

STILL-ON SYSTEMS

**A NOVELTY NON-MEDICAL
MALE ENHANCEMENT PRODUCT**



**MEDICAL-GRADE
HYPOALLERGENIC SILICONES**

**SCAN FOR INSTRUCTIONAL
VIDEOS & MORE**

QUICK START INSTRUCTIONS

1



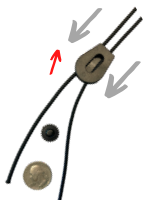
Fold each cord evenly in half, then insert the loops 2–3 inches into the side holes of the desired C-ring. Thread the cord ends through the loops, pointing them downward toward the bottom of the C-ring.

2



Thread the first set of cord ends through the D-ring of the knee strap with the logo tag pointing upward.

3



Insert each cord end 3–4" into the cord lock. Using a coin, press a wheel into the round end of the lock until you hear a click—this means the wheel is fully secured. Repeat the process for the other set to ensure both are locked in place.

4



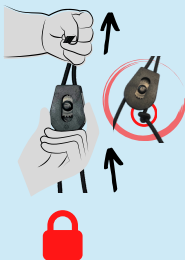
Open the Silicone Comfort Sleeve and place it behind the glans to the middle of the flaccid/soft shaft (similar to a condom).

5



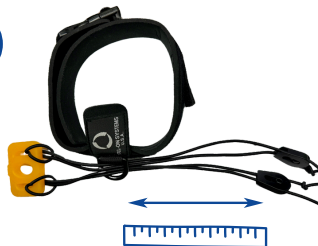
Buckle the knee strap **above** or **below** the knee with the logo tab inside. Place the Silicone Sleeve on the shaft from behind the glans to mid-shaft. Stretch the C-ring's center hole and position it 1 inch behind the head, keeping the shaft skin smooth.

6



Pull the cords with one hand and the locks in the opposite direction to set tension. Tie knots to secure it.

7



Shorter cord from the C-ring to the cord locks increases tension. Adjust for comfort. Trim or tuck excess cord behind the knee strap.

Putting on/Taking Off SLEEVE & C-RING

**Open from
the CENTER**



C-ring:

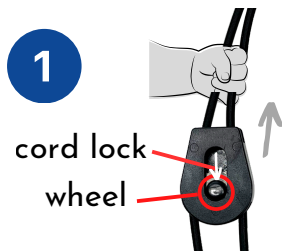
Using your thumbs and index fingers, open the CENTER HOLE of the assembled C-ring and place it on the sleeve about an inch behind the glans. You can add another 1-2 C-rings in front for extra grip.



Sleeve:

Open the sleeve with your index and middle fingers, and place it behind the glans, down your shaft.

CHANGING SILICONE INSTRUCTIONS



Push the wheel down towards the round end, then pull the cords completely out of the cord locks and C-ring.

2 Choose your desired silicone



Repeat steps from the Quick Start Instructions

PARTS

KNEE STRAP



The knee strap is neoprene cushioned, hypoallergenic and latex free. It could be worn below or above the knee with the D-ring pointing up on the inside of either leg.

CORDS & CORD LOCKS



The cords are latex-free. The cord locks will allow you to select a desired tension. Excess cord can be cut off or put behind the knee strap.

PRO TIPS



C-ring, Sleeve & Knee Strap Care

Wash silicones before and after each use with **warm, soapy water**, then **dry with a clean cloth or warm air**. Clean the knee strap by hand using mild soap and lukewarm water, then air-dry it flat away from direct heat or sunlight.

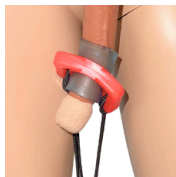


Under normal use, the cord ends may need to be cut 1/8" and **cured by a lighter** to make it easier to pass through the cord locks.



SELF-ADHESIVE WRAP

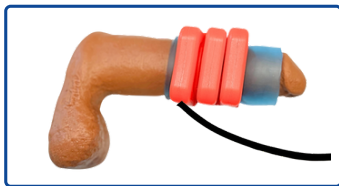
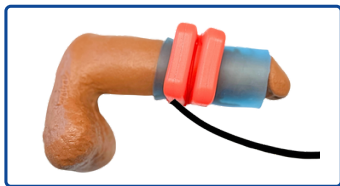
May help increase comfort and grip. Wrap a few times around and behind the glans, in front of the silicone sleeve and C-ring.



WARMING UP BEFORE STRETCHING

The flaccid penis should have a good amount of blood flowing prior to stretching. We recommend taking a hot shower/bath, massaging with warm hands, and/or wrapping a warm cloth around the shaft.

ADD GRIP IF NEEDED— ONLY FIRST RING ON HAS CORDS



PRO TIPS



INITIAL Length of time to wear

Benninger the First Month:

10-30 minutes 2-4 times a day with 5-10 minute breaks
five days a week

Expert:

Daily use with several 5-10 minute breaks



CIRCULATION & DISCOLORATION

The Sleeve & C-ring should not cause pain to your shaft skin or head. Slight skin discoloration is normal and usually goes away within minutes. Remove if signs of overuse appear. i.e., skin turning dark purple/black or feeling tingling sensations. Make sure the shaft skin is not bunched up. We recommend alternating to a larger sleeve or C-ring to extend the stretching session.



DO NOT WEAR WHILE SLEEPING

The penis cannot be monitored



WRONG!

BENT SILICONE

Tension Cord loops placed to the sides of the c-ring side holes



CORRECT!

SILICONE STRAIGHTENED

Tension Cord loops placed at the bottom of the c-ring side holes facing your feet



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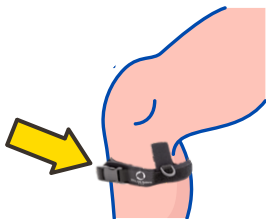
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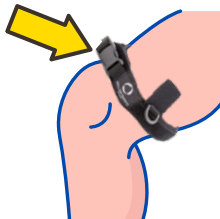
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BELOW-KNEE PLACEMENT

Our current instructions suggest to wear the knee strap under the knee for all around stretching.



ABOVE-KNEE PLACEMENT

If the length of the knee strap allows, wearing it **above the knee cap** is also an option for more discrete stretching, especially for sitting or driving. Cutting the cords and curing them will be necessary.

FEATURES

**MULTI
SOFTNESS/SIZE
C-RINGS**

**SILICONE
COMFORT
SLEEVE IN 2 SIZES**

**OPTIONAL
KNEE STRAP
POSITION**

**HYPOALLERGENIC
ULTRA-COMFORT
MATERIALS**

**REPLACEMENT PARTS AVAILABLE
SOLD SEPARATELY**



SILICONE COMFORT SLEEVES

**C-RINGS: SIZE 1-4
MULTI-SOFTNESS**

Size 1

Size 2



ADD WEIGHTS TO YOUR ROUTINE



**WEIGHT SETS
FROM 2-8 BALLS.
1.125-4.5LBS.**



SILICONE COMFORT SLEEVE APPLICATION

1. Fold the Sleeve:

Use your thumbs, index fingers, and middle fingers to fold the silicone sleeve in half.

2. Position the Sleeve:

With the same fingers, gently open the folded sleeve over the head of the penis.

3. Slide into Place:

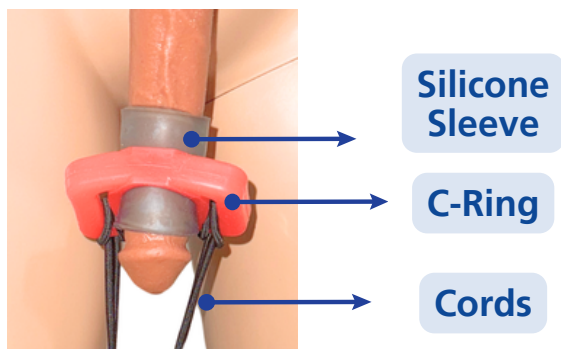
Position the sleeve so it rests behind the glans and extends to the middle of the penile shaft.

4. Smooth It Out:

Make sure the silicone is smooth and free of any folds or wrinkles for a secure and comfortable fit.

5. APPLY THE C-RING:

Place the silicone C-ring around the middle of the sleeve to hold it firmly in place.



Thank You

Manufacturer Return Policies

**30 Day Money-Back Guarantee &
14 day replacements on all parts and packages.**

Email us for additional assistance, as our warranty differs from Amazon policies.



WARNING—USE AT YOUR OWN RISK

The STILL-ON Systems product line is intended strictly for recreational use as a novelty product and is not a medical device. Use of these products should be approached with caution and at your own risk. Individuals with medical conditions or who have undergone surgery must obtain clearance from a licensed healthcare professional prior to use. Follow only the stretching guidelines and recommendations provided by your physician. By purchasing or using STILL-ON Systems products, you acknowledge and accept full responsibility for any and all outcomes, injuries, or damages that may result. STILL-ON Systems assumes no liability, whether direct or indirect, for misuse, injury, or adverse effects.

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