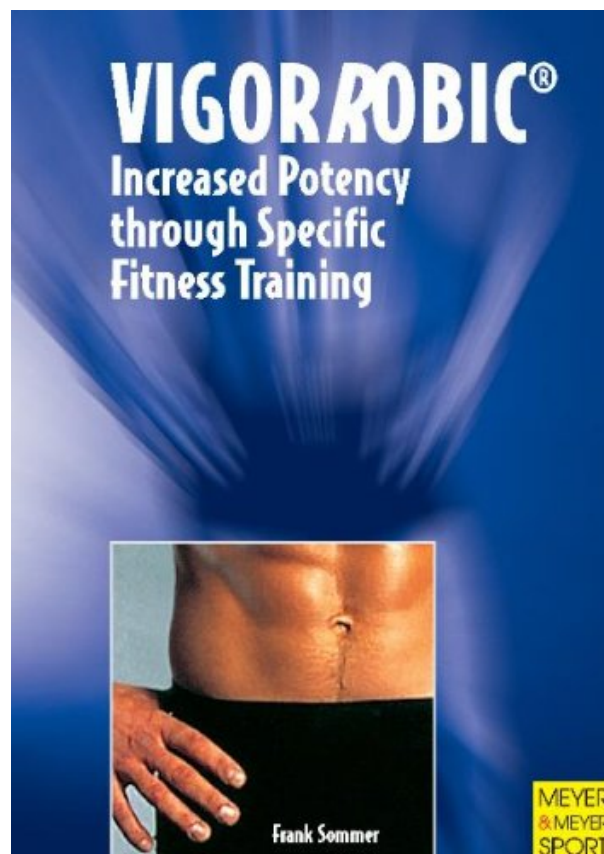
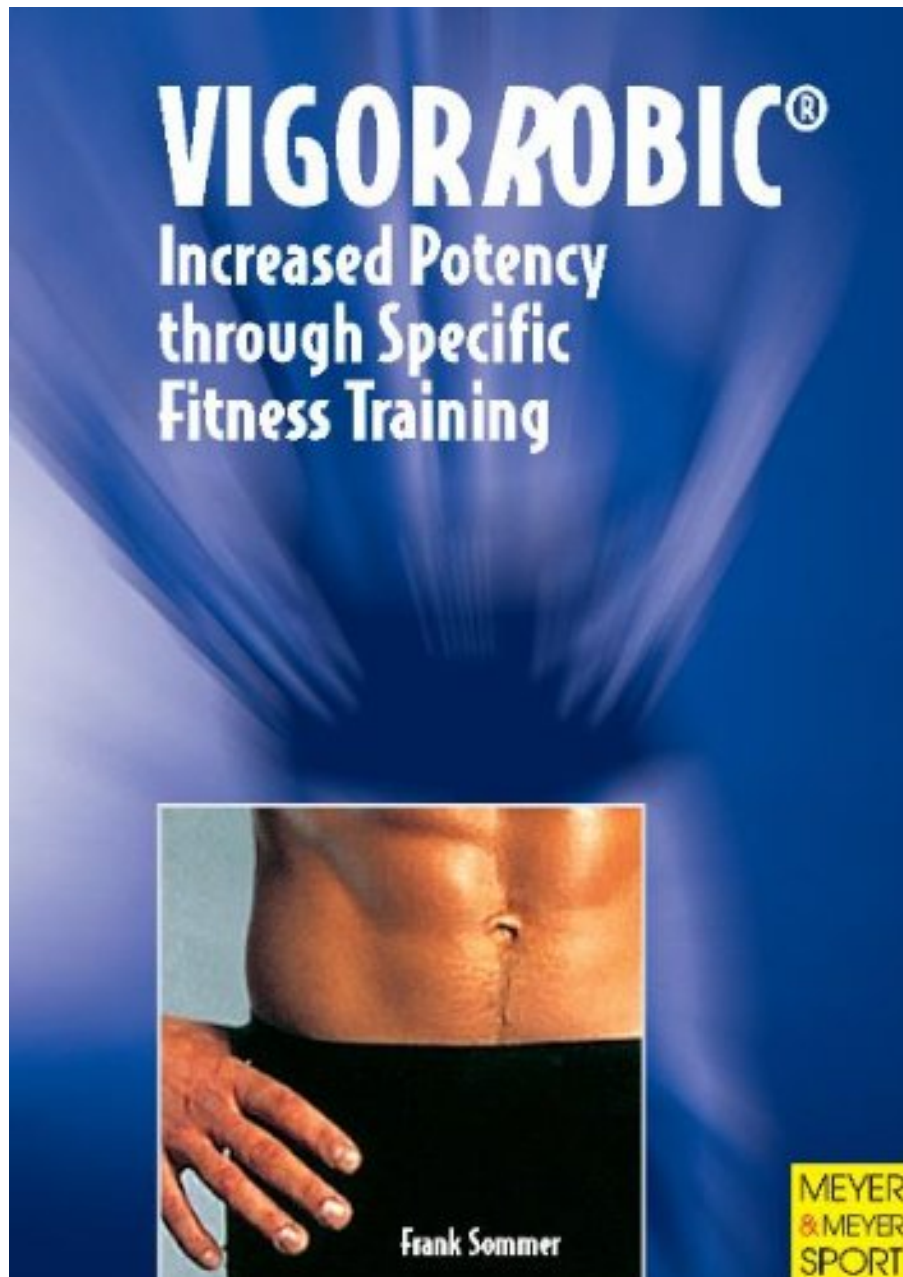


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Dr. med. Frank Sommer was born in Aachen in 1967. He went to school as well as to university to study medicine in Cologne. After that he worked for some time as a physician in London. Later-on, when working at the clinic for urology he mainly focused 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 the scientific work he was doing back then. 1997 he became the Hessian Fitness-Aerobic Master and with this demonstrated not only his sports know-how but also his physical fitness as well. As a sports physician and urologist he is interested in the cohesions between potency and sports. He has held many noted lectures about this topic in numerous international events. Presently Dr. med. Frank Sommer works as a specialist for urology at the largest urology clinic in Germany, the Paracelus Clinic Golzheim in Dusseldorf.

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Male potency is subject to the natural ageing process, but this process can be slowed down by regular exercise. Just as the endurance ability of the cardiovascular system can be exercised, potency has to be exercised as well if the man wants to sustain his performance ability. This manual deals with exercising potency. In addition to articles of introduction that explain the structure of the male genital organ, the phases of erection, possible causes of their disturbances as well as the question about trainability of potency, training units for the "stableness" of the erection, to increase the circulation and for the oxygen-supply of the penis build the focal point of this volume.

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