

# Building a Base for Gains

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We all feel inspired by pics of guys who pump huge, but when we follow in their giant footsteps, we usually don't reach a new record size. Our attempts to go extreme often end with a sore cock, petechia or blisters. What's gone wrong?

The answer is: we tried to pump extreme without having a base to build on.

The guy who pumps biggest is the always the guy who pumps the most over a period of time. Veteran pumpers learn that their third, fourth or fifth pump in a series tends to be most successful, regardless which session was longest. Studying my own and other cock- and ballpumpers' results, I've found a pattern I call "building a base".

The pattern operates on four time scales: minutes, days, weeks and years. Simply put, you **build a base of size and expandability**. Each time you pump, you build on your base size and get bigger, up to the point where your basket reaches its current limit of expansion, whereupon it demands a rest so it can adapt to a new limit of expandability.

**On the scale of minutes**, you see your base size build up after each set in a pump session. Although the cock shrinks some between sets, it quickly pumps back up, then pumps up even bigger in the next set. The balls just get bigger and bigger.

**Over a series of days**, pumping every day, you build a base of size. This is really noticeable in ballpumping. After pumping up, the cock and balls immediately start to clear the excess fluids you pumped into them. The cock clears about half the fluid within an hour, and appears to return to normal size within 3 or 4 hours, although a donut remains obvious much longer. In reality, the cock remains at least somewhat pumped for 2-3 days. Therefore, each day you pump, you start with a bigger cock, and progress further toward your maximum. However, after several days, you reach that maximum and go no further without a good rest; if you try to soon, your cock reacts by becoming overstressed, and you have a bad pump session.

The balls work the same way, only they take a lot longer to drain: typically 1 - 2 weeks to empty completely. Although they may look "unpumped" after a day or two, if you ballpump regularly and take a 3-week break, you'll be shocked at how "unnaturally small" your nads feel. In fact, that's just your normal size you'd forgotten about!

**Once you've reached your current maximum, give yourself a good rest**, anywhere from 1 day to 1 week, depending on how big you're getting and how fast you tend to adapt. Really advanced pumpers often take longer breaks because they are adapting to much greater changes in volume.

**On a scale of weeks**, as a beginning pumper you will see your expandability increase rapidly. Within six months, you'll be pumping "huge" compared to what you did at first. As a vet, you'll see expandability increase more gradually, but you'll also start to enjoy a bigger, faster base size increase, especially in the balls because they drain more slowly, but also in the cock, because it has adapted to being pumped up real big.

**On a scale of years**, your expandability just keeps growing, especially in the ballsac! The key to making this work is to take care not to overpump too often. You have to take really good care of your cock, otherwise the skin will tend to get sore more easily. Frequent, moderate maintenance pumping actually strengthens the skin and blood vessels.

Therefore, **a good routine for building a massive base** long-term is to maintenance pump 3 - 4 days in a row, getting a little bigger each time, then break for a day, then do 2

or 3 BIG pumps in a row – as many as feel real good and comfortable. Make this cycle your regular routine for 2 - 3 weeks out of every month. The fourth week, you build up for a HUGE pump. Plan for 5 pumps in a row, getting bigger each time. Then take a day off for short-term adaptation. Now go for a HUGE marathon session and see how BIG you can get! After that, you'll need to take 3 - 7 days off before starting the next cycle.

The table below illustrates the first **two weeks of a base-building program for ballpumping**. The example girth numbers would apply to a guy who has been ballpumping for several years and therefore adapts quickly. A beginner would see smaller intervals, like quarter-inch gains from day to day.

Day	Routine	Ballsac Girth	
		Starting	Ending
<b>Cycle 1</b>			
1	Easy suction 2-3" Hg; 1-2 hrs	8.0"	9.0"
2	Moderate suction 2-4" Hg; 1-2 hrs	8.5"	9.5"
3	Moderate suction 2-4" Hg; 1-2 hrs	9.0"	10.0"
4	Day off	8.5"	8.0"
5	Heavy suction 3-5" Hg; 3-4 hrs	8.0"	11.0"
6	Heavy suction 3-6" Hg; 5-6 hrs	9.0"	12.0"
7	Heavy suction 3-5" Hg; 3-4 hrs	10.0"	13.0"
<b>Cycle 2</b>			
8	Day off	11.0"	9.0"
9	Easy suction 2-3" Hg; 1-2 hrs	9.0"	10.0"
10	Moderate suction 2-4" Hg; 1-2 hrs	9.5"	10.5"
11	Moderate suction 2-4" Hg; 1-2 hrs	10.0"	11.0"
12	Heavy suction 3-5" Hg; 3-4 hrs	10.5"	14.0"
13	Heavy suction 3-6" Hg; 5-6 hrs	12.0"	16.0"
14	Heavy suction 3-5" Hg; 3-4 hrs	14.0"	17.0"

If you can do this cycle 10 - 12 times a year, great! You'll be MASSIVE. But if you find yourself sore after the marathons, cut back on how often you attempt them, give yourself more time to adapt expandability. You should be able to manage at least 4 marathons per year. If not, you need to take it easier during those heavy-duty sessions.

Over the years, you'll see the gains my friend. The bigger you pump, the longer it takes to drain, so as you progress through each series, and as you reach bigger maximums over the

months and years, the more base you have to start each cycle. That's when you really appreciate "building a base"!

## Questions ... ?

### How do I know I'm maintenance pumping?

Pumping is always supposed to be fun, so how do you draw the line between maintenance and going for it? A maintenance session is going to last 20 minutes to 2 hours, most of the time at moderate pressure (start at 2" Hg and work up to 3" in your second or third set). You'll spend about the last 10% of the time at high pressure (4-5" Hg). If you're a beginner, don't go to high pressure unless your set is at least 1 hour long. If you're a vet, you know how soon you can get up there.

You'll know you've maintenance pumped if you end up with a fattened cock but little or no donut. The nads will look like big eggs, or you'll have a melon if you're near the end of series and already have a big base. You'll come out of your last set with a rockhard boner and easily keep it up with some kegels. When you stroke it, you can easily feel the hard core.

### And a BIG pump?

In this kind of session, you're gonna get a donut (unless you use a donut-prevention technique), and the balls will form a good big melon. A beginner will pump 2 - 3 hours, and a vet 1 - 4 hours (some vets pump up real fast). You'll spend about 25% of that time toward the end at high pressure. Vets will spike the pressure up to 7" a few times during the session. At the end of a BIG session, you'll be able to get a boner but it will feel more spongy. If you did the balls, you'll ejaculate about 2 x your normal volume.

### The Marathon?

Here you are going for record or near-record size. A beginning should not attempt a marathon until he's been pumping successfully for about a year. During the first 3 years or so of marathon-pumping, go for 4 - 6 hours. If you want, you can break your session in 2, separated by up to 4 hours (e.g. morning and afternoon). A beginner will spend about 20-25% of the time at high pressure.

A vet will marathon pump for 6 - 14 hours, and may break the session into 2 or 3 parts. A vet will spend about 30-60% of the time at high pressure, and 10-20% of the time at extreme pressure (7-10" Hg), always taking care that the cock has adapted enough to take it with pleasure.

At the end of a marathon, you may have difficulty getting a boner; but if you do get one, congratulate yourself on an excellent marathon! You should still be able to get to orgasm by being stroked or sucked. If you did the balls, you'll ejaculate 4-6 x your normal volume.

*Enjoy it, bud!*

— Tiger Dave