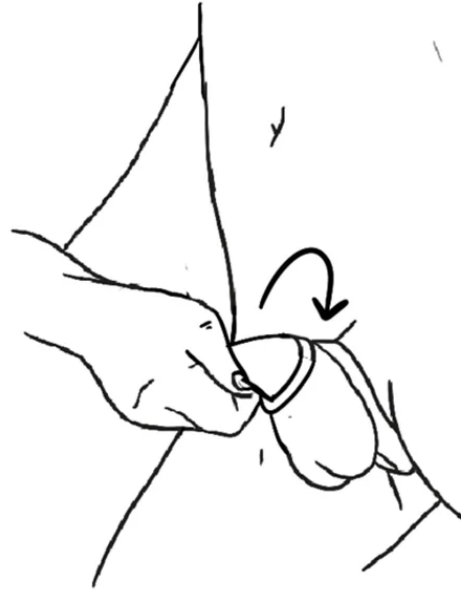


Step 1:
Get comfortable and stretch
Benedict's rings just a little



Step 2:
Place the large ring over your balls to
the base with the attachment
pressed against your perineum



Step 3:
Insert your penis through the small ring
all where it fits most comfortably
(this is easier while flacid)