduction 8
- PART I – BASICS 13**
 - 1 Anatomy of the Male Genital Organs 13**
 - 1.1 External Genital Organs 16
 - 1.2 Internal Genital Organs 19
 - 2 How Does Erection and Ejaculation Work? 23**
 - 2.1 Phases of Erection 25
 - 2.1.1 Limp Phase 25
 - 2.1.2 Latent (Filling) Phase 26
 - 2.1.3 Phase of Tumescence (Enlargement of the Penis) 26
 - 2.1.4 Phase of the Full Erection 27
 - 2.1.5 Phase of the Hard Erection (Maximum Penis Stiffening) 27
 - 2.1.6 Phase of Detumescence (Relaxation) 27
 - 2.2 The Ejaculation Process 28
 - 3 What are the Reasons for Potency Problems? 31**
 - 3.1 What is Impotence? 33
 - 3.2 Mental (Psychogenic) Reasons 34
 - 3.2.1 The Problem With the Length of the Penis 35
 - 3.2.2 Fear of One´s Own Sexuality 36
 - 3.2.3 Sexuality Under Pressure to Perform and Fear to Fail 37
 - 3.2.4 If One Loses One´s Nerves 38
 - 3.3 Organic (Physical) Causes 39
 - 3.3.1 Problems with the Blood Supply 39
 - 3.3.2 Disturbances of the Venous Blood-flow 42
 - 3.3.3 Disorder of the Nerves (Neurological Reasons) 44
 - 3.3.4 Hormonal Disorders and Their Cause 44
 - 3.3.5 Medical Side-effects 45

3.4	Problems with Ejaculation	45
3.4.1	Premature Ejaculation (Ejaculatio Praecox)	45
3.4.2	Delayed Ejaculation (Ejaculatio Retardata)	46
3.4.3	Inability to Have an Ejaculation (Retrograde Ejaculation)	47
4	How a Man Can and Should Exercise Potency	49
4.1	Why Should I Exercise Potency?	50
4.2	Can Potency Really Be Trained?	52
4.2.1	What You Should Know About It	52
4.3	Who Is Suitable for this Training?	58
5	Basic Rules of VigorRobic®-Training	61
5.1	Warm-up and Cooling Down	63
5.2	Frequency of Training	64
5.3	Individual Performance Limits	64
5.4	Warning Signals of the Body	65
5.5	Performance Decrement Due to Over-exercising	65
5.6	Get to Know the Body	66
	PART II – EXERCISES AND TRAINING PROGRAMS	71
6	Exercises for Maintaining a Steady Erection	72
6.1	Muscle Exercises Without Devices	74
6.2	Muscle Exercises With Devices	116
7	Exercises to Increase the Blood Flow and Oxygen Support in the Penis	131
7.1	Strength Exercises	132
7.2	Endurance Training Using the Interval Principle	141
7.2.1	General Information	141
7.2.2	Suitable Types of Sports	147
7.3	Interval Training Program	149

8	Training for Beginners	153
8.1	General Information	156
8.2	Basic Terms	156
8.3	Training for Steadiness	158
8.4	Training for Circulation	159
8.5	The Right Body Posture and Movement Execution	160
8.6	Rest Intervals	161
8.7	Breathing	162
8.8	Frequency of Training	162
8.9	Training Programs	163
9	Training for the Advanced	169
9.1	Training Beyond Exhaustion	171
9.1.1	Intensive Repetitions	171
9.1.2	Principle of the Extended Sets	172
9.1.3	Burns	173
9.2	Training Programs	173
10	Training Program Without Any Auxiliary Material	179
11	The 8-12-Minute Program for Training at Home	185
	Epilogue	191
	Photo & Illustration Credits	195

INTRODUCTION

Keeping your potency and increasing it has always been a topic of interest. And it will always be like this, too. Generations of people before our time have faced up to this subject. Our children, grandchildren and great-grandchildren will also do this. The constantly erected Phallus of Priapos, one of the gods of fertility from antiquity, back then already was a symbol of strength, power, potency and fertility. The subject of the male sexuality has always been a part of the history of human beings, with a few up and downs in its topicality up to now in our highly industrial time. Let us not forget that this subject is treated very differently in different cultures, states and societies. The question of the sexual potency of the man reached a new high at the beginning of 1998 when Viagra®, the "blue wonderpill" was placed for sale on the American market. The press, radio and TV, and last but not least the men, pushed this perpetual subject back to position no. 1.

Where are we at the moment? – In our western culture and bourgeois society especially activity, aggressiveness, self-control and strength are the adjectives used for a man, all these are considered when estimating his sexual drive. This is the reason why the self-esteem and the self-confidence of a man who is not always "ready" – not to talk about him being impotent – is very crushed. To be impotent for the person concerned does not only mean that he will encounter problems with regard to his relationships but also often means being a failure in the professional, social and family role. A vicious cycle between failing and reduction of self-esteem can develop from this.

A man does not speak about having problems with his sexual potency, nobody wants to expose oneself, but potency and the result of potency increasing methods are excessively talked about. Many myths are haunting within our heads and in the press. Most so called potency increasing measures lack any kind of well-grounded information. Some medications do have an effect at the place where the success is supposed to come, but they also have strong physical side-effects and, due to their price, lead to financial losses.

It is known that virility decreases when getting older. The circulation, the elasticity of the tissue and the ability to keep the blood in the penis during an erection decreases. In an extensive study in the US it was determined that 52% of all American men between the age of 40 and 70 are fighting unwanted problems of potency.

9

Juveniles can also suffer from impaired potency, for example caused by a period of sexual inactivity or through a general weak definition of the structures that cause the erection.

One often knows subconsciously that certain activities or movements cause a certain reaction in the body. But there is a lack of a medical and natural scientific background knowledge to explain this phenomenon.

As a urologist as well as a sports physician, I have intensively studied the effects of sports on potency. The laymen's press as well as medical journals reported a connection between impotence and cycling sports. In my first studies I did some research on this connection. The circulation of the penis of bicycle riders was checked during the whole sport activity. While sitting on the racing saddle, the circulation was strongly decreased! Now the question was raised how to avoid this effect. Studies were performed using different postures.

During cycling tours of medium strain in a standing position as well as when cycling on a recumbent bicycle, the circulation of blood in the penis was not decreased. But who is able to constantly cycle in a standing position? Or what are you supposed to do if no recumbent bicycle is available? From this point

of view, the question comes up whether there are exercises to promote the circulation of the penis – as a kind of compensation training.

They do exist! I have found out that a certain way of muscle training and a special method to exercise endurance increases the blood circulation in the penis. But why should only bicycle riders perform these exercises and training programs that increase the blood circulation?

This positive effect resulting from training should be made available to all men. Examinations also have shown that a good oxygen supply of the male genitalia is important to preserve the elasticity of the penis and its structures. Therefore I am working very extensively on coming up with exercise and training programs which increase the oxygen-support as well as the circulation of the penis. The next question I then have asked myself was: What is important in order to get a good erection? The answer: Exercising the steadiness! Now only exercises reducing the circulation back out of the erected penis were still needed.


I found out all three factors that are necessary for a good erection and thus a satisfying sexual life can be exercised. Considering this scientifically acquired knowledge, I developed the training program **VigorRobic®**. This new form of training, **VigorRobic®**, offers possibilities of increasing the blood and oxygen supply and improving the stability of the penis. By this potency will be maintained and increased.

Why should men neglect their potency if they are given the possibility to train it now?

- ▶ **VigorRobic®** keeps the virility up and even increases it!
- ▶ A pleasant "side-effect" of this training-method:
- ▶ The ejaculation can willingly be delayed!
- ▶ Since the mind has a substantial influence on the ability to have a good sex-life, there is another advantage: Targeted **VigorRobic®** training increases self-confidence!







PART I – BASICS

ANATOMY OF THE MALE GENITAL ORGANS

1